NEGATIVE PATTERNS IDENTIFICATION FORM

ADDICTION

\_\_\_Addictive Behaviors

\_\_\_Guilt & Shame

\_\_\_Rejection

\_\_\_Destructive Habits

ANGER

\_\_\_\_Angry Thoughts

\_\_\_\_Underlying Anger

\_\_\_\_Holding onto Injustice

\_\_\_\_Violence

BITTERNESS

\_\_\_\_Carrying Wounds

\_\_\_\_Retaliation

\_\_\_\_Resentment

\_\_\_\_Unforgiveness

CONFUSION

\_\_\_\_Distraction

\_\_\_\_Indecisiveness

\_\_\_\_Frustration

\_\_\_\_Lack of Direction

CONTROL

\_\_\_\_Lack of Trust

\_\_\_\_Control

\_\_\_\_History of Trauma

\_\_\_\_Manipulation

DEATH

\_\_\_\_Grief

\_\_\_\_Gloom

\_\_\_\_Oppression

\_\_\_\_Depression

\_\_\_\_Destruction

DECEPTION

\_\_\_\_Excuses

\_\_\_\_Daydreams and Lost time

\_\_\_\_Illusions

\_\_\_\_Rationalizations

DISCOURAGEMENT & DEPRESSION

\_\_\_\_Oppression

\_\_\_\_Hopelessness

\_\_\_\_Discouragement

\_\_\_\_Despair

DOUBT & UNBELIEF

\_\_\_\_Questioning

\_\_\_\_Suspicion

\_\_\_\_Skepticism

\_\_\_\_Ungodly Opinion & Debate

DYSFUNCTION

\_\_\_\_Abuse

\_\_\_\_Lack of Boundaries

\_\_\_\_Dysfunctional Relationships

\_\_\_\_Demands, Pressure and Expectations

FAILURE

\_\_\_\_Infirmity

\_\_\_\_Lack of Accomplishment

\_\_\_\_Lack of Success

\_\_\_\_Sabotage

FATIGUE

\_\_\_\_Giving Up or Giving In

\_\_\_\_Heaviness and Consistent Exhaustion

\_\_\_\_Powerlessness to Resist Opposition

\_\_\_\_Delays

FEAR

\_\_\_\_Fears

\_\_\_\_Phobias

\_\_\_\_Worry

\_\_\_\_Anxiety

FREEMASONRY

\_\_\_\_Problems with any of the five senses including Eyes, Ears, Nose, Taste & Touch

\_\_\_\_History of Financial Frustration

\_\_\_\_Accidents

\_\_\_\_Injuries

\_\_\_\_Discord in Family

GUILT & SHAME

\_\_\_\_Guilt and Shame

\_\_\_\_Hurt and Pain

\_\_\_\_Blame

\_\_\_\_Rejection of Self, Others or God

HOPE DEFERRED

\_\_\_\_Sadness

\_\_\_\_Disappointment

\_\_\_\_Hopelessness

\_\_\_\_Discouragement

HUMILIATION

\_\_\_\_Distractions and Inability to Focus

\_\_\_\_Being Unresponsive

\_\_\_\_Neglect and Rejection of Self or Others

\_\_\_\_Pressure

IDENTITY

\_\_\_\_Changing Behavior based on who I’m around

\_\_\_\_Feeling of Hiding Behind a Mask

\_\_\_\_Being Unsure of Self, Direction, or Beliefs

\_\_\_\_Lack of Confidence

IDOLATRY

\_\_\_\_Area in Thought Life that gets Extreme Amounts of Attention

\_\_\_\_Area of Life that is out of Balance and Receives High Amounts of Time

\_\_\_\_Materialism

\*Some Idols that should be Considered can include -Self -Family -Money -Food -Time

IMAGE

\_\_\_\_Fear of being Shamed or Having a Poor Reputation

\_\_\_\_Ungodly Focus on how Things will Look or how Things will Appear to Others

\_\_\_\_Offense

\_\_\_\_Self-Focused

IMPURITY

\_\_\_\_Impure Thoughts

\_\_\_\_Impure Dreams

\_\_\_\_Abuse

\_\_\_\_Perversion

INDEPENDENCE & DIVORCE

\_\_\_\_Independence & Divorce

\_\_\_\_Self-Determination

\_\_\_\_Being Argumentative

\_\_\_\_Miscommunication

INFIRMITY

\_\_\_\_Sickness

\_\_\_\_Disease

\_\_\_\_Chronic Physical Problems

\_\_\_\_Exhaustion with Debilitating Pain

INJUSTICE

\_\_\_\_Defiance and Noncompliance

\_\_\_\_Resentment at the Thought of Being Controlled

\_\_\_\_Holding on to Injustice

\_\_\_\_Lack of cooperation

JEZEBEL

\_\_\_\_Abusive Behaviors and Attitudes

\_\_\_\_Holding on to Abuse

\_\_\_\_Betrayal and Lack of Faithfulness

\_\_\_\_Rebellion

\_\_\_\_Lack of Genuine Love or Affection

\_\_\_\_Lack of Accountability

NEGATIVITY

\_\_\_\_Criticism

\_\_\_\_Complaining

\_\_\_\_Negative Words or Attitudes

\_\_\_\_Blame

NEW AGE/ANTICHRIST

\_\_\_\_Mental Illness

\_\_\_\_Mental Torment or Bi-Polar Tendencies

\_\_\_\_Psychic Experiences

\_\_\_\_Confusion

PERFECTION

\_\_\_\_Perfectionism

\_\_\_\_Being Critical and all Criticism

\_\_\_\_Lack of Contentment

\_\_\_\_Fear of things not being done “Right”

\_\_\_\_Control

POVERTY/GREED

\_\_\_\_Losing or Breaking things of Worth

\_\_\_\_Poor Financial Choices

\_\_\_\_Emotional Spending

\_\_\_\_Hard Work with Nothing to Show for it

PRIDE

\_\_\_\_Pride

\_\_\_\_Racism / Prejudice

\_\_\_\_Condescending Attitudes

\_\_\_\_Judgment

REBELLION

\_\_\_\_Being Resistant / Self-willed

\_\_\_\_Stubbornness

\_\_\_\_Insubordination

\_\_\_\_Disobedience

REJECTION

\_\_\_\_Disappointment

\_\_\_\_Feeling Unloved or Unworthy

\_\_\_\_Inferiority / Inadequacy

\_\_\_\_Rejection of Myself, Others or God

RELIGION

\_\_\_\_Legalism or Lack of Grace

\_\_\_\_Perfection

\_\_\_\_All False Identity based on Works

\_\_\_\_Seeking Religious Busyness or Activity

\_\_\_\_Guilt in Overcoming Fleshly or Worldly Desires

\_\_\_\_Strong Will to Voice Opinion or Debate

SPIRITISM/WITCHCRAFT

\_\_\_\_Being Sharp with the Tongue

\_\_\_\_Divorce / Division / Contention

\_\_\_\_Dark Fears

\_\_\_\_Any Past or Current Involvement in the Occult ( Self or Ancestors)

STRESS & ANXIETY

\_\_\_\_Pressure

\_\_\_\_Stress and Anxiety

\_\_\_\_Fears

\_\_\_\_Physical Symptoms associated with Stress

TIME MANAGEMENT

\_\_\_\_Procrastination

\_\_\_\_Pressure connected to Appointments

\_\_\_\_Anxiety or Resentment when Agreeing to Obligations

\_\_\_\_Fear of Commitment or Obligation