

Level of Attachment Security in Spiritual Relationships (LASSR) Worksheet

Name: _____

Date: _____

Everyone has different experiences of God, angels, or saints when we pray or ask them for help. Please list those who come to mind in your own life. Examples are provided on Page 3. Rate each individual below **on a scale from 0 to 10** (with 0 being “least” and 10 being “most”) for the following areas: **Distress** (intensity of general disturbance), **Anxiety** (worry that they will not be available and/or that they will reject or abandon you), and **Avoidance** (distrust or desire to keep them at “arm’s distance”). Then briefly describe your current experience of the Person/person. **When finished, please proceed to Page 4.**

<u>PERSON</u>	<u>DIS- TRESS</u>	<u>ANX- IETY</u>	<u>AVOID- ANCE</u>	<u>CURRENT EXPERIENCE OF THE PERSON</u>
1)				
2)				
3)				
4)				
5)				
6)				
7)				
8)				
9)				
10)				

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Various Depictions of Spiritual Support Persons

<u>God the Father</u>	<u>Mary</u>	<u>Saints (cont.)</u>
The Creator	Assumption	St. Gianna Beretta Molla
Father of Jesus	Immaculate Heart of Mary	St. Gregory the Great
	At the Foot of the Cross	St. Hildegard of Bingen
<u>Holy Spirit</u>	In Her Home, Caring for Baby Jesus	St. Ignatius of Loyola
At the Annunciation	Holding the Child Jesus	St. Joan of Arc
As a Dove	Our Lady of Czestochowa	St. John the Baptist
At Pentecost	Our Lady of Fatima	St. John Chrysostom
	Our Lady of Good Counsel	St. John of the Cross
<u>Jesus Christ</u>	Our Lady of Guadalupe	St. John the Evangelist
Agony in the Garden of Olives	Our Lady of the Miraculous Medal	St. John Henry Newman
Ascending into Heaven	Our Lady of Perpetual Help	St. John Paul II
Baby in the Manger	Our Lady of Lourdes	St. John Vianney
Baptism in the Jordan	The Pieta	St. Joseph
Calming the Storm	Queen of Heaven and Earth	St. Joseph Cupertino
Carrying His Cross	Untier / Undoer of Knots	St. Josephine Bakhita
Carrying Cross w/ Simon of Cyrene		St. Jude
Christ the King	<u>Saints</u>	St. Louis
Cleansing the Temple	Bl. Pier Giorgio Frassati	St. Leo the Great
Crucified	Servant of God, Chaplain Emil Kapaun	St. Maria Faustina Kowalska
Divine Mercy Image	St. Anthony of Padua	St. Maria Goretti
The Good Shepherd	St. Augustine of Hippo	St. Martin de Porres
Infant Jesus of Prague	St. Ambrose of Milan	St. Monica
Pardoning Woman Caught in Adultery	St. Anne, Mother of Mary	St. Nicholas
Praying on the Mountain	St. Benedict	St. Padre Pio
Raising Lazarus from the Dead	St. Bernard of Clairvaux	St. Patrick
Risen / Resurrected	St. Bonaventure	St. Peter
Sacred Heart of Jesus	St. Catherine of Siena	St. Pius X
In the Temple (age 12)	St. Christopher	St. Paul
At the Wedding in Cana	St. Clare of Assisi	St. Rose of Lima
Weeping over the Death of Lazarus	St. Dominic	St. Stephen the 1 st Martyr
	St. Dymphna	St. Teresa of Avila
<u>Angels</u>	St. Elizabeth Ann Seton	St. (Mother) Teresa of Kolkata
St. Gabriel	St. Frances Xavier Cabrini	St. Therese of Lisieux
Guardian Angel	St. Francis of Assisi	St. Thomas the Apostle
St. Michael	St. Francis de Sales	St. Thomas Aquinas
St. Raphael	St. Kateri Tekakwitha	St. Thomas More

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Referring back to page 1, please transfer the names of each spiritual support Person/person to the corresponding number on this page. Then provide your best guess at the **possible natural or psychological origins** that influence your current experience (that you described on Page 1) of the spiritual support Person/person.

<u>PERSON</u>	<u>POSSIBLE PSYCHOLOGICAL ORIGINS THAT INFLUENCE YOUR CURRENT EXPERIENCE OF THE SPIRITUAL SUPPORT PERSON</u>
1)	
2)	
3)	
4)	
5)	
6)	
7)	
8)	
9)	
10)	