

ARE YOU AN ASCETIC?

This is an exercise to help you determine if this temperament is a dominant one for you. Score these statements on a scale of 0 to 5, with 0 being not true at all and 5 being very true. **Record your results in the spaces provided.**

1

I feel closest to God when I am alone and there is nothing to distract me from focusing on his presence.

2

I would describe my faith as more "internal" than "external".

3

The words *silence*, *solitude*, and *discipline* are very appealing to me.

4

Taking an overnight retreat by myself at a monastery where I could spend large amounts of time alone in a small room, praying, studying God's Word, and fasting for one or more days are all activities I would enjoy.

5

On a scale of 0 to 5, how much does the statement describing the heart's cry of the ascetic resonate with you in comparison with the others?

- Naturalists: let me be outdoors
- Sensates: let me experience
- Traditionalists: let me remember
- **Ascetics: let me be alone**
- Activist: let me conquer
- Caregiver: let me care
- Enthusiast: let me celebrate
- Contemplatives: let me feel
- Intellectual: let me think

6

I believe I would particularly benefit from acts such as a night watch, taking a short vow of silence, or simplifying my life.

TOTAL OF ALL YOUR ANSWERS

The highest number of points possible is 30. The higher your score, the stronger the dominance of this spiritual temperament is in your life. But remember, most of us have more than one spiritual temperament. Any score of 15 or higher indicates a tendency toward this temperament.

Once you have completed all of the spiritual temperaments and noted all your scores, you will have a composite picture of your soul's path to God.

