

ARE YOU A SENSATE?

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'm in a church that allows my senses to come alive
- when I can see, smell, hear and almost taste his majesty.

2
I enjoy attending a "high church" service with incense and formal Communion
or Eucharist.

3
I'd have a difficult time worshipping in a church building that is plain and lacks a sense of
awe or majesty. Beauty is very important to me, and I have a difficult time worshipping
through second-rate Christian art or music.

4
On a scale of 0 to 5, how much does the statement describing the heart's cry of the
sensate 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

5
I'm naturally drawn to museums and concerts more than I'm inclined to take a walk in the
woods, work in a soup kitchen, or read a book by myself.

6
I would really enjoy using drawing exercises, icons, or classical music playing in the
background to improve my prayer 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.

