

# spiritual quotient questionnaire

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Report

myskillsprofile.com  
around the globe

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## Introduction

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In the 1990s, management gurus such as Daniel Goleman argued that in order to succeed in life, you needed more than just a high IQ. You also have to possess emotional intelligence (EQ) - qualities such as self-awareness, achievement drive, empathy and intuition. Now we are told that IQ and EQ do not explain everything and to be really effective, you have to have a third element called SQ or RQ - that is, spiritual or religious intelligence.

The Spiritual Quotient Questionnaire (SQQ) is designed to help you understand and explore your religious or spiritual intelligence in order to become more effective at work and in your personal life. According to Robert Emmons (The Psychology of Ultimate Concerns, 1999), spiritual intelligence helps one to transcend the physical and material, experience heightened states of consciousness, sanctify everyday experience, utilize spiritual resources to solve problems, and, be virtuous, showing such traits as humility, gratitude, forgiveness and compassion.

The SQQ provides a single overall assessment of your SQ based on ten dimensions of religious/spiritual intelligence. These dimensions emerged from an analysis of academic research on the psychology of religion. In the SQQ, we have endeavored to capture 60 years of research efforts to measure people's spiritual/religious attitudes and experiences. A short definition of each of these dimensions is provided on the next page.

This report is divided into six sections:

- Section 1 gives your overall spiritual/religious quotient;
- Section 2 describes your beliefs and whether you have had religious experiences;
- Section 3 summarizes your practices in terms of factors such as worship place attendance, observance of religious rituals and prayer;
- Section 4 describes what you are seeking from life, how you cope and whether you live out your spiritual beliefs;
- Section 5 describes how important your religion is to you and how tolerant you are of other faiths;
- Section 6 provides some ideas on how you might develop further your spiritual side.

We calculate your SQ score by comparing your responses against a large sample of people who have completed the test. The SQ is a percentile score and represents the point at or below which a given percentage of scores is observed. For example, a SQ score at the 65th percentile is equal to or higher than the scores obtained by 65% of the people who took the test.

## Scale Definitions

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The ten scales for the Spiritual Quotient Questionnaire report are defined below.

**Experiences:**

Measures whether you have experienced particular reported religious experiences.

**Coping:**

Measures how far you use your faith to help solve problems and reach decisions.

**Purpose:**

Measures whether you have specific life goals and whether you find life meaningful and purposeful.

**Worship Place:**

Measures what you think about your worship place and its religious/spiritual leaders.

**Living Out:**

Measures how far you manage to live out the key tenets of your faith.

**Centrality:**

Measures the importance of religion in your life and whether your beliefs affect your behavior including what you eat, drink and wear.

**Practices:**

Measures how far you follow religious practices advocated by your faith.

**Prayer:**

Measures the frequency and content of your prayers.

**Tolerance:**

Measures your tolerance and open-mindedness towards people with other faiths.

**Religious Concepts:**

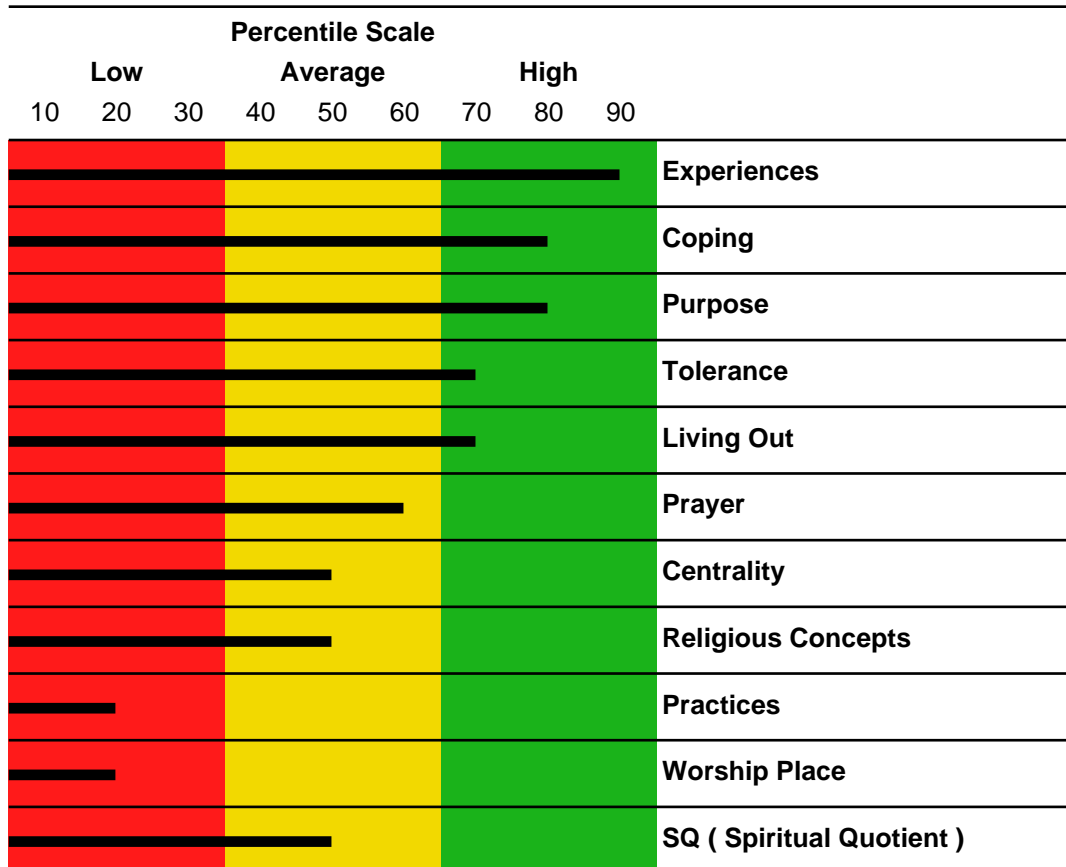
Measures your belief in basic religious concepts such as an all-powerful creator of the universe, the soul and afterlife.

## Your Spiritual Quotient

Spiritually intelligent individuals rise above the physical and material, experience heightened states of consciousness, sanctify everyday experience, utilize spiritual resources to solve problems, and, are virtuous, showing such traits as humility, gratitude, forgiveness and compassion.

The SQQ provides a single spiritual quotient score giving you a very approximate indication of your current overall religious/spiritual intelligence. This result is based on your total score across ten dimensions measured by the questionnaire. It is based on a ten point scale linked to percentile scores.

You have scored 5. Roughly speaking, this means you have scored higher than 50 percent of the people who have completed this questionnaire. This indicates that you are neither a devout religious person nor an atheist. You have as many spiritual/religious qualities as the average person who has completed the SQQ questionnaire. You have some of the qualities and characteristics of a spiritually developed individual but you have more to do and learn to develop the spiritual side of your brain (see development advice at end of this report).



## Your Beliefs

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In this section we report on your religious beliefs and whether you believe you have had religious experiences. We assess your religious beliefs against basic religious concepts such as the existence of an all-powerful creator of the universe, the value of an established moral and religious code, whether you think the soul is a spiritual part of humans linking us to God, whether you believe in an afterlife and miracles and so on.

We assess your spiritual and religious experiences in terms of whether you have had moments where, for example, you have experienced God's call; whether you have sensed that there is a higher control or power behind reality or experienced moments where everything looked new, alive, and beautiful; whether you have ever felt at one with the universe, or whether you have had moments where you have felt wonder, awe and humility.

Like the majority of people, you lie in between those who hold that there is a God and those that deny his existence. You have not definitely made up your mind whether you believe in basic religious concepts such as whether there is an all-powerful creator of the universe, the soul and afterlife. Although you do report having had a number of significant spiritual experiences, these experiences do not appear to have resulted in any strongly held religious or spiritual convictions.

## Your Spiritual Practices

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We measure your spiritual and religious practices in two main ways. First, we look at your views and experience of a worship place and how far you follow religious practices advocated by your faith. Second, we look at the frequency and content of your prayers.

Regular attendance at a worship place does not appear to be a feature of your life at present and you do not appear to observe some of the more common religious practices of a faith - for example, practices such as reading the holy scriptures, observing religious festivals and events, fasting etc.

You say prayers as often as most other people who have completed this questionnaire in order to, for example, connect to your inner spirit, to give thanks, and to ask for help and forgiveness.

## **Your Goals**

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This section looks at your life goals in terms of whether you have specific life goals and whether you find life meaningful and purposeful; how far you use your faith to help solve problems and reach decisions; and, how successful you think you are in living out your beliefs.

You present yourself as happy and fulfilled. You seem to have clear life goals and objectives, and you feel that your life is purposeful and meaningful. You also feel that God helps you make the right decisions and guides your actions. When you run into difficulty, you put your trust in God to help you; you believe that you have been aware of God helping you in times of need.

You are courteous and polite, you are honest and straight, you work hard and you try to do things right. In other words, you display a number of the key characteristics of a person who lives out their spiritual and religious beliefs.

## **Your Attitudes**

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This section looks at how important spirituality is in your life and your respect for religious diversity.

Although your religious beliefs play a fairly important part in your life influencing to a certain extent how you live and, for example, what you wear and what you eat and drink, you are tolerant and understanding about other people's beliefs. You do not, for example, let your beliefs prevent you from associating with and forming friendships with people from other religions.

## Spiritual Development Framework

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You have a strong sense of purpose and well-being in your life and spirituality is probably a contributing factor. You could take a further step to developing your spiritual side by exploring different spiritual practices and techniques. We suggest you try the Big Exploration at [http://www.spiritualityhealth.com/newsh/items/blank/item\\_2909.html](http://www.spiritualityhealth.com/newsh/items/blank/item_2909.html) . This website lists 37 essential practices common in the world's religious and spiritual traditions.

## Further Reading

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### **SQ: Connecting With Our Spiritual Intelligence**

by Danah Zohar, Ian Marshall, I. N. Marshall

### **Spiritual Intelligence : Developing Higher Consciousness**

by Dorothy A. Sisk, E. Paul Torrance

### **The Power of Spiritual Intelligence**

by Tony Buzan