

## Relational Health Check-Up

Relational Health—*“To have relationships with God, others and your own self marked by love, intimacy, unity, harmony and growth”.*

**LOVE**—“Strong affection, warm attachment, devotion; to desire actively; warm regard.” To be ‘loving’ towards.  
(Webster’s Collegiate Dictionary--WCD)

	Very little		Somewhat			Good amount			Very much	
	1	2	3	4	5	6	7	8	9	10
“I feel strong affection for God and am devoted to seeking a deeper connection with Him.”	1	2	3	4	5	6	7	8	9	10
“I show strong affection and warm regard to others who are in my life—family, friends, neighbors, co-workers.”	1	2	3	4	5	6	7	8	9	10
“I show strong affection and have feelings of warm regard, (am loving) towards myself”	1	2	3	4	5	6	7	8	9	10

**INTIMACY**—“Very close association, contact or familiarity; to make known, communicate” (WCD)  
Sharing ones innermost and deepest thoughts and feelings.

	Very little		Somewhat			Good amount			Very much	
	1	2	3	4	5	6	7	8	9	10
“I share my deepest, innermost thoughts and feelings with God. I feel close to Him.”	1	2	3	4	5	6	7	8	9	10
“I share and make known my deepest thoughts and feelings to others in my life.”	1	2	3	4	5	6	7	8	9	10
“I am familiar with (in touch with) my deepest thoughts and feelings, am very close to myself.”	1	2	3	4	5	6	7	8	9	10

**UNITY**—“Oneness. Quality or state of being as one. A condition of harmony.” (WCD) Togetherness.

	Very little		Somewhat			Good amount			Very much	
	1	2	3	4	5	6	7	8	9	10
“I feel a sense of oneness in my relationship to God.”	1	2	3	4	5	6	7	8	9	10
“My relationships with others are marked by oneness.”	1	2	3	4	5	6	7	8	9	10
“I feel like I am ‘at one’ with myself”	1	2	3	4	5	6	7	8	9	10

**HARMONY**—“Marked by accord in sentiment {feeling} or action. Balanced relationship. Reconcile. Agreeably related.” (WCD)

	Very little		Somewhat			Good amount			Very much	
	1	2	3	4	5	6	7	8	9	10
“There is harmony in my relationship with God”	1	2	3	4	5	6	7	8	9	10
“There is harmony in my relationship with others”	1	2	3	4	5	6	7	8	9	10
“There is harmony in my relationship with myself”	1	2	3	4	5	6	7	8	9	10

**GROWTH**—“To increase. A progressive development. To spring up and develop to maturity. The process of growing.” (WCD)

	Very little		Somewhat			Good amount			Very much	
	1	2	3	4	5	6	7	8	9	10
“My relationship with God is growing toward maturity”	1	2	3	4	5	6	7	8	9	10
“My relationships with others are growing/maturing”	1	2	3	4	5	6	7	8	9	10
“I am growing/maturing in my relationship with myself”	1	2	3	4	5	6	7	8	9	10

NOTE--On the next page you will find a way to look at your totals and are given some ‘educated’ estimates of where your ‘Relational Health’ lies at present. It is not a scientific study, but if you have answered carefully and honestly you can gain a sense of where you are. It would also help to have someone else look it over with you. T.T. 2/11

# Relational Health Check-Up

## Analyzing your responses to the check-up questions.

Remember, this check-up was not a scientifically devised instrument or tool. It was designed to help you TAKE AN INVENTORY of your present relationships with God, others and your own self. It is best to look at each question individually; something a *Total Health Encourager* can do alongside of you. However, it is by no means completely off base to use the scoring ranges below and the ‘Analysis, suggestions’ in order to gauge your relational health at this moment (like a snapshot).

Place your ‘total’ score from the five questions relating to each relationship focus (God, others and yourself) in the empty brackets to the left of the correct scoring range, then look at the ‘Analysis, suggestions’ to the right.

### Questions concerning your relationship to GOD:

<u>Total of scores</u>	<u>Analysis, suggestions.</u>
5-15 [ ]	Unhealthy, needs much work, ask someone for help.
16-25 [ ]	Some health, but struggling; also ask for help.
26-40 [ ]	Healthy and growing, keep SEEKING God more.
41-50 [ ]	Very good health! Others can use <i>your</i> help, SHARE with them.

### Questions concerning your relationship to OTHERS in your life:

<u>Total of scores</u>	<u>Analysis, suggestions.</u>
5-15 [ ]	Unhealthy, needs much work, ask someone for help.
16-25 [ ]	Some health, struggles somewhere; identify them, work on them.
26-40 [ ]	Healthy and growing, keep learning and maturing.
41-50 [ ]	Good health! Others can use <i>your</i> help, SHARE with them.

### Questions concerning your relationship with YOURSELF:

<u>Total of scores</u>	<u>Analysis, suggestions.</u>
5-15 [ ]	Unhealthy, needs help now! Ask someone for guidance.
16-25 [ ]	Some health, need to become a better friend to yourself! Seek help.
26-40 [ ]	Healthy and growing, keep in touch with yourself.
41-50 [ ]	Good health! You have a good friend. Help others ‘befriend’ themselves!

How do you feel about what you discovered from your ‘check-up’? Did it just confirm what you already knew, or are you surprised at what your answers are telling you? Would you be open to exploring further the ‘Total Health’ model from which ‘relational health’ is just one component? Below is a description of the Total Health model, read it carefully and ask yourself if you could use more of what God offers us through it.

### God’s Total Health Care Plan!

If you have trusted Jesus Christ alone for your salvation, then you need to make a decision to let the Holy Spirit cause the power and love of God to work *For, In and Through* you. You do this by committing to building the seven spiritual exercises of, *worship, prayer, study, fellowship, serving, witnessing and giving* into your daily/weekly routine of life.

When you do that, you will discover that you will have more *love, peace, faith, joy, courage, trust, purpose, wisdom, forgiveness and hope* in your life. These, in turn, will bring greater *emotional, mental* and even *physical health* to you, positively affecting your *personality, character and attitudes*, as well as your *thoughts, speech and actions*. That makes sense when you think about it, doesn’t it? But that is not all.

The healthier you are in all of these areas, the deeper and healthier your relationships will be with *God, others and your own self*, leading those relationships to be marked by greater *love, intimacy, unity, harmony and growth*. As all of these wonderful things are happening, you will be experiencing more and more LIFE!, the LIFE! Jesus came, died and rose again, in order for you to have—a more totally healthy LIFE!*style* in Christ..