

Questions for Self-Examination

What do I love?

- What do I long for? What do I think I need?

Attachment & Fantasy as Directing Our Lives

- What do I feel the strongest attachment to?
- Where does much of my energy go?
 - What are your plans, agendas, strategies, and intentions primarily designed to accomplish?
 - On what do I set my hopes? What hopes are you working toward or building your life around?
 - What do you think about most often?
 - What do you talk about? What occupies your conversations with others?
 - What do you pray for?
 - How do you spend your time?
 - ✚ What are your daily priorities?
 - ✚ What things do you invest time in every day?
 - What are your fantasies?
 - ✚ What are your dreams at night?
 - ✚ What do you daydream about?
 - ✚ Who do you want to be like?
 - When do you say, “if only...”?
 - ✚ Our “if onlys” actually define our vision of paradise. They picture where we are dissatisfied and what we crave.

Entitlement: If Necessary, I Will Sin (Turn Away from God) to Get This

- What do you see as your rights? What do you feel entitled to? What do you feel is your right to expect, seek, require, or demand?
- *What do I love more than God or my neighbor?*

Finding Security in Other People/Things/Activities

Whose desires do I obey? Who am I concerned to please? What do I fear?

- What do you desperately hope will last in your life? What do you feel must always be there? What can't you live without?
- What creates the greatest fear in me, when I think I might not be able to have (or keep having) the thing I want/need?
 - Whom must you please? Whose opinion counts? From whom do you desire approval or fear rejection?
 - Whose performance matters to you?
 - What would bring you the greatest pleasure? The greatest misery? Why?
 - How do you define success or failure in any given situation?
- Who or what do you trust?
 - What makes you feel rich, secure, and prosperous?

- In what situations do you feel pressured or tense? When do you feel confident or relaxed?
- Where do you find refuge, safety, comfort, and escape?
- When you are pressured, where do you turn?
- When you are fearful, discouraged, and upset, where do you run?
 - ✚ What do you seek to escape from?
 - ✚ What do you escape to?