

Are Spiritual Forces Dragging Down Your Life?

You may find yourself struggling with behaviors and attitudes that are hindering your relationships. Many of the symptoms listed below have been passed along to you from previous generations. The **bold words** represent different spiritual forces that may be behind these negative attitudes and behaviors. Below each are the symptoms produced when that spiritual force is influencing or agitating you.

Place a number from 0-10 in the *first space* next to each symptom that is **habitually present** in your life. The number indicates the *intensity of influence or control* on you. We stress that the symptom must be **habitually present**, not just a fleeting feeling or occasional situation.

After you've noted your numbers, have someone *who knows you well* go over your answers and put their evaluation number for you in the *second space*.

DECEIT

- ___ Lying
- ___ Fantasies
- ___ Delusions
- ___ Rationalizations
- ___ Wrong doctrine/
misuse of Scripture

BITTERNESS

- ___ Resentment
- ___ Racism
- ___ Unforgiveness
- ___ Anger/Hatred
- ___ Violence
- ___ Revenge

HEAVINESS

- ___ Depression
- ___ Despair
- ___ Self-pity
- ___ Loneliness
- ___ Unconfessed sin
- ___ Suicidal thoughts

JEALOUSY

- ___ Spiteful
- ___ Gossip/slander
- ___ Betrayal
- ___ Critical nature
- ___ Judgmental
- ___ Suspicious

CONFUSION (DOUBT & UNBELIEF)

- ___ Suspicious
- ___ Apprehensive
- ___ Indecisive
- ___ Skeptical
- ___ Unsettled

REJECTION

- ___ Addictive behavior
- ___ Compulsions
- ___ Seeks acceptance
- ___ Unworthiness
- ___ Withdrawal

PRIDE

- ___ Vain
- ___ Self-righteous
- ___ Self-centered
- ___ Insensitive
- ___ Materialistic
- ___ Seeks positions

RELIGIOSITY

- ___ Seeks activities
- ___ No spiritual power
- ___ Spiritual blindness
- ___ Hypocritical

INDEPENDENCE & DIVORCE

- ___ Insensitive
- ___ Lonely/Aloof
- ___ Self-determined
- ___ Devil's advocate
- ___ Withdrawn
- ___ Excuse making
- ___ Lack of trust
- ___ "Martyr" complex

STUPOR & PRAYERLESSNESS

- ___ Distanced from God
- ___ "Cold" love
- ___ Distracted
- ___ Spiritual blindness
- ___ Laziness
- ___ Deceived self-appraisal

REBELLION

- ___ Self-willed
- ___ Stubborn
- ___ Pouting
- ___ Strife
- ___ Factious
- ___ Divisive
- ___ Anger leads to argument
- ___ Independent
- ___ Unteachable

FEAR & INSECURITY

- ___ Inferiority
- ___ Inadequacy
- ___ Timidity
- ___ Pleasing people, not God
- ___ Lack of trust/worry
- ___ Phobias
- ___ Perfectionism
- ___ Dread of failure
- ___ Inability to set goals
- ___ "Motor-mouth"

CONTROL

- ___ Manipulative
- ___ Striving
- ___ Lacking trust
- ___ Devil's advocate
- ___ Insensitive
- ___ Desiring recognition
- ___ Violent

SEXUAL IMPURITY

- ___ Lust
- ___ Seductiveness
- ___ Masturbation
- ___ Fornication
- ___ Adultery
- ___ Frigidity
- ___ Homosexuality
- ___ Pornography

IDOLATRY

- ___ Frustrated
- ___ Hopeless
- ___ Greedy/selfish
- ___ Financial problems
- ___ Wrong goals/decisions
- ___ Living a lie
- ___ Apathetic

FALSE PROPHECY/ANTI-CHRIST

- ___ Denies Jesus as God and Man
- ___ Bondage to Man-made Teaching
- ___ Manipulation
- ___ Prophecy for Pay
- ___ Prey to Cults, Heresies
- ___ Encourages Lawlessness
- ___ Counterfeit Miracles
- ___ Contrives Dreams/Visions

WITCHCRAFT/FAMILIAR SPIRIT

- ___ Blasphemy
- ___ Preoccupied with Evil
- ___ Psychic Experiences
- ___ Rebellious
- ___ Devalues Life
- ___ Identifies with Sinful Nature
- ___ Fixated on Future

INFIRMITY/DESTROYING

- ___ Physical Manifestations
- ___ Unconfessed Sin
- ___ Abuses Body
- ___ Devalues Life
- ___ Chronic Grumbling
- ___ Thoughts of Suicide
- ___ Drawn to Danger

If you find any of the symptoms are *habitually present*, download our free workbook, *Demolishing Strongholds*.

Go to <<http://restorationministries.org>>, and click on "Books/DVD/CD". Or, use this link in your browser: <<http://restorationministries.org/pdf/books/dms/DemolishingStrongholds.pdf>>.

In the workbook you'll find how to free yourself from these spiritual forces called *strongholds*.