

## Spiritual Connection Questionnaire: SCQ-48

Below is a list of statements about the experience of spirituality. Please show to what extent these statements describe you by circling the number which best correspond to your experience. For example, if the statement is *very like you*, then circle 3. If it is only *slightly* like you, then circle 1. Do not spend too long over any statement. Just give the first answer that comes into your head. There are no right or wrong answers.

1. Sometimes when I look at a person I feel a connection which is very special and different from usual human contact.

*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*

2. For me, happiness is achieved from pleasure, not spiritual fulfilment

*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*

3. I sometimes experience joy just from being in a beautiful place.

*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*

4. I do not feel connected to the universe in any spiritual way.

*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*

5. I am very sensitive to the atmosphere of a house.

*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*

6. I never feel that I am making contact with someone's soul.

*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*

7. For me, spirituality gives me a feeling of ultimate happiness.

*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*

8. I never feel any special connection with a part of nature such as a flower, tree or mountain.

*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*

9. I can sometimes enter a state where I feel connected to the universe.

*Unlike me*    -3    -2-    -1    0    1    2    3    *Like me*

10. For me, places do not have a special atmosphere.

*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*

11. I am drawn to spiritual people.

*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*

12. Spirituality is not important to me.

*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*

13. For me, spirituality is a kind of love for everything.

*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*

14. I do not have a personal relationship with some power greater than myself.  
*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*
15. I sometimes experience other people 'shining with an inner light'.  
*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*
16. It is not important to me to be connected with a spiritual being or force.  
*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*
17. I can sometimes feel love for living or non-living parts of nature (flowers, trees, stones, animals etc.).  
*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*
18. The physical world as we know it is all there is.  
*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*
19. There is something of the cosmos that binds all people together.  
*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*
20. Spirituality does not contribute to my life.  
*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*
21. I feel there is a form of energy that binds all life together.  
*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*
22. I feel no spiritual connection to the world around me.  
*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*
23. I have a deep feeling of being connected to my family both past and future.  
*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*
24. I have never had a spiritual experience that has changed my life.  
*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*
25. We are all participating in something larger and greater than any of us.  
*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*
26. I do not believe events in my life unfold according to a greater plan.  
*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*
27. I can sometimes feel a connection with those who are no longer with us.  
*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*
28. I am not much affected by my surroundings.  
*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*
29. I believe all life is connected.  
*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*

30. I will never have a spiritual bond with another person.  
*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*

31. I feel I have an inner spiritual strength.  
*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*

32. I am not touched spiritually by beauty.  
*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*

33. There is a larger plan to life.  
*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*

34. I find spiritually in others rather off-putting.  
*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*

35. My spirituality makes life good for me.  
*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*

36. I never get completely immersed in the beauty of my surroundings.  
*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*

37. For me all life is connected.  
*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*

38. I do not feel that there is a form of energy that binds people together.  
*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*

39. I have joy in my life because of my spirituality.  
*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*

40. The beauty of the universe fails to move me.  
*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*

41. I feel an inner strength from a spiritual connection with others.  
*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*

42. The cosmos (everything that exists) has only a physical dimension, not a spiritual one.  
*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*

43. My connection to something spiritual makes me happy.  
*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*

44. I have no sense of awareness of those who will come after me.  
*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*

45. I feel that I am always protected by an ultimate principle, force or being.  
*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*

46. I have no feeling of being connected with the spirit world.

*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*

47. My feelings of a spiritual connection with the cosmos (everything that exists) are important to me.

*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*

48. Spiritual connections with other people do not help me.

*Unlike me*    -3    -2    -1    0    1    2    3    *Like me*

Thank you for completing this questionnaire

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