



QUESTIONNAIRE ON MY RITUAL PROFILE

This questionnaire is designed to help you define your own ritual profile and determine the best strategy for ritualizing different life events, from birthdays to weddings to funerals.

Part I Circle the icons next to the statements that best describe you and bar those that do not apply.

- ★ I am an active member of a religious institution.
- I am an inactive member of a religious institution.
- I am a member of an organization with humanist or philosophical views.
- ◆ I am attracted to groups which value holistic or esoteric practices.
- ★ I attend religious worship services at least once a month.
- I live by my own ethic which is based on reason and humanistic values.
- I attend religious worship services about once or twice a year.
- ◆ Life is a natural process. My life event ceremony should celebrate the mystery, joy and uncertainty of life.
- My wedding / funeral / child's life event ceremony could take place almost anywhere, except in a religious setting.
- ◆ I celebrate nature, am sensitive to the colours of the seasons and marvel at the cosmos.
- ★ I imagine my wedding / funeral / child's ceremony in a religious setting.
- I would love to have my wedding / funeral / child's life event ceremony in a religious setting but, if possible, without a priest / pastor / rabbi / imam or other religious leader.
- As human beings, we alone are responsible for solving the environmental problems we have created. No belief in a god or a supernatural force can help us.
- ◆ It is important for me to have a simple funeral and to be buried or have my ashes spread in a natural setting, far from artificial structures.
- ★ I cannot imagine my wedding / funeral / child's ceremony without a priest / pastor / rabbi / imam or other religious leader.
- My wedding / child's life event ceremony may be held in a secular setting but I cannot imagine my funeral without religious rites.
- ◆ A life event ceremony with a shaman would suit me quite well.
- My family and friends would be disappointed if I did not organize a religious ceremony for my wedding / funeral / child.
- I do not need god or any supernatural being in order to live and die well.
- ★ It is important to have sacred texts and religious rites performed at our wedding / my funeral / our children's life event ceremonies.
- I want my wedding / funeral / child's ceremony to be presided by a humanist celebrant or at least someone who shares my humanist values.

Part II Circle the icons next to the statements that best describe you and bar those that do not apply.

- Religious holidays are important to me because they preserve my cultural and social traditions.
- I advocate progressive values and ideals regarding gender and social roles.
- Official documents (religious or civic) confirming my wedding / funeral / child's life events are important to me.
- A ceremony which celebrates my wedding / my funeral / my child's life events must correspond to our values rather than to official social or civic standards.
- I belong to one or several groups composed of people who come together around projects, leisure activities or ideals.
- I am most comfortable with time-tested values, roles and rituals.
- I like the idea of having a close friend or non-official person preside over a life event ceremony, such as my wedding, funeral or a naming ceremony for my child.
- Only a spiritual or civic leader can validate the ceremony of a life event, such as our wedding, a funeral or a ceremony for our child.
- I can imagine holding my wedding / funeral / child ceremony in a unique setting such as a museum, garden, restaurant, library or on a farm.

Part III Please note below the number of times you have ticked each of these six symbols and, if you wish, your observations.

Observations:

- ★ _____
- _____
- _____
- ◆ _____
- △ _____
- _____



KEY TO THE QUESTIONNAIRE ON MY RITUAL PROFILE

What is your ritual profile? Being clear about your ritual profile helps you determine your ritual strategy. A coherent strategy is essential for designing, creating and implementing appropriate rituals that celebrate your life events.

These symbols are indicators of your ritual profile:

- ★ (5)* *Institutional*. If this symbol ★ represents the majority of your answers, your religious practice is regular and satisfying. A religious ceremony would be important for you and consistent with your values and view of life. You probably also ticked this symbol □.
- (5) *Distanced*. A majority of this symbol ● indicates occasional religious practice; your ties with a religious institution may be stretched. A ceremony held with a religious leader in a traditional setting may or may not satisfy your need to mark a life event. You may also have ticked the symbol ★. A clear majority of this symbol □ indicates a personalized religious ceremony would be appropriate; a majority of this symbol Δ points to a personalized ceremony outside a religious context.
- (6) *Secular or Humanist*. A majority of this symbol ■ indicates that you identify yourself as a 'none' (e.g. atheist, agnostic). You may be indifferent or even against religion. You may be a member of a humanist or secular group. Tailor-made or humanist ceremonies would best serve your need to mark a life event. You may have a majority of either of these symbols Δ □.
- ◆ (5) *Alternative*. If you ticked this symbol ◆ at least three times it means you find yourself most comfortable with a holistic approach to life and may be a member of an esoteric group. A bespoke ceremony would suit you well. If you ticked a majority of this symbol Δ consider an alternative to a ceremony presided by a traditional authority figure.

These two symbols Δ □ can help you fine-tune your ritual profile:

- (4) *Traditional*. Cultural and social activities linked to one or more traditions are important to your sense of identity. Yet, feeling strong ties with a tradition neither precludes nor indicates a desire for custom ritual or ceremony. However, when ritualising an occasion, you may need to hear some traditional phrases or to perform certain traditional gestures. It is likely that you ticked a number of these symbols ★ ● ■, but improbable that you have a majority of this symbol ◆.
- Δ (5) *Modern*. You feel comfortable with people who respect your personal journey and who encourage you in the development of your own values. You may belong to groups with little official status and avoid institutional settings. It is important that you feel free to craft the kind of rituals that are right for you. While you may have ticked a number of these symbols ● ■ ◆, it is unlikely that you have a majority of this symbol ★.

*Indicates the maximum number of times this symbol appears in the questionnaire.