

ARE YOU A CONTEMPLATIVE?

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 my emotions are awakened, when God quietly touches my heart, tells me that he loves me, and makes me feel like I'm his closest friend. I would rather be alone with God contemplating his love than participating in a formal liturgy or being distracted by a walk outside.

2

The most difficult times in my faith are when I can't feel God's presence within me.

3

The words *lover*, *intimacy*, and *heart* are very appealing to me.

4

I really enjoy having thirty minutes of uninterrupted time each day to sit in quiet prayer and 'hold hands' with God, writing love letters to him and enjoying his presence.

5

On a scale of 0 to 5, how much does the statement describing the heart's cry of the contemplative 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

When I think of God, I think of love, friendship and adoration more than anything else.

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.

