# Application for

**DIPLOMA IN SPIRITUAL DIRECTION PROGRAM REGIS COLLEGE**

***Self-Evaluation Form***

# Name of Candidate:

Please mark with “X” to describe yourself with respect to the following skills, characteristics, aptitudes and capacities.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| *5 = an* | *4 =* | *3 = some* | *2 = show* | *1 =* | *0 =* |
| *area* | *proven* | *ability* | *aptitude* | *would* | *unable to* |
| *established* | *ability* |  |  | *need to* | *judge* |
| *strength* |  |  |  | *overcome* |  |
|  |  |  |  | *obstacles* |  |
|  |  |  |  | *to* |  |
|  |  |  |  | *develop* |  |
|  |  |  |  | *in this* |  |
|  |  |  |  | *area* |  |

***Communication, Learning***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| academic ability |  |  |  |  |  |  |
| offer constructive feedback |  |  |  |  |  |  |
| writing skills |  |  |  |  |  |  |
| speak well in public |  |  |  |  |  |  |
| able to solve problems |  |  |  |  |  |  |
| listening skills |  |  |  |  |  |  |
| able to revise a position |  |  |  |  |  |  |

***Faith***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| faith is a part of daily life |  |  |  |  |  |  |
| prayerful |  |  |  |  |  |  |
| appreciate the gifts of others |  |  |  |  |  |  |
| concerned about injustice |  |  |  |  |  |  |
| accept limitations of others |  |  |  |  |  |  |

***Social, Pastoral***

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| take initiative |  |  |  |  |  |  |
| empathetic to others |  |  |  |  |  |  |
| relate well to other cultures |  |  |  |  |  |  |
| able to receive criticism |  |  |  |  |  |  |
| adapt well to change |  |  |  |  |  |  |
| work well in team setting |  |  |  |  |  |  |
| have a sense of humour |  |  |  |  |  |  |
| set realistic goals |  |  |  |  |  |  |
| manage conflict well |  |  |  |  |  |  |
| able to keep a confidence |  |  |  |  |  |  |
| responsible |  |  |  |  |  |  |
| seek the advice of others |  |  |  |  |  |  |

# Please answer the following questions on separate paper, typewritten, giving specific examples where possible.

1. What is my understanding of the role of a spiritual director?
2. What is my understanding of adopting a Contemplative Stance in the spiritual direction relationship?
3. What is my understanding of prayer?
4. What is my understanding of holistic discernment?
5. What gifts do I bring to the ministry of spiritual direction? What are some areas for growth?