

Physical, Emotional, Mental & Spiritual Availability

Four-domain presence assessment

Printable worksheet · 7 parts

Name _____ Date _____

Physical, Emotional, Mental and Spiritual Availability

Assessing your presence in all four domains of life

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PART 1 OF 7

Introduction

Physical, Emotional, Mental and Spiritual Availability

Assessing your presence in all four domains of life

Many times, we can feel that as long as we are physically present that we are available. We can assume the role as the provider, protector, and guardian. Many times, in our active addiction that's all we are, physically present.

Many times, we have become emotionally, mentally, and spiritually unavailable from the very people we pride ourselves in protecting. We can become the least available to the ones we love and value the most.

For some, our careers can become our identity, our singleness of purpose, and the thing that we invest our time, energy, and emotional effort in the most. Meanwhile believing that family is important regardless of recognizing the limited amount of emotional capital that we fail to invest in it.

We can be physically available, showing up for the kid's ball game, but are we emotionally available to have that heart-to-heart conversation with them on the way home, or are we investing our energy and attention on our next drink, drug, or job.

The Four-Legged Table

Think of yourself as a four-legged table. Each leg represents a different domain of availability: Physical, Emotional, Mental, and Spiritual. A stable table needs all four legs to be strong and balanced. In the next step, you'll assess the strength of each leg by rating your availability in each domain as a percentage.

PART 2 OF 7

Assess Your Availability

Rate your availability in each domain from 0% to 100%

Average Table Stability

Moderately Stable

Physically

%

Emotionally

%

Mentally

%

Spiritually

%

Your Four-Legged Table

Physical

Emotional

Mental

Spiritual

PART 3 OF 7

Your Table

Reflection Questions

What does your table look like? As 'providers' how stable is your table? What else can you bring to the table?

PART 4 OF 7

Physically

Reflection Questions

In what ways could you be more physically present in your life?

Describe specific ways you can increase your physical availability...

PART 5 OF 7

Mentally

Reflection Questions

In what ways could you be more mentally present in your life?

Describe specific ways you can increase your mental availability...

PART 6 OF 7

Emotionally

Reflection Questions

In what ways could you be more emotionally present in your life?

Describe specific ways you can increase your emotional availability...

PART 7 OF 7

Spiritually

Reflection Questions

In what ways could you be more spiritually present in your life?

Describe specific ways you can increase your spiritual availability...

Additional Notes (Optional)

Any additional reflections or insights...
