

Spiritual technique questionnaire by Joshua Reeves

1. *What is more difficult for you*
  1. *Being Present*
  2. *Forgetting past Experiences*
  3. *Feeling confident about the future*
2. *Is your stress more related to*
  1. *The task that you are currently engaged in*
  2. *Regret about a previous event*
  3. *Anxiety about an upcoming event*
3. *Are you more apt to seek counsel*
  1. *On how to be*
  2. *On how to cope*
  3. *On what to do*
4. *What drives your concerns in relationship*
  1. *Everyday interaction*
  2. *Past behavior*
  3. *Direction of relationship*
5. *Are you more apt to*
  1. *Get distracted*
  2. *Feel guilty*
  3. *worry*
6. *Are you more likely to be in judgment about yourself for*
  1. *How you are acting*
  2. *What you've done*
  3. *What you've yet to do*
7. *What do you respect more in others*
  1. *Live in the present*
  2. *Have no regrets*
  3. *A clear direction*