

CLINEBELL'S LIST OF BASIC SPIRITUAL NEEDS

1. The need for regular renewal of "basic trust," the awareness that life is trustworthy in some fundamental sense in spite of its tragedy and loss.
2. The need for sound values to undergird responsible relationships and a workable philosophy of life which gives purpose to living.
3. The need for a relationship with and commitment to an integrating object of devotion.
4. The need for regular energizing experiences of transcendence in which we can know and celebrate the essential goodness of life.
5. The need to move regularly from the alienation of guilt to reconciliation and forgiveness.
6. The need for the regular renewal of self-acceptance and self-esteem.
7. The need for the renewal of realistic hope and a sense of the possibilities of the future.
8. The need to discover and develop one's higher self as the integrating center of one's life.
9. The need to maintain nurturing interaction with nature and with humankind.
10. The need for a caring community committed to spiritual values.

SOURCE: Howard Clinebell, "The Role of Religion in the Prevention and Treatment of Addictions - The Growth Counselling Perspective," in Man, Drugs, and Society - Current Perspectives: Proceedings of the First Pan-Pacific Conference on Drugs and Alcohol. Canberra: The Australian Foundation on Alcoholism and Drug Dependence, 1981, pp. 206-213.

THE SEVEN WARNING SIGNS OF SPIRITUAL CANCER

1. The unusual preoccupation with self; conversation about me, we, us, mine, ours.
2. A lump or thickening in the wallet or bank account without regard for the priorities of God or the needs of others.
3. A sore feeling of anger or resentment that persists and does not heal.
4. A change in prayer life and in attendance at worship from regular to irregular.
5. A feeling of hoarseness or uneasiness when matters related to God and Christ and his church are mentioned.
6. Indigestion or difficulty in swallowing Christian thought or references to commitment, witnessing or stewardship.
7. A change in size, color or complexion when asked, "Are you actively participating in the church of Jesus Christ?"