

# 属灵健康與精神健康自我操練評估表

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属灵健康的五个标志 Five marks of spiritual health	
自我认罪得自由 An individual recognizes their sinful condition	1 2 3 4 5 6 7 8 9 10
属灵操练 Spiritual discipline	1 2 3 4 5 6 7 8 9 10
个人灵修 Personal devotion	1 2 3 4 5 6 7 8 9 10
虔诚的品性 Devout character	1 2 3 4 5 6 7 8 9 10
坚实的神学基础 Having a robust theological framework	1 2 3 4 5 6 7 8 9 10

精神健康的五种品质 Five mental health qualities	
情绪调节 Emotional regulation	1 2 3 4 5 6 7 8 9 10
持续或偶发的自卑或自傲 Having a sense of self that is either self-loathing or grandiose	1 2 3 4 5 6 7 8 9 10
适应社会环境 A difficult time being at peace in social settings	1 2 3 4 5 6 7 8 9 10
分辨事实与臆想 Having difficulty discerning fanciful thoughts from actual events	1 2 3 4 5 6 7 8 9 10
倾向性地难以调节对明知会导致负面后果之行动的冲动 A dispositional struggle to regulate their impulses towards actions that are known to have negative consequences	1 2 3 4 5 6 7 8 9 10