

# Chaplain Referral Tool

Chaplain POC:

## Green Zone (Fit)

- Good to go
- Encourage continued spiritual practices

## Yellow Zone (Stressed)

- Consult with chaplain
- Explore forgiveness issues
- Encourage spiritual practices

## Orange Zone (Depleted)

- Refer to chaplain
- Seek renewal of hope and faith
- Explore family and friendship issues
- Explore forgiveness issues
- Explore guilt issues

## Red Zone (Drained)

- Refer to chaplain
- Work in partnership
- Deliberate steps to rebuild hope, faith and purpose
- Provide mentoring on relationships, emotions, morality and spiritual practices

Are there signs of spiritual concerns?

NO

YES

Are there *also* signs of spiritual distress?

NO

YES

Are there *also* signs of spiritual despair?

NO

YES

### Stressed: Spiritual Concerns\*

*“The potential disruption of one’s beliefs, assumptions, or values that occurs when one’s valued relationship with one’s self, others, ideas, nature, higher power, art, or music is threatened or challenged.”*

### Depleted: Spiritual Distress\*

*“The disruption of one’s beliefs, assumptions, or values that occurs when one’s valued relationship with one’s self, others, ideas, nature, higher power, art, or music is threatened or broken.”*

### Drained: Spiritual Despair\*

*“The dissolution and/or disintegration of one’s source of meaning and hope, leading to one’s feeling little to no hope of resolution.”*



# SPIRITUAL FITNESS GUIDE

This is a self-assessment tool to help service members consider their spiritual condition.

Spirituality may be used generally to refer to that which gives meaning and purpose in life, or the term may be used specifically to refer to the practice of a philosophy, religion, or way of living.

FIT	STRESSED	DEPLETED	DRAINED
<p><b>Potential Indicators</b></p> <ul style="list-style-type: none"> <li>➤ Engaged in life's meaning/purpose</li> <li>➤ Hopeful about life/future</li> <li>➤ Makes sound moral decisions</li> <li>➤ Fully engaged with family, friends, and community</li> <li>➤ Able to forgive self and others</li> <li>➤ Respectful of others</li> <li>➤ Engaged in core values/beliefs</li> </ul>	<p><b>Potential Indicators</b></p> <ul style="list-style-type: none"> <li>➤ Neglecting life's meaning/purpose</li> <li>➤ Less hopeful about life/future</li> <li>➤ Makes some poor moral decisions</li> <li>➤ Somewhat engaged with family, friends, and community</li> <li>➤ Difficulty forgiving self or others</li> <li>➤ Less respectful of others</li> <li>➤ Straying from core values/beliefs</li> </ul>	<p><b>Potential Indicators</b></p> <ul style="list-style-type: none"> <li>➤ Losing a sense of life's meaning/purpose</li> <li>➤ Holds very little hope about life/future</li> <li>➤ Makes poor moral decisions routinely</li> <li>➤ Weakly engaged with family, friends, and community</li> <li>➤ Not likely to forgive self or others</li> <li>➤ Strong disrespect for others</li> <li>➤ Disregards core values/beliefs</li> </ul>	<p><b>Potential Indicators</b></p> <ul style="list-style-type: none"> <li>➤ Feels like life has no meaning/purpose</li> <li>➤ Holds no hope about life/future</li> <li>➤ Engaged in extreme immoral behavior</li> <li>➤ Not engaged with family, friends or community</li> <li>➤ Forgiveness is not an option</li> <li>➤ Complete disrespect for others</li> <li>➤ Abandoned core values/beliefs</li> </ul>

**Your chaplain cares about you and is committed to helping with your Spiritual Fitness.**

**Absolute confidentiality is guaranteed.**

Chaplain POC:

