

# SPIRITUAL FITNESS GUIDE

This is a self-assessment tool to help service members consider their spiritual condition.

Spirituality may be used in a general sense to refer to that which gives meaning and purpose in life, or the term may be used more specifically to refer to the practice of a philosophy, religion, or way of living.

FIT	STRESSED	DEPLETED	DRAINED
<p><b>Potential Indicators</b></p> <ul style="list-style-type: none"> <li>➤ Engaged in life's meaning/purpose</li> <li>➤ Hopeful about life/future</li> <li>➤ Makes moral decisions</li> <li>➤ Able to forgive self and others</li> <li>➤ Respectful of people of other faiths</li> <li>➤ Engaged in core values/beliefs</li> </ul>	<p><b>Potential Indicators</b></p> <ul style="list-style-type: none"> <li>➤ Neglecting life's meaning/purpose</li> <li>➤ Less hopeful about life/future</li> <li>➤ Makes some poor moral decisions</li> <li>➤ Difficulty forgiving self or others</li> <li>➤ Less respectful of people of other faiths</li> <li>➤ Neglects core values/beliefs</li> </ul>	<p><b>Potential Indicators</b></p> <ul style="list-style-type: none"> <li>➤ Losing a sense of life's meaning/purpose</li> <li>➤ Holds very little hope about life/future</li> <li>➤ Makes poor moral decisions routinely</li> <li>➤ Unable to forgive self or others</li> <li>➤ Strong disrespect for people of other faiths</li> <li>➤ Disregards core values/beliefs</li> </ul>	<p><b>Potential Indicators</b></p> <ul style="list-style-type: none"> <li>➤ Claims life has no meaning/purpose</li> <li>➤ Holds no hope about life/future</li> <li>➤ Extreme immoral behavior</li> <li>➤ Forgiveness is not an option</li> <li>➤ Complete disrespect for people of all faiths</li> <li>➤ Abandons core values/beliefs</li> </ul>

**Your chaplain cares about you and can help with your Spiritual Fitness.**

Chaplain POC:

Chaplain's Office  
U. S. Coast Guard Academy  
860-444-8480



# Chaplain Referral Tool

**Chaplain POC:**  
**Chaplain's Office**  
**U. S. Coast Guard**  
**Academy**  
**860-444-8480**

## Green Zone (Fit)

- Good to go
- Encourage continued spiritual practices

## Yellow Zone (Stressed)

- Consult with chaplain
- Explore forgiveness issues
- Encourage spiritual practices

## Orange Zone (Depleted)

- Refer to chaplain
- Seek renewal of hope and faith
- Explore family and friendship issues
- Explore forgiveness issues
- Explore guilt issues

## Red Zone (Drained)

- Refer to chaplain
- Work in partnership
- Deliberate steps to rebuild hope, faith and purpose
- Provide mentoring on relationships, emotions, morality and spiritual practices

Are there signs of spiritual concerns?

NO

YES

Are there also signs of spiritual distress?

NO

YES

Are there also signs of spiritual despair?

NO

YES

### Stressed: Spiritual Concerns\*

*"The potential disruption of one's beliefs, assumptions, or values that occurs when one's valued relationship with one's self, others, ideas, nature, higher power, art, or music is threatened or challenged."*

### Depleted: Spiritual Distress\*

*"The disruption of one's beliefs, assumptions, or values that occurs when one's valued relationship with one's self, others, ideas, nature, higher power, art, or music is threatened or broken."*

### Drained: Spiritual Despair\*

*"The dissolution and/or disintegration of one's source of meaning and hope, leading to one's feeling little to no hope of resolution."*

