

# ARE YOU A TRADITIONALIST?

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 participating in a familiar form of worship that has memories dating back to my childhood. Rituals and traditions move me more than anything else.

**2**  
I begin to feel closest to God when I lay something on the altar, sacrificing it for him.

**3**  
The words *tradition* and *history* are very appealing to me.

**4**  
Participating in a formal liturgy or "prayer book" service, developing symbols that I can place in my car, home, or office, and developing a Christian calendar for our family to follow are activities I would enjoy.

**5**  
On a scale of 0 to 5, how much does the statement describing the heart's cry of the traditionalists 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 would really enjoy developing a personal rule (ritual) of prayer.

**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.

