University of South Carolina-College of Social Work  
Second Tuesday  
Social Work Practice Meets Religion & Spirituality  
Questions for Brief Explicit Spiritual Assessment  
Meaning, Importance, Membership, Beliefs, Relevance, and Action-MIMBRA

“Preamble: I am interested to know what is most meaningful and important in your life that might be relevant to our work together. Please feel free to respond or not respond to the following questions in any way that makes sense to you.

1. What helps you to experience a deep sense of meaning, purpose, morality, hope, connection, joy, or peace in your life?

2. Are spirituality, religion, or faith important to you? Please explain why or why not?

3. Are you a member of any groups or communities (such as a religious group, support group, or cultural group) that give you a sense of belonging and help you find meaning and support in life? Please explain.

4. Please explain any important beliefs, practices (such as prayer, meditation, rituals, or holistic therapies), or values that shape your understanding and response to your current situation.

5. From what we discussed so far, what if anything is relevant to your current situation and your goals for our work together?

6. Is there anything we discussed that you would like us to act on in our together? For example, is there anything that has been helpful that we could apply or unhelpful that we should avoid or deal with? Are there close friends, relatives, mentors, clergy, or spiritual teachers whom I should be aware of or contact? Please explain. Thank you.”

Reference