

Part 1: Identify the negatives that exist in your life.

For each category below, ask God to help you as you answer as many of these questions as possible. Use additional paper as needed.

- What negative beliefs, ideas, and mental images do I have in this category?
- What makes me angry when I look at this part of my life?
- Who has hurt, disappointed or offended me in this area that I have not yet forgiven? (This may include God and yourself.)
- What fears, worries, anxieties, etc. do I experience in this area?
- What other negative emotions such as regret, hopelessness, discouragement, depression, bitterness, resentment, hatred, revenge, lust, etc. do I experience in this area?
- Where do I feel “out of control” because of thoughts, emotions, and/or desires that feel overwhelming, intrusive and/or recurring? What is the specific negative idea communicated by it?
- What bad habits have I fallen into that need to be broken?
- Instead of God, who or what gives me the power to overcome my problems and be successful?
- What complaints do I have, i.e. what do I typically say about my life?

Self Image

Spiritual Life/Relationship with God

Marriage or Single Life

Family Relationships

Work/Vocation/Career

Church/Ministry/Charitable work

Personal Finances

Physical Health and Well Being

Mental/Emotional Health and Well Being

Personal Development and Goals

Social Relationships

Recreation and Hobbies