

FIX YOUR THOUGHTS: Identifying Strongholds

Joyful					Angry				
1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

No matter the circumstances, joyful people have deep rooted joy in their hearts that often radiates to others thru their joyful smile or attitude. Anger becomes a problem when you have trouble controlling it, causing you to say or do things you regret. What's it look like when you're with your spouse, kids, co-workers, during your commute, or if things aren't going your way.

Bold					Fearful				
1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Bold people are willing to step out of their comfort zone and take risk while demonstrating confidence and courage. Being bold does not mean there is an absence of fear; it's moving forward despite your fears. Fearful people tend to have crippling anxiety.

Positive					Negative				
1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

What's your outlook on life? Positive people are optimistic, look on the "bright side" and will pay attention to the good, rather than bad in people, situations, events. Negative people do just the opposite. They often complain, go on rants, see only limitations, and are pessimistic.

Hopeful					Hopeless				
1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Hopeful people tend to be very optimistic and confident as they anticipate something. They are fairly confident that something that they want to happen will happen. People who experience hopelessness have overwhelming feelings of despair and a sense of desperation about something or their situation.

God-Centered					Self-Centered				
1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

God or me? Who do I spend most of my time thinking about? Who's plans am I more focused on? Who influences my decisions? When you look at the world and other people, do you look at them through your eyes or God's eyes? Are the things we value and prioritize defined from a self-centered viewpoint or a God-centered viewpoint?

Sexually Pure					Sexual Immorality				
1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Do I have pure thoughts when it comes to my sexuality or when I am thinking about other people? Do I engage in acts of sexual immorality? Such as: premarital sex, lustful thoughts or fantasies, masturbation, sexual abuse, homosexuality, marital affairs, looking at pornography (TV, movies, magazines, internet)? Would Jesus approve of your thoughts or actions?

Humble					Proudful				
1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Humble people understand their dependence on friends, family, and colleagues, and then lean into their support for the good of the whole. Proud people put themselves first and always pursue their own agenda, even at the expense of others.

Generous					Greedy				
1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Do I find myself eager and willing to give more of my money, possessions, and time; more than is necessary or expected of me? Generous people tend to be more charitable, big-hearted, unselfish, empathetic and self-sacrificing. Greedy people are more self-centered with their money, possessions, and time. Often times, greedy people are unsatisfied.

Peaceful					Embrace Conflict				
1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

A peaceful person avoids strife, commotion, violence, disorder, hostility and being quarrelsome or argumentative. People living peacefully try as much as possible to live in harmony. They shun aggressive behavior and refuse to fight.

Feel Highly-Valued					Feel Worthless				
1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Do you feel you have "something to offer" this world, your family, your friends, or your job? Do you have high self-esteem or a healthy feeling of self-worth? Are you unapologetically you? When you describe yourself to others do you use a lot of negative or positive words? What do you feel when you look in the mirror?

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Content					Discontent				
1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Content people find themselves feeling satisfied. When you are not content, you find yourself unsatisfied and wanting more and more. You can experience this “state of being” satisfied within your relationships, circumstances, jobs, etc.

Calm, Cool, & Collected					Overly Anxious				
1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Overly anxious people tend to worry, experience nervousness, have an overwhelming feeling of uneasiness about something with an uncertain outcome. It can be paralyzingly difficult to move forward or make decisions. People who experience little to no anxiety are more calm, cool, collected, and unfazed by their situations, decisions, circumstances and future.

Non-Addictive Behavior					Addictive Behavior				
1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Do you find yourself drawn to illegal drugs, over-the-counter drugs, prescription medicines, alcohol, smoking, vaping, etc.? Do you find yourself spending an overly excessive amount of time eating, gambling, using the internet, on your cell phone, having sex, playing video games, working, shopping, working out? If so, you might be drawn to addictive behavior.

Self-Centered					Others-Focused				
1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Self-centered people tend to view themselves as better than others. have strong opinions, hide their insecurities and vulnerabilities, abuse their relationships, have very little empathy for others, focus more on their superficial qualities than their character, always interrupt others, be disinterested in someone’s day, are only interested in activities that interest them, etc.

Forgiving					Holds a Grudge				
1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Do you find yourself more likely to “hold a grudge” against someone? People who “hold a grudge” tend to continue resenting or having bad feelings toward others who wronged them. People who are more willing to forgive tend to stop feeling angry or resentful toward someone for an offense, flaw, or mistake.

Loving					Unloving				
1	2	3	4	5	6	7	8	9	10
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

People who are “loving” tend to express affection, either physically and/or emotionally. They wish to offer pleasure and satisfaction to others through expressions of tenderness, compassion and sensitivity to their needs. They consistently offer concern, comfort and outward assistance for others.