

Your Religiosity Continuum

This assessment is designed to help you discover your levels of religiosity or participation in formal religion and its meaning in your personal life. First, write your initials on the continuum below in the place which best represents your overall religiosity. Then answer the questions below as accurately as possible.

Very{-----Neutral-----}Not
Religious Very
Religious

Questions:

1. T/F I consider myself to be a member of a religious denomination?
2. T/F I attend worship services regularly throughout the year?
3. T/F I consider myself to be an "active" member?
4. T/F I regularly volunteer time to religious activities?
5. T/F I regularly donate money to my religion?
6. T/F I worship even when I'm not in formal worship services (IE: at home, work, etc...)
7. T/F I often meditate upon my beliefs?
8. T/F I read sacred writings on my own?
9. T/F I pray regularly?
10. T/F I live my beliefs?
11. T/F I believe in a "higher power?"
12. T/F I need the influence of a "higher power?"
13. T/F I enjoy the relationships I have with other members of my faith?
14. T/F I receive support from other members of my faith?
15. T/F I provide support to other members of my faith?

Introspection:

A. If you were trapped, alone on a deserted island for a period of time, could you still worship as you would like?

B. Why?

C. Why Not?

D. What is it about the building, other members, and associations that makes or does not make religion significant to you?

This assessment is biased toward religiosity, the higher your score the higher your religiosity. **Key1-15=T.** 1-5 measure formal religious participation. 6-10 measure private religious participation. 11-15 measure religious social connectedness. After having taken this assessment would you still place yourself in the same place on the continuum? How do you compare to your partner?

Your Partner's Religiosity Continuum

This assessment is designed to help your partner discover his or her levels of religiosity or participation in formal religion and its meaning in his or her personal life. **Partner:** First, write your initials on the continuum below in the place which best represents your overall religiosity. Then answer the questions below as accurately as possible.

Very{-----Neutral-----}Not
Religious Very Religious

Questions:

1. T/F I consider myself to be a member of a religious denomination?
2. T/F I attend worship services regularly throughout the year?
3. T/F I consider myself to be an "active" member?
4. T/F I regularly volunteer time to religious activities?
5. T/F I regularly donate money to my religion?
6. T/F I worship even when I'm not in formal worship services (IE: at home, work, etc...)
7. T/F I often meditate upon my beliefs?
8. T/F I read sacred writings on my own?
9. T/F I pray regularly?
10. T/F I live my beliefs?
11. T/F I believe in a "higher power?"
12. T/F I need the influence of a "higher power?"
13. T/F I enjoy the relationships I have with other members of my faith?
14. T/F I receive support from other members of my faith?
15. T/F I provide support to other members of my faith?

Introspection:

A. If you were trapped, alone on a deserted island for a period of time, could you still worship as you would like?

B. Why?

C. Why Not?

D. What is it about the building, other members, and associations that makes or does not make religion significant to you?

This assessment is biased toward religiosity, a higher score implies higher religiosity. **Key1-15=T.** 1-5 measure formal religious participation. 6-10 measure private participation. 11-15 measure religious social connectedness. After having taken this assessment would you still place yourself in the same place on the continuum? How do you compare to your partner?