



Sober Buddha  
Counseling

## MINDFUL DIAGNOSIS

- I - Psychospiritual Problem as Perceived by Patient, Articulation of Personal Suffering
- II - Archetypal Shadow Attributes in Self-Inflicted Trauma Narrative
  - \* Abused Child, Victim, Prostitute, Saboteur, Trickster/Addict
- III - Physical/Energetic Blockages
- IV - Factors Hindering Development of Right Mindfulness
  - \* Inability to precisely experience and accept of present moment
  - \* Self-attachment to traumatic narrative
  - \* Lack of empathy, compassion, kindness for self and others
  - \* Lack of meditation/cessation reduction skills
- V - Stages of Psychospiritual Development
  - 1 - Unaware of psychospiritual potential, excessive clinging and aversive attachments, both in phantasies
  - 2 - Discontent and aware of need for spirit growth but unformed, lacking resources, not yet motivated to actively seek change
  - 3 - Willing to study and attempt psychospiritual practice
  - 4 - Some meditation practice, moments of clarity in present moment, "aha" moments, reduced maladaptive thinking and behavior, less impulsivity and reactivity
  - 5 - Established daily spiritual discipline, ability to articulate insight into nature of impermanence, demonstrates empathy, compassion and acceptance toward all beings

### Surveys

- Daily Experiences of Mindfulness
- Measuring 5- Basic Facets of Mindfulness
- Gratitude Measurement
- Hope Scale
- Life Purpose Questionnaire
- Personal Growth Scale
- Most Common Spiritual Mistakes
- Spiritual Capital Measurement
- Soul Attributes Survey
- Inspiration Scale
- Locus of Control Measurement
- Spiritual Life Inventory