

# Template for Benchmarks of Human Maturation in the Vocational Synthesis Stage

Transitional Deacon:

*Formator/Parish Priest Mentor:*

*Date:*

## Self-Knowledge *Beloved Son*

### The Transitional Deacon:

Observed	Room for Growth
<b>Emotional Stability</b>	
<input type="checkbox"/> Acknowledges his thoughts and feelings and how they relate to his behaviors. <input type="checkbox"/> Brings his emotional stirrings to Jesus and to his formator for guidance and direction.	<input type="checkbox"/> Approaches situations with anxiety. <input type="checkbox"/> Is not comfortable with his emotions <input type="checkbox"/> Needs more reassurance than expected as a transitional deacon.
<b>Motivation</b>	
<input type="checkbox"/> Desires to gain a more complete and accurate understanding of his motivations seeking to grow in healthy self-acceptance. <input type="checkbox"/> Aspires to grow in his identity as beloved son of the Father.	<input type="checkbox"/> Lacks a sense of being a beloved son of the Father. <input type="checkbox"/> Hesitates to engage in new situations. <input type="checkbox"/> Or can imprudently plunge into situations making rash decisions without seeking appropriate counsel.
<b>Transparency</b>	
<input type="checkbox"/> Exhibits appropriate self-disclosure as necessary for formation and pastoral discernment.	<input type="checkbox"/> Is reluctant to be transparent, preferring not to be judged. <input type="checkbox"/> Is not comfortable appropriately sharing on deeper levels.

## Humility

- Is willing to admit to mistakes.
- Brings his and other's faults and failings to prayer and demonstrates an ability to forgive others and seek forgiveness for personal shortcomings.

- Is reluctant to admit to making mistakes.
- Tends to blame others if things do not go as expected.
- Is defensive when receiving feedback.

## Self-Confidence

- Is appropriately self-reliant with a capacity to trust himself.
- Is also able to rely on and entrust himself to others, confident in his faith journey with Jesus during formation.

- Lacks self-confidence.
- Or is overly self-reliant making decisions without considering the consequences.

## Docility

- Is able to receive feedback and criticism with docility and make observable steps to engage in formation with evidence of evolving personal growth and interior freedom.

- Fears "not measuring up" and does not seek feedback.
- Seeks alternative means of feeling adequate through worldly endeavors.

## Initiative

- Takes initiative in his areas of responsibility.
- Is available to others' needs with an appropriate generous spirit.

- Lacks initiative and follow through in areas of responsibility.
- Or his initiatives are misdirected, contributing to disappointments.

## Time Management

- Is able to maintain regular habits of prayer, rest, exercise, and study.
- Is able to plan ahead and delegate appropriately such that administrative duties and parish activities are properly attended to.

- Could benefit from improved time-management skills.
- Has difficulty adjusting to the variability of daily parish life and activities.

### Self-Mastery

- Appropriately cares for his physical health, demonstrates balanced habits of exercise, rest, and proper use of technology.
- Refrains from addictive behaviors (e.g., excess use of alcohol and Internet).
- Exhibits self-discipline in the face of temptations.

- Could be more attentive to self-care.
- Deals with difficult parish situations by withdrawing and seeking pleasurable diversions as a coping mechanism.

### Intellectual/ Emotional Competence

- Exhibits a healthy sense of pride and self-competence from formational experiences directed toward preparing him to be a bridge, not an obstacle, for fostering other's encounters with Jesus.

- Has difficulty with demanding parishioners.
- Can over-react or withdraw in confrontational situations.

# Self-Knowledge Moving to Self-Possession

## *Chaste Spouse*

### The Transitional Deacon:

Observed	Room for Growth
<b>Resiliency</b>	
<input type="checkbox"/> Can accept a difficult situation and function within it. <input type="checkbox"/> Demonstrates realistic problem-solving skills. <input type="checkbox"/> Is able to forego self-interests in favor of Gospel principles for the common good.	<input type="checkbox"/> Has unrealistic expectations of himself and his parishioners. <input type="checkbox"/> Is discouraged by obstacles and challenges in ministry. <input type="checkbox"/> Does not manage disappointments well.
<b>Collaborative</b>	
<input type="checkbox"/> Demonstrates the capacity to differ with other's opinions without dismissing those with whom he disagrees. <input type="checkbox"/> Is able to work collaboratively and maturely in addressing situations of conflict and stress.	<input type="checkbox"/> Tends to need to be "in charge". <input type="checkbox"/> Has difficulty delegating. <input type="checkbox"/> Tends to be a loner.
<b>Obedience/ Authority</b>	
<input type="checkbox"/> Is able to accept the authority of superiors without antagonism or withdrawal from relationships. <input type="checkbox"/> Has a priestly obedient heart. <input type="checkbox"/> Exercises appropriate leadership among his peers and laity.	<input type="checkbox"/> Is uncomfortable and defensive around strong authority figures. <input type="checkbox"/> Has limited ability to assist others in their spiritual growth. <input type="checkbox"/> Is impatient with others' shortcomings. <input type="checkbox"/> Is lacking in pastoral leadership.
<b>Stewardship</b>	
<input type="checkbox"/> Exercises good stewardship of human and physical resources. <input type="checkbox"/> Is able to be flexible, making appropriate adjustments in exercising parish ministry..	<input type="checkbox"/> More wants to change the "sheep" rather than meet them where they are in pastoral charity. <input type="checkbox"/> Lacks appropriate flexibility in exercising parish ministry.

<b>Self-Sacrifice</b>	
<input type="checkbox"/> Is able to delay gratification for a future or greater good. <input type="checkbox"/> Exhibits a capacity for self- sacrifice and priestly asceticism.	<input type="checkbox"/> Is more often energized by what he receives from others than what he gives.. <input type="checkbox"/> Lacks empathy for those who are suffering. <input type="checkbox"/> Feels overworked and lets this be known.
<b>Harmony</b>	
<input type="checkbox"/> Balances harmony and diversity in such a way that his humanity is a bridge for mediating the merciful love of Christ to others.	<input type="checkbox"/> Struggles to live in the tension between how things should be and how they are. <input type="checkbox"/> Is impatient with others' weaknesses. <input type="checkbox"/> Easily overreacts to frustrations, challenges, and disappointments. <input type="checkbox"/> Lacks receptivity to fraternal correction .
<b>Boundaries and Friendships</b>	
<input type="checkbox"/> Exhibits appropriate interpersonal boundaries. <input type="checkbox"/> Has friendships with women and men that are responsible, respectful, and marked by integrity. <input type="checkbox"/> Is able to respond to challenges of relationship as a normal part of human bonding. <input type="checkbox"/> Is comfortable with solitude.	<input type="checkbox"/> Has bachelor tendencies (my space, my time, my, my). <input type="checkbox"/> Has a tendency toward self-focus making it challenging for him to meet people where they are and accompany them, one step at a time, to experience Christ's merciful love. <input type="checkbox"/> Is easily frustrated by "pulls" on his time that he did not plan on. <input type="checkbox"/> Is bothered by feelings of loneliness.
<b>Chastity</b>	
<input type="checkbox"/> Accepts and lives by the Church's teaching on sexuality. <input type="checkbox"/> Addresses self- denial, loneliness, and chastity in a manner that personally enriches his self-gift in imitation of Christ. <input type="checkbox"/> Speaks of his relationship with the Blessed Mother.	<input type="checkbox"/> Has room to grow in experiencing chastity as protecting and enabling him to be a gift for others.

# Self-Gift

## *Spiritual Father*

### The Transitional Deacon:

Observed	Room for Growth
<b>Empathy</b>	
<input type="checkbox"/> Brings his sufferings to Jesus. <input type="checkbox"/> Is compassionate with those who are suffering, prayerfully accompanying them on this sacred journey.	<input type="checkbox"/> Tends to have difficulty setting aside his own needs and allows his emotions to direct his actions. <input type="checkbox"/> Demonstrates a limited sensitivity to the sufferings of others.
<b>Responsibility</b>	
<input type="checkbox"/> Exhibits prudent judgment in his choices. <input type="checkbox"/> Faithfully perseveres in fulfilling pastoral commitments in sacrificial love for the people of God.	<input type="checkbox"/> Has difficulty using freedom with discretion. <input type="checkbox"/> Struggles to fulfill commitments he has made. <input type="checkbox"/> Is limited in his capacity to mentor.
<b>Discernment</b>	
<input type="checkbox"/> Is faithful to his vocational identity as spiritual father as manifested by his pastoral relationships and ministry.	<input type="checkbox"/> Wanes in vocational commitment and fidelity to the teachings of the Catholic Church during times of stress.
<b>Celibacy</b>	
<input type="checkbox"/> Can name ways that celibacy protects and enables him to be a gift for others. <input type="checkbox"/> Displays the capacity to renounce the goods of marriage for spiritual fatherhood.	<input type="checkbox"/> Has not transformed his desires to spiritual paternity. <input type="checkbox"/> Exercises celibacy as an external discipline for priesthood (i.e., "bite the bullet" approach).
<b>Discipleship</b>	
<input type="checkbox"/> Exhibits a "strong, lively, personal love" of Jesus Christ and is able to bring God's merciful love to those he ministers to in their times of sorrow, concern, and joy as self-gift.	<input type="checkbox"/> Is self-focused which overshadows his pastoral concern for others. <input type="checkbox"/> Has limited capacity for self-sacrifice and self-gift.

**Pastoral Leadership**

- Is an instrument directing others toward God.
- Is enriched by service and exhibits the capacity to teach and preach the Gospel in response to the needs of the people.

- Prefers more "privileged" work and ministry and manifests a need to be "successful."
- Can be aloof with those who present to him in need.

**Pastoral Charity**

- Is enlivened by being configured to Christ offering his gift-of-self in pastoral charity.

- Lacks a disposition to make a gift-of-self and tends toward self-promotion.

## Narrative Assessment

Transitional Deacon:

*Formator/Mentor:*

*Date:*

1. What are the transitional deacon's strengths presently in his formation process? Give specific examples as reflected in benchmarks of human maturation:
2. Where does he have room to grow? Give specific examples as reflected in benchmarks of human maturation:
3. List practical recommendations to foster human maturation in a specific benchmark where there is room to grow: