

# **SPIRITUALITY 101**



## **THE 6 ASPECTS OF SPIRITUALITY**

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Spiritual Care Lecture**

# SPIRITUALITY 101

Spirituality can be viewed as an Umbrella

- Faith/Belief
- Philosophy/Theology
- Ethics/Morals
- Principles
- Values
- Priorities



# FAITH AND BELIEF



■ Faith deals with the unseen and the unproven

Higher Power, God,  
Great Spirit,  
Something outside of  
oneself

■ Belief points toward that which can be observed and replicated

The sun will rise in the east

If one “works a program” recovery will improve

# PHILOSOPHY AND THEOLOGY



- Outlook on life
- Sense of meaning and purpose
- Individualized to ourselves and our life experience
- Adapted from others

WHAT SAYINGS, PROVERBS, AND PLATITUDES DO YOU LIVE BY?

# ETHICS AND MORALS



- Ethics: the process by which we decide what is right and wrong
- Morals: the answers we come up with

HOW DO YOU DECIDE WHAT IS RIGHT  
AND WRONG?

ADDICTION FORCES COMPROMISES;  
WHAT COMPROMISES HAVE YOU MADE?

# PRINCIPLES



- Codes of conduct
- Public Law
- Rules and Regulations

LOVE PRODUCES THE "DO's" AND  
"DON'T's"; "DO's" AND "DON'T's" DON'T  
ALWAYS PRODUCE LOVE

# VALUES



- Those things which are important to the individual
- Personal choices
- Ultimate Values
  - ★ Courage
  - ★ Freedom
  - ★ Honesty

# PRIORITIES



- What is important to one in the moment

Food

Love

Clothing

Companionship

Shelter

Stimulation

**PRIORITIES CHANGE WHEN SOBER; HOW  
HAVE YOUR PRIORITIES CHANGED?**

# CREATING A POSITIVE SPIRITUALITY



## ■ NEGATIVE SPIRITUALITY

- ① Fear of rejection
- ② Self-pity (If only)
- ③ Resentment/anger
- ④ Dishonesty

## ■ POSITIVE SPIRITUALITY

- ① Trust
- ② Gratitude
- ③ Acceptance
- ④ Honesty