

Behavior Check

Instructions: What is the weight of your baggage? The following words describe negative behaviors and dispositions that are often unhealthy reactions to events and situations from a peron's history. Go through the list and circle any that could apply to you during the last 3 years. Be as honest as possible in the spirit of working toward freedom.

THE WEIGHT OF YOUR BAGGAGE

Abusive to others	27.	Extreme weight issues	53.	Need independence
Alcohol dependency	28.	Fatalistic perspective	54.	Need to control
Angry outbursts	29.	Fear of abandonment	55.	Need to perform
Bitter/resentful	30.	Fear of commitment	56.	Panic attacks
Blaming others	31.	Fear of disclosure	57.	Perfectionism
Can't trust authorities	32.	Fear of failure	58.	Porn addiction
Can't/won't apologize	33.	Fear of intimacy-phsical or emotional	59.	Prescription drug abuse
Confrontational	34.	Feeling unworthy of love	60.	Proud/condescending
Critical	35.	Freely condemning	61.	Refusal to talk about past
Critical self-talk	36.	Having to win	62.	Self-denial
Cutting or self-abuse	37.	High anxiety	63.	Selfish/self-centered
Dangerous actions	38.	Hoarding/stealing	64.	Sense of failure
Deceitful/lying	39.	Homosexual confusion	65.	Sense of unworthiness
Deeply private, hiding feelings	40.	Hopelessness	66.	Sexual dysfunction
Defensiveness	41.	Inability to cope	67.	Sleeplessness
Denial of Issues	42.	Inability to have sex	68.	Suicidal thoughts
Depression	43.	Insecurity	69.	Timid/fearful Unforgiving spirit
Deserving punishment	44.	Intolerance	70.	Unable to accept love
Deviant sexual attractions	45.	Irrational fears	71.	Unable to focus
Distance from family relationships	46.	Lack of initiative	72.	Untrusting of others
Domineering/controlling	47.	Live a façade/hidden	73.	Unwilling to risk
Doubting of God	48.	Low self-worth	74.	Withdrawal from others
Drug addiction	49.	Low sexual desire	75.	Other:
Eating disorder(s)	50.	Manipulative		
Emotional breakdown	51.	Many health issues		
	Alcohol dependency Angry outbursts Bitter/resentful Blaming others Can't trust authorities Can't/won't apologize Confrontational Critical Critical self-talk Cutting or self-abuse Dangerous actions Deceitful/lying Deeply private, hiding feelings Defensiveness Denial of Issues Depression Deserving punishment Deviant sexual attractions Distance from family relationships Domineering/controlling Doubting of God	Alcohol dependency Angry outbursts 29. Bitter/resentful 30. Blaming others Can't trust authorities 32. Can't/won't apologize 33. Confrontational 34. Critical 35. Critical self-talk 36. Cutting or self-abuse 37. Dangerous actions 38. Deceitful/lying 39. Deeply private, hiding feelings 40. Defensiveness 41. Denial of Issues 42. Depression 43. Deserving punishment 44. Deviant sexual attractions 45. Distance from family relationships 46. Domineering/controlling 47. Doubting of God 48. Drug addiction 49. Eating disorder(s) 50.	Alcohol dependency Angry outbursts Bitter/resentful Blaming others Can't frust authorities Can't/won't apologize Confrontational Confrontational Critical Cutting or self-abuse Dangerous actions Deceitful/lying Deserving punishment Deviant sexual attractions Distance from family relationships Doubting of God Distance from family relationships Distance from family relationships Dangerous addiction Distance from family relationships Ear of commitment Alexangerous fabandonment Blaming or disclosure Commitment Bear of disclosure Fear of disclosure Fear of disclosure Fear of abandonment Bear of commitment Bear of disclosure Fear of abandonment Bear of commitment Bear of disclosure Fear of abandonment Bear of commitment Bear of commit	Alcohol dependency 28. Fatalistic perspective 54. Angry outbursts 29. Fear of abandonment 55. Bitter/resentful 30. Fear of commitment 56. Blaming others 31. Fear of disclosure 57. Can't trust authorities 32. Fear of failure 58. Can't/won't apologize 33. Fear of intimacy-phsical or emotional 59. Confrontational 34. Feeling unworthy of love 60. Critical 35. Freely condemning 61. Critical self-talk 36. Having to win 62. Cutting or self-abuse 37. High anxiety 63. Dangerous actions 38. Hoarding/stealing 64. Deceitful/lying 39. Homosexual confusion 65. Deeply private, hiding feelings 40. Hopelessness 66. Defensiveness 41. Inability to cope 67. Denial of Issues 42. Inability to have sex 68. Depression 43. Insecurity 69. Deserving punishment 44. Intolerance 70. Deviant sexual attractions 45. Irrational fears 71. Distance from family relationships 46. Lack of initiative 72. Domineering/controlling 47. Live a façade/hidden 73. Doubting of God 48. Low self-worth 74. Drug addiction 49. Low sexual desire 75. Eating disorder(s) 50. Manipulative

TO FURTHER YOUR UNDERSTANDING:

26. Exploitation of others

- 1. Which of these traits could you correlate to your past baggage?
- 2. Describe the ways that these behaviours are affecting your life.
- 3. Consider if any of these need professional counselling to overcome.

52. Name-calling