**Spiritual Contemplation**

| **Level 1 (Behavior/**  **Sensations)** | **Length** | **Width** | **Depth** |
| --- | --- | --- | --- |
|  | What is the problem? | In what ways is this challenging for you? Which areas of your life does it affect? | Do you see a pattern here? |
|  | What’s happening right now? | When else has this occurred? | What do you think is the core issue? |
|  | What are you feeling in your body right now? | Where else do you feel sensations? | Can you compare those sensations? Are they the same, different, etc.? |
| **Level 2 (Emotions)** | **Length** | **Width** | **Depth** |
|  | What are you feeling right now? | What other feelings are you having? | What's the earliest memory you have of this feeling?  What is this feeling saying to you? What do you really need? |
| **Level 3 (Thoughts)** | **Length** | **Width** | **Depth** |
|  | What are you thinking about? | What are your other thoughts about this issue? | When is the earliest memory of these thoughts? Is there a pattern in your thoughts? What does this remind you of in your life? |
| **Level 4 (Thinking patterns)** | **Length** | **Width** | **Depth** |
|  | In what ways are you looking at the problem? Are you engaging in black and white thinking? Are you magnifying your mistakes? Are you minimizing your accomplishments? | How are you applying this thinking pattern to other circumstances? | When did you start thinking like this? During childhood or after a specific trauma? |
| **Level 5 a (Beliefs/Self)** | **Length** | **Width** | **Depth** |
|  | What do you really believe about yourself? | Does this (belief) apply in other areas of your life? | Do you believe you are worthless, helpless, or unlovable? |
| **Level 5 b (Beliefs/Others)** | **Length** | **Width** | **Depth** |
|  | What do you believe about that person? (the person who hurt you) | Are there other behaviors that bother you about that person? | Where does that belief come from? Did you experience any similar traumas with them (or others) when you were younger? |
| **Level 6 Identity** | **Length** | **Width** | **Depth** |
|  | How do you view yourself? (Protector, Nurturer, Victim?) | Does your self image affect other areas of your life? In what ways (positively or negatively)? | How did you develop that perception of yourself and your role in life? |
| **Level 7 Meaning** | What is meaningful to you? | What other areas in your life do you find meaning in? | What is the highest area of meaning you can detect? |
| **Level 8 Values** | Which values are important to you? | Are there values that are in conflict with one another? | What is your highest value? |
| **Level 9 Spirit** | **Length** | **Width** | **Depth** |
|  | What is really important to you spiritually?  What is your true purpose in life? | Can you think of other instances in which you lived with or without your spiritual values? How did that affect your life? | What is your highest spiritual value? |
| **Level 10 Spiritual Essence** | **Length** | **Width** | **Depth** |
|  | What is your personal relationship like with God? | In what ways has your relationship with God influenced your life? | When you contemplate that your soul is a part of God, in what ways does that affect your thoughts, emotions and behaviors? |