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NAME: _____ DATE: _____

SECURITY & STABILITY

1. In the company of a spiritual confidant, or in a personal journal, explore your gut-honest responses to the following statements:

- My greatest source(s) of security and stability are:

___ my abilities, knowledge, talents, personality or some other aspect of myself.

___ my body, and physical health and well-being.

___ my husband/wife, boyfriend/girlfriend.

___ my family, friends, coworkers, members of my spiritual community.

___ my job or career.

___ my performance (if I do well or do right, everything will work out fine).

___ my home, possessions, or financial resources.

___ my hopes and dreams for the future.

___ my spiritual beliefs, or spiritual community.

___ my relationship with God.

___ I cannot identify a source of inner security, stability, or well-being.

- If I lost [*who* or *what*] I would be shaken to the core, and I don't know how I'd go on.

_____.

- If I lost [*who* or *what*], I would lost my faith.

_____.

2. Read through the statements, and your responses, again. This time, be aware of any “censors” that may have kept you from responding with absolute truthfulness.

3. Recognize sources of spiritual security and stability that are subject to change...and those that are not.