\$ELF-CARE

A SELF-ASSESSMENT CHECKLIST

Exercise

As spiritual leaders, all of us are at risk of crossing boundaries inappropriately, thereby violating our role and abusing those who are vulnerable. But this risk of doing harm to those we serve or supervise can be considerably reduced through self-knowledge and self-care. If we understand our personal history and its effects on us, our behavior and perceptions are less likely to be shaped by that history. If we are aware of our personal needs and are taking care of those needs in appropriate ways, we are less likely to impose those needs inappropriately upon our :ministerial relationships. Furthermore, if we are aware of the power implicit in our role and how that power affects those we serve and supervise, we are less likely to misuse that power.

Use this checklist to assess your risk of violating boundaries. If you answer "no" to the first question in "Personal Historyt skip to the questions under "Psychosexual Integration." An answer of "no" to any question, except the first, indicates an area in which self-awareness and self-monitoring are crucial.

'Personal History

Yes	No	Does my personal or family history include sexual abuse, alcohol and drug abuse, or other family dysfunction?
Yes	No	Am I coming to terms with the issues and feelings involved in my personal history? Am I able to identify .areas in my history where I need healing?
Yes	No	Am I taking steps to address the areas where I need healing?

Psychosexual Integration

Yes	No	Have I discussed my sexual history with someone (a professional or a friend)?
Yes	No	Am I comfortable with my sexual orientation?
Yes	No	Do I monitor my sexual fantasies for inappropriate persons, such as children, clients, congregants, employees, etc.?
Yes	No	Are my personal friendships and intimate relationships appropriate-namely, age-appropriate and not involving anyone with whom I have a professional relationship?

Yes No Am I able to identify my emotional/sexual needs and meet them appropriately?

SELF-CARE

SELF-CARE INVENTORY Exercise

I take a real vacation each year.

I walk every day.

I have an interest/hobby that has nothing to do with my job.

I have a pet and I spend time with her /him.

I have regular prayer time each day.

I am active in an organization that has no connection to rny job.

I have one close friend with whom I can talk honestly.

I spend time gardening.

I fast from electronic activity (email, facebook, etc.) at least one day a week.

I read at least one book a month for pleasure.

I play a musical instrument and practice regularly.

I take off at least 1.5 days per week.

I meet regularly with a spiritual director or therapist.

I meet regularly with a colleague with whom I can honestly share.

I exercise _reg u larly.

I do not smoke.

I try to eat healthy, regular meals.

I listen to relaxing music regularly.

I try to get sufficient sleep.

I am careful how much alcohol I consume.

I get an annual physical.

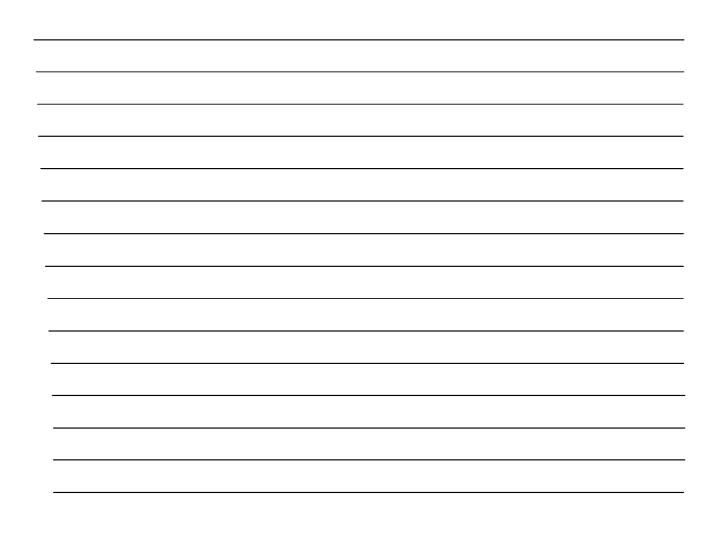


Personal/Professional Self

Yes	No	Am I meeting my personal needs outside of my work setting?
Yes	No	Do I acknowledge the power inherent in my professional role?
Yes	No	Arn I aware of the effects of that power on those with whom I interact, for example, the attraction that power holds for some people?
Yes	No	Am I aware of the consequences to me of my violating the boundaries that derive from my role as a spiritual leader?
Yes	No	Do I have a consultation or supervision setting in which I can discuss these questions?

Fran Ferder, FSPA, Ph.D., D.Min., and John Heagle, M.A., J.C.L., L.M.H.C., are the co-directors of Therapy & Renewal Associates (TARA); Used with permission.

NOTES



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NOTES



For those with a partner:

I eat most evening meals with my partner/ family.

My partner and I get away for an overnight at least once every 6 months.

For those with children at home:

I attend most of my children's extra-curricular activities.

Once a month I do something special with my children.

What0ther self-care strategies do you use?

Read and Reflect:

"For the sake of others' welfare, do not neglect your own welfare. Understand your highest purpose and tum toward *it. Ll*

(Dhammapada, The Self:10)

"The people of Israel shall keep the Sabbath, making the Sabbath an enduring covenant for generations to come."

(The Torah, Exodus 31:16)

"The apostles gathered around Jesus, and told him all that they had done and taught. He said to them, 'Come away to a deserted place all by yoursel ves and rest a while.' For many were corning and going, and they had no leisure even to eat. And they went away in the boat to a deserted place by themselves.¹¹

(Mark 6:30-32,NRSV)