

Spirit and Word



Personal Inventory

Discover Roots of Personal Struggles

This profile is for your own personal assessment. It is confidential between you and the Lord. The purpose is to identify influences on your life that might have kept you from your full potential in Christ. The goal is to reach freedom and victory in every area. Let nothing hinder you from moving on to maturity.

As you review these areas, remember occasions from the past and present. Do not get too critical or picky. Do not look for perfection. Instead look for areas of arrested progress. Where are you stuck?

Most of the sticking points that hold us back from God's best relate to one of these themes:

- Mental strongholds
- Negative curses
- Spiritual bondages
- Harmful patterns
- Generational sins

As you go through these lists, note any repetition of these themes in your life. Then expect God to break through every barrier to make you complete in Christ.

1. Physical condition:

Do any of the following affect you?

___ Bulimia

___ Anorexia

___ Sensory impairment

___Chronic illnesses

___Eating patterns

___Dyslexia

___Sleep problems

___Birth defects

___Major diseases

___Energy level

___Other physical issues

2. Abuse:

Have any areas of abuse affected you?

___Physical harm

___Related to an addict

___Being called names

___Being abandoned

___Sexual abuse

___Other abuse

___Being where it wasn't safe

3. Family of origin:

Have you experienced any of the following?

___Divorce

___Foster care

___Separation

___Single parent home

___Adoption

___Abortion

- How was your relationship with your mother?
- How was your relationship with your father?
- How was your relationship with brothers and sisters?
- What was demanded or expected of you?
- What was forbidden or unacceptable?
- What messages or themes were emphasized?
- Any other family issues?

4. Current family:

Have you experienced any of the following?

___ Divorce

___ Foster care

___ Separation

___ Single parent home

___ Adoption

___ Abortion

- How is your relationship with your spouse?
- How is your relationship with your children?
- What is the atmosphere in your home?
- Any other family issues?

5. Thought patterns:

Do you dwell on any of these thoughts?

___ Hurting yourself

___ Hatred

___ Hurting someone else

___ Loneliness

___ Suicide

___ Confusion

___ Fantasy

___ Inadequacy

___ Anxiety or fear

___ Shame

___ Perfectionism

___ Anger or rage

___ Depression

___ Other dominant thoughts

6. Behavior patterns:

Do you repeat any of these actions?

___ Take drugs

___ Procrastination

___ Use alcohol

___ Gambling

___ Over spend

___Cussing or cursing

___Stealing

___Lying

___Isolation

___Violence

- Any of these frequent in your family?
- Any of these repetitive?

___Obsessive indulgences

___Legal problems

___Showing anger

___Other behavior patterns

7. Relational factors:

Do you experience any of these in your relationships?

___Unforgiveness

___Bitterness

___Gossip

___Slander

- How do you socialize?
- Who are your friends?

___Jealousy

___Envy

___Rejection

8. Sexual Issues:

Have you been affected by any of these?

___Seduction

___Lust

___Pornography

___Phone sex

___Computer sex

___Fantasy

___Abortion

___Premarital sex

___Cross dressing

___Voyeurism

___Exhibitionism

___Nudism

___Adultery

___Incest

___Bestiality

___Homosexuality

___Molestation

___Other sexual experiences

___Rape

9. Curses, vows and judgements:

- Curses are words spoken by someone against you. Do you know of any curses at work in your life in the past or present? These could be teachers, bosses, public leaders, spiritual leaders or others speaking negative words over your life. An example would be: “You are cursed because of your dad.”
- Vows or oaths are promises and pledges made. Do you know of any vows at work in your life in the past or present? These could be words spoken by you. For example, “If it takes every penny I have, I’ll get you back” or “I will go to hell rather than live with them.”
- Judgments are negative conclusions about a person that are projected into the person’s future. Do you know of any judgments at work in your life in the past or present? People in personal relationships could say these to you. Some examples are, “You are stupid” or “You’ll never amount to anything” or “You’re lazy.”

10. Self-awareness:

Do any of these areas affect you?

___Bodily appearance

___Perfectionism

___Inferiority

___Feeling different

___Superiority

___Other issues about yourself

11. Spiritual encounters:

Do you have any of the following?

___Nightmares

___Fearful or unclean déjà vu

___Audible voices

___Visitations

___Voices or thoughts in mind

___Visions

___Premonitions

___Other encounters

12. Spiritual resistance:

Do you struggle with or feel uncomfortable with any of these?

___Prayer

___Work of the Holy Spirit

___Worship and praise

___Tithing

___Bible reading

___Fellowshipping with
believers

___The Lord's Supper

___Baptism

___The Cross of Christ

___Submission to authorities

___Other spiritual activities

13. Generational sin:

- Note that these areas are in addition to whatever direct spiritual influence and involvement came through your family.

Have any tragedies been repetitive in your family?

___Plagues

___Rape

___Fire

___Financial ruin

___Divorce

___Bad education

___Murder

___Other

Are there any ancestral sins that you know about?

___Violence related

___Sex related

___Alcohol related

___Other

___Drug related

Were major sins committed against you in your growing years by any family member?

___Sexual abuse

___Abandonment

___Physical abuse

___Rejection

___Verbal abuse

___Other

14. Religious and spiritual influences:

Have you or has any person in your family been involved in the following?

◆ Religions

___Hinduism

___Islam

___Buddhism

___Shinto

___Bahai

___Other

◆ Cults

___Eckankar

___Christian Science

___Yoga

___Mormonism

___Rosicrucianism

___The Way International

___TM

___Unification Church

___Krishna

___Masons

___Unitarian

___New Age

___Unity School of Religion

___Other

___Jehovah's Witnesses

◆ Occult

___Witchcraft

___Divination

___Sorcery

___Ouija board

___Astral projection

___Horoscopes

___Astrology

___Seances

___Hypnotism

___Spells or curses

___Superstitions

___Fortune telling

___Talking to the dead

___Blood pacts

___Magic

___Psychic

___Tarot cards

___Table lifting

___Automatic writing

___Incubi or succubae

___Channeling

___Familiar or guide spirit

___Wicca

___Passive meditation

◆ **Objects**

___Idols

___Religious artifacts

___Charms

___Amulets

___Occult literature

___Spells or curses

___Satanic bible

___Other

15. What is the one thing you hoped would not be asked here?

Take your time to process these areas. Look for emerging patterns and trends. Identify these key points from your inventory:

- Mental strongholds
- Negative curses
- Spiritual bondages
- Harmful patterns
- Generational sins

When you have completed the process, share your discoveries with someone who can pray with you. Meet with a leader to work through issues. God will come and free you to move on to maturity.