

# God Image Questionnaire

By Bill Gaultiere

I developed The God Image Questionnaire (GIQ) in my Ph.D. dissertation in 1989. Subsequently, I revised it based on my clinical observations of people in therapy and spiritual direction. It focuses on your *personal knowledge or heartfelt experience of God's love*—not your beliefs or doctrine (your “knee-ology” rather than your theology).

## Instructions

Answer each GIQ item according to how you personally experience God, not your opinions or what you think you should believe about God. Circle “T” for mostly true or “F” for mostly false.

Your heartfelt experience of God	True or False?	
1. At times I don't trust that God is giving full attention to the details of my life.	T	F
2. When I need God sometimes it seems I don't get much help.	T	F
3. In my experience God may withhold good things from me.	T	F
4. Sometimes I experience being disregarded by God.	T	F
5. At times it feels like God is distant from me and I act on my own.	T	F
6. At times I give in to pressure from God to do something I don't want to do.	T	F
7. Sometimes I do something good to get God's favor.	T	F
8. Sometimes I try to measure up God's expectations so he won't be displeased with me.	T	F
9. Even after I confess my sin to God I don't always trust that I'm forgiven.	T	F
10. At times I'm not confident that God is treating me fairly.	T	F
11. If I'm in a threatening situation I tend not to trust that God will protect me.	T	F
12. At times I'm not sure that what I can do for God is important to Him.	T	F
13. Sometimes I am unsure about whether or not God has a good purpose for my future.	T	F
14. When I really need God I tend to feel left on my own to handle the situation.	T	F

15. When I talk to God about a decision I need to make sometimes it seems he's not very interested.	T	F
16. Sometimes I don't trust that God is really helping me with my problems.	T	F
17. At times I don't trust that God wants to give me good things.	T	F
18. At times it is hard for me to believe that I am esteemed highly by God.	T	F
19. Sometimes I don't trust that God is really with me to care for me.	T	F
20. In my experience sometimes God doesn't give me freedom to do what I want.	T	F
21. When I want God to do something for me I feel I should do something for him to help my cause.	T	F
22. At times I don't trust that God really approves of me.	T	F
23. In my experience even after I tell God I am sorry for my wrongdoing it feels like he may still be upset with me.	T	F
24. Sometimes I avoid being honest with God because I don't want to be under judgement.	T	F
25. If someone takes advantage of me then I tend to get upset that God didn't protect me.	T	F
26. Sometimes I am unsure if God really believes in my abilities	T	F
27. At times I'm not confident that God has special plans for me.	T	F
28. In difficult situations I may not trust God to be at my side.	T	F

## Scoring your GIQ

The table below has 14 rows, one for each of the 14 aspects of God's perfect love from 1 Corinthians 13:4-7. There are two questions for each aspect of perfect love. "False" answers to any question on the GIQ indicate a generally and usually positive experience of God's love in that particular aspect. To score your GIQ follow these steps:

1. Count one point for each "false" answer.
2. Add up the total for each row (aspect of God's love). Scores of 0 indicate areas where you're struggling to trust God's love and need help. Scores of 2 indicate areas where you have a positive experience of that aspect of God's love.

3. Add up your total GIQ score for all 14 rows combined. Higher scores (the max is 28) indicate greater experience of God's love for you (and an image of God that is more positive and true to the God of the Bible).

Questions	Aspect of God's Love	Score
1, 15	Patient: attentive, interested	
2, 16	Kind: helpful	
3, 17	Not envious: generous, gives good gifts	
4, 18	Not boastful: esteems and shows regard	
5, 19	Not proud: close, available	
6, 20	Not rude: gives freedom, gentle	
7, 21	Not self-seeking: unconditional favor and care	
8, 22	Not easily angered: considerate of weaknesses	
9, 23	No record of wrongs: forgiving, merciful	
10, 24	Rejoices in truth, not evil: fair, does what's right	
11, 25	Protects: keeps safe, defends	
12, 26	Trusts: respects, believes in abilities	
13, 27	Hopeful: has good plan and purpose	
14, 28	Perseveres: reliable, faithful	
<b>GIQ Total:</b>		

This God Image Questionnaire is from *Your Best Life in Jesus' Easy Yoke* by Bill Gaultiere.