CONFIDENTIAL CLERGY HEALTH RISK ASSESSMENT



Fortress Christian Counseling PLC

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Personal Information

Last Name _____ First Name _____
Preferred Title _____ Gender _____
Address _____
City, State, Zip _____
Phone _____ Email _____

Brief Stress History

Check any that apply:

___ I have had serious conditions requiring professional treatment in the last 12 months
___ I have had serious conditions requiring professional treatment in the last five years
___ I have faced serious life changing circumstances in my personal life in the last 12 months
___ I have faced serious life changing circumstances in my personal life in the last five years
___ I have faced serious life changing circumstances in my marriage in the last 12 months
___ I have faced serious life changing circumstances in my family in the last 12 months
___ I have struggled with some kind of addiction but have learned to manage it
___ I continue to struggle with some kind of addiction and not learned to manage it
___ I have been under psychiatric care of seen a professional counselor in the last 12 months

Current Health Conditions

Age_____
Height _____
Weight _____
Medications _____

Clergy Wellness Self-Assessment

This assessment is designed to help you reflect on your stewardship of the life God has entrusted to you. It assumes you are called by God not only to love in your ministry but in the words of Deuteronomy 6:4,5, to “love the LORD with all your heart, soul (emotions and desires), mind (thoughts and beliefs) and strength (body and habits).” This is God’s plan for what we call “clergy wellness.” The more honestly you answer the questions the more useful it will be.

Instructions: Please circle the number that best describes your current reality.

1 = Never/Strongly Disagree | **2** = Seldom/Disagree | **3** = Often/Agree | **4** = Always/Strongly Agree

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I. Physical Stewardship: Loving God with all my strength

“D you not know that your body is a temple of the Holy Spirit within you, whom you have from God?” (1 Cor 6:19)

Assessment Item	
1. I engage in 15–30 minutes of physical activity at least 3x per week.	1 2 3 4
2. I prioritize a diet high in healthy foods (fruits, vegetables, fiber).	1 2 3 4
3. I limit "fast food" or highly processed meals to twice a week or less.	1 2 3 4
4. I maintain a healthy weight as recommended by medical professionals.	1 2 3 4
5. I avoid tobacco and limit alcohol to fewer than five drinks per week.	1 2 3 4
6. I am proactive with preventative care (annual physicals, dental, etc.).	1 2 3 4
7. I am disciplined regarding safety (seatbelts, no texting while driving).	1 2 3 4
8. I view physical health as good stewardship of my ministry strength.	1 2 3 4

II. Resilience: Loving God with all my heart and mind

“Do not be conformed to this world, but be transformed by the renewal of your mind.” (Rom 12:2)

Assessment Item				
9. I can say "no" to non-essential requests without debilitating guilt.	1	2	3	4
10. My identity is rooted in being a child of God, not my ministry success.	1	2	3	4
11. I express anger and frustration in ways that are constructive, not hurtful.	1	2	3	4
12. I have processed past painful events so they do not control my present.	1	2	3	4
13. I am able to admit mistakes and "unmask" before trusted individuals.	1	2	3	4
14. I protect my mind by gathering facts before making emotional decisions.	1	2	3	4
15. I have a hobby or interest that is entirely unrelated to church work.	1	2	3	4
16. I would seek professional counseling if I felt my mental health declining.	1	2	3	4

III. Relational Vitality: Loving my neighbor as myself

“Therefore encourage one another and build one another up, just as you are doing.” (1 Thess 5:11)

Assessment Item				
17. I have at least one "safe" friend outside of my local congregation.	1	2	3	4
18. I am not isolated; I have a trusted person who can and will ask me hard questions about my relationships with others.	1	2	3	4
19. I take a full, scheduled day off each week for rest.	1	2	3	4
20. I have taken at least one full week of vacation in the last 12 months.	1	2	3	4
21. I can disagree with others without becoming defensive or offended.	1	2	3	4

If Married:

22. My spouse and I prioritize a "date" or quality time at least monthly.	1	2	3	4
23. My spouse and I pray and discuss spiritual matters together often.	1	2	3	4

24. Our communication allows for healthy conflict resolution.	1 2 3 4

IV. Spiritual Vitality: Loving God with all my soul

“Pay careful attention to yourselves and to all the flock...” (Acts 20:28)

Assessment Item	
25. I engage with God’s Word in a meaningful way each day	1 2 3 4
26. I make prayer for myself and others a priority each day.	1 2 3 4
27. I feel a clear, sustained sense of God’s "call" as a minister even if/when the ministry does not appear to be going well.	
28. I am able to ask forgiveness from God and others when I do wrong.	1 2 3 4
29. I actively try to trust God’s plan more than my own efforts to sustain my ministry.	1 2 3 4
30. I am aware of specific areas of sin in my life that currently need change.	1 2 3 4

V. Reflection & Action

Describe one area of your personal or ministry life right now you are ready to change.

Describe one small step/action you are willing to take right now to change.

Describe some ways we can help you take action in this area.

Wellness Assessment Scoring

I. Total Score Calculation

Add up the numbers circled for all 30 items. (If the "Married" section was skipped, calculate based on the 27 items answered).

Total Score (30 Items)	Total Score (27 Items)	Vitality Category	Interpretation
105 – 120	**95 – 108**	**Flourishing**	You are currently practicing high-level stewardship. Focus on mentorship and "guarding the deposit."
75 – 104	**68 – 94**	**Stable**	You are functional but likely "running hot." Certain areas are being sacrificed for the sake of others.
Below 75	**Below 68**	**At-Risk**	Urgent reformation is needed. You are likely experiencing "ministry fatigue" or burnout.

II. Sectional Interpretation

A high total score can sometimes hide a dangerously low score in a specific category. Review the sections individually:

1. Physical Stewardship (Items 1–8)

- **High Score:** You treat the strength of your body as a gift to be managed for God.
- **Low Score:** You may be falling into self-destructive habits that value the spirit while neglecting the "tent" God gave you.
- **Clergy Specific:** many ministers secretly view rest as a form of laziness or failure not appreciating what the Bible says about “sabbath.”

2. Mental & Emotional Resilience (Items 9–16)

- **High Score:** You are operating out of a "renewed mind," with a clear distinction between your personal identity and your ministry performance.
- **Low Score:** You are likely not managing the routine and unusual stresses of life and work well. Over time this can develop into a secret life of self-comfort and self-medication to manage the struggle.

- Clergy Specific. High scores in guilt and low scores in boundary-setting suggest a minister's need to examine and distinguish actual beliefs, desires and habits about ministry from stated ones; in other words, the real self (who you actually are when no one is watching) compared to the "idealized self" (who you wish you were or wish others would think you were).

3. Relational Vitality (Items 17–24)

- **High Score:** You are integrated into the church community and trying to practic the "one anothers" of the Bible (for example, Jn 13:34, 15:12, 17; Ro 13:8; 1 Th 3:12, 4:9; 1 Pe 1:22; 1 Jn 3:11, 4:7, 11; 2 Jn 5)
- **Low Score:** Isolation is the greatest danger to a pastor. A low score here indicates your lack of trusted, meaningful relationships is leaving you spiritually depleted and vulnerable.
- Clergy Specific. Experts in clergy care generally agree that isolation and loneliness are at the top of the list for a majority of clergy specific mental, emotional, spiritual and even physical problems. A low score in relational vitality is a significant warning sign for even greater challenges. If married, clergy with unresolved marital conflicts are particularly vulnerable.

4. Spiritual & Vocational Vitality (Items 25–30)

- **High Score:** You are a being a "steward of the mysteries" God has shown you and your own vitality equips you to faithfully shepherd others under your care.
- **Low Score:** You are likely failing to consistently apply biblical truths you expect others to heed to yourself. Vocational vitality (fulfilling our vocational calling) is always dependent on a source of strength that is not our own–spiritual strength.
- Clergy Specific. A personal, vibrant relationship with God through consistent and ongoing practice of traditional "spiritual disciplines" (like Bible reading, prayer, accountability relationships and personal worship) are as vital for a shepherd as for the sheep.
