

## Pastoral Loneliness Self-Assessment Tool

**Instructions:** For each statement below, rate yourself on a scale from 1 (Strongly Disagree) to 5 (Strongly Agree). Self-examine and be as honest as possible in your responses. This assessment is only a starting point and should be used simply as one resource among others to help discern the severity of the problem.

Question	Strongly Disagree (1)	Disagree (2)	Neutral (3)	Agree (4)	Strongly Agree (5)
1. I have at least one close friend I can confide in about personal and ministry-related struggles.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2. I often feel isolated in my role as a pastor.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3. I struggle to find people I can trust within my congregation for personal support.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4. I feel pressure to always appear spiritually and emotionally strong, even when I am struggling.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5. I have a network of fellow pastors or mentors I can turn to for encouragement and support.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6. I frequently feel emotionally drained or exhausted by the weight of ministry.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7. I make time to connect with friends or family outside of my church work.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8. I find it difficult to express my struggles because I fear being judged or misunderstood.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9. I have a habit of seeking support (e.g., counseling, pastoral peer groups, or accountability partners) when I feel lonely.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10. I often feel that no one truly understands my challenges as a pastor.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

**Scoring and Interpretation:** Add up your responses, but you will need to reverse score the following questions: 1, 5, 7, and 9. For these questions, flip the scores before adding them up (e.g., if you marked “5,” count it as “1”). The minimum score is 10 (low loneliness), and the maximum is 50 (high loneliness).

**Loneliness Level Interpretation:**

- 10–19: Low Loneliness – You have strong support systems and maintain healthy relationships.
- 20–29: Moderate Loneliness – You may feel isolated at times but have some support. Consider strengthening relationships with peers or a mentor.
- 30–39: High Loneliness – You may be struggling significantly with isolation. Seeking pastoral networks, counseling, or a mentor may help.
- 40–50: Severe Loneliness – Your loneliness level is critical. It’s essential to prioritize self-care, reach out to trusted friends or professionals, and consider making changes to protect your well-being.