

1. Were you greatly embarrassed when you were a child or young adult?
2. Do you have unreasonable fears?
3. Do you often find your reaction to something said or done is out of proportion to whatever the stimulus was?
4. Do you have a recurring memory of a past hurt? Does it still trouble you to think about it?
5. Are there people you cannot forgive? Do you have trouble asking someone else to forgive you?
6. Do you have overwhelming feelings of guilt?
7. Do you find it nearly impossible to admit making a mistake? Do you usually look for someone else to blame for what goes wrong in your life?
8. Do you have a nearly continuous feeling of anger? Are you usually critical in your remarks or thoughts about others?
9. Do you suffer physical or mental exhaustion from wrestling with inner problems?
10. Were you an adult before you ever felt loved by another person?
11. Do you often compare yourself with others and end up feeling inadequate and discouraged?
12. Do you have a constant need for physical affection, or do you not like to be touched at all?
13. Do you have a deep sense of insecurity; do you feel unloved or disapproved of?
14. Is it hard for you to believe that God loves you or approves of you?
15. Do you find it difficult to give and receive love?
16. Do you feel that you always or often need to be in control? Do you or can you be identified as a "control freak"?
17. Do you struggle with any form of addiction? Are there vices in your life where you can identify it as a form of self-medication?
18. Are you scared of the blessings God has in store for you because you have this thought that if you take a step forward somehow you always end up taking three steps back?
19. Do you struggle with hopelessness, despair and/or shame?
20. Do you struggle with low self esteem or even self hate? Do you feel like this world would be better without you and at times entertain thoughts of suicide?
21. Do you feel stuck or spiritually broken, like something's missing or not working properly?