Command guidance:

The Chaplain Corps has developed a Spiritual Fitness Guide (SFG) to help Marines build and maintain a strong spiritual life.

The use of the SFG is voluntary in order to review seven indicators of spiritual fitness that will help direct where the Marine is within the 4 levels of spiritual fitness. Additionally, it serves as a referral tool to know when to seek out help and advice from a chaplain.

1. Make the SFG available to the Marines. The SFG is available at https://www.mcu.usmc.mil/sites/leadership/SitePages/fitness.aspx

2. The SFG should only be used as a private self-assessment tool or as a tool to help a Marine talk with a chaplain. It is not designed for use by the chain of command to evaluate a Marine's spiritual fitness or readiness.

3. Commands should not mandate the use of the SFG or require a Marine to disclose self-assessment results.

4. Training on this topic is encouraged, but must be conducted by a chaplain or under a chaplain's supervision.

5. For concerns about a Marine's spiritual fitness or for further information about spiritual fitness, please contact a chaplain.

SPIRITUAL FITNESS GUIDE

This is a **self-assessment** tool to help service members consider their spiritual condition.

Spirituality may be used generally to refer to that which gives meaning and purpose in life, or the term may be used specifically to refer to the practice of a philosophy, religion, or way of living.

FIT	STRESSED	DEPLETED	DRAINED
Potential Indicators	**Potential Indicators**	**Potential Indicators**	**Potential Indicators**
➢ Engaged in life's meaning/purpose	➢ Neglecting life's meaning/purpose	➢ Losing a sense of life's meaning/purpose	➢ Feels like life has no meaning/purpose
➢ Hopeful about life/future	➢ Less hopeful about life/future	➢ Holds very little hope about life/future	➢ Holds no hope about life/future
➢ Makes sound moral decisions	➢ Makes some poor moral decisions	➢ Makes poor moral decisions routinely	➢ Engaged in extreme immoral behavior
➢ Fully engaged with family, friends, and community	➢ Somewhat engaged with family, friends, and community	➢ Weakly engaged with family, friends, and community	➢ Not engaged with family, friends or community
➢ Able to forgive self and others	➢ Difficulty forgiving self or others	➢ Not likely to forgive self or others	➢ Forgiveness is not an option
➢ Respectful of others	➢ Less respectful of others	➢ Strong disrespect for others	➢ Complete disrespect for others
➢ Engaged in core values/beliefs	➢ Straying from core values/beliefs	➢ Disregards core values/beliefs	➢ Abandoned core values/beliefs

Your chaplain cares about you and is committed to helping with your Spiritual Fitness.

Absolute confidentiality is guaranteed.

Chaplain POC:

Chaplain Referral Tool

Are there signs of spiritual concerns?

NO → **Green Zone (Fit)**
- Good to go
- Encourage continued spiritual practices

YES ↓

Are there *also* signs of spiritual distress?

NO → **Yellow Zone (Stressed)**
- Consult with chaplain
- Explore forgiveness issues
- Encourage spiritual practices

YES ↓

Are there *also* signs of spiritual despair?

NO → **Orange Zone (Depleted)**
- Refer to chaplain
- Seek renewal of hope and faith
- Explore family and friendship issues
- Explore forgiveness issues
- Explore guilt issues

YES → **Red Zone (Drained)**
- Refer to chaplain
- Work in partnership
- Deliberate steps to rebuild hope, faith and purpose
- Provide mentoring on relationships, emotions, morality and spiritual practices

Stressed: Spiritual Concerns*

"The potential disruption of one's beliefs, assumptions, or values that occurs when one's valued relationship with one's self, others, ideas, nature, higher power, art, or music is threatened or challenged."

Depleted: Spiritual Distress*

"The disruption of one's beliefs, assumptions, or values that occurs when one's valued relationship with one's self, others, ideas, nature, higher power, art, or music is threatened or broken."

Drained: Spiritual Despair*

"The dissolution and/or disintegration of one's source of meaning and hope, leading to one's feeling little to no hope of resolution."

The United States Navy Chaplain Corps

* Spiritual Care Handbook on PTSD/TBI
The Rev. Brian Hughes, BCC
The Rev. George Handzo, BCC