



Symptom Discovery Inventory

Only fill in this chart if you want to get well.

The purpose of this chart is to start you on the road to freedom and wholeness with God. The chart exposes you to nine different areas in which you may identify symptoms that are either outwardly seen by others or hidden away within you at this time. They may be causing you pain in the form of broken relationships or discomfort, although this is not necessary for them to be present in your life. Furthermore, the symptoms you have might apply to several categories.

To use this chart, you are encouraged to pray and ask God to guide you. Then think through all nine categories in turn, determining what action or attitude in your life might fit each. When you are done, ask God to show you which of the symptoms that He wants to deal with you at this moment.

Your next step after completing this chart is, with guidance, to take the Hurt of the Heart and Deadly Sins inventories.

Symptom Discovery Inventory

| Stuff you do that wounds others | Stuff you do that has broken a relationship | Stuff you do that causes you pain | Stuff that you cannot stop doing | Stuff that people have mentioned to you | Hidden thoughts and feelings | Stuff you do that is becoming costly | Stuff you do that you have to apologize for | Stuff that irritates you in others |
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| <p>What Symptoms Do I Believe that God Wants Me to Deal With Today?</p> <p>1.</p> <p>2.</p> <p>3.</p> | | | | | | | | |