

SIN SURVEY

This survey is useful for understanding how the characteristics of sin manifest in your everyday life. Take an honest look at the following list of sin's common effects, and check off the ones you frequently struggle with or have struggled with in the past. By owning up to these behaviors, you're taking the first step of acknowledging their negative influence on you, which will ultimately empower you to break free (1 John 1:9).

- 1. My self-focused nature causes me to put my own needs first.
- 2. I blame others instead of taking responsibility for my choices.
- 3. I expect others to fix my disappointments and challenges for me.
- 4. I ignore my conscience and instead do what I want, regardless of how it might hurt others.
- 5. I am unwilling to share my blessings with those in need.
- 6. I struggle to accept what I don't have, which limits my ability to be thankful for what I do.
- 7. I use harmful behaviors and substances to avoid facing reality and my true emotions.
- 8. I let my anger control me, causing me to become threatening, dominating, or explosive.
- 9. I wallow in my disappointments instead of doing the hard work of facing reality, developing a new plan, and executing it.
- 10. I misuse my body and neglect my physical health.
- 11. I don't care for myself or my family by completing necessary tasks around the house.
- 12. I expect others to take care of me instead of taking charge and doing it myself.
- 13. I automatically distrust others instead of putting in the effort to get to know them.



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- ___ 14. I hang on to resentments regarding how others have hurt me instead of forgiving them and moving on.
- ___ 15. I don't act on my love for others in ways that help them feel valued and cared for.
- ___ 16. I am often prejudiced, which causes me to define those who are different from me as less valuable.
- ___ 17. I say hurtful words with no regard for another person's feelings.
- ___ 18. My anxiety and fear about what might happen in the future limit me from being present.
- ___ 19. I deny or remain unaware of the circumstances and feelings around me in order to live in a comfortable fantasy world.
- ___ 20. I internalize failure or criticism, which reinforces my sense of inadequacy and my belief that I shouldn't even try.
- ___ 21. I feel worthless and ignore God's definition of me.
- ___ 22. I pretend to be someone other than who I really am.
- ___ 23. I don't control my self-destructive impulses or delay gratification.

