



**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 person'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

- |  |  |                                      |
|--|--|--------------------------------------|
| 1. Abusive to others                   | 27. Extreme weight issues                  | 53. Need independence                |
| 2. Alcohol dependency                  | 28. Fatalistic perspective                 | 54. Need to control                  |
| 3. Angry outbursts                     | 29. Fear of abandonment                    | 55. Need to perform                  |
| 4. Bitter/resentful                    | 30. Fear of commitment                     | 56. Panic attacks                    |
| 5. Blaming others                      | 31. Fear of disclosure                     | 57. Perfectionism                    |
| 6. Can't trust authorities             | 32. Fear of failure                        | 58. Porn addiction                   |
| 7. Can't/won't apologize               | 33. Fear of intimacy—physical or emotional | 59. Prescription drug abuse          |
| 8. Confrontational                     | 34. Feeling unworthy of love               | 60. Proud/condescending              |
| 9. Critical                            | 35. Freely condemning                      | 61. Refusal to talk about past       |
| 10. Critical self-talk                 | 36. Having to win                          | 62. Self-denial                      |
| 11. Cutting or self-abuse              | 37. High anxiety                           | 63. Selfish/self-centered            |
| 12. Dangerous actions                  | 38. Hoarding/stealing                      | 64. Sense of failure                 |
| 13. Deceitful/lying                    | 39. Homosexual confusion                   | 65. Sense of unworthiness            |
| 14. Deeply private, hiding feelings    | 40. Hopelessness                           | 66. Sexual dysfunction               |
| 15. Defensiveness                      | 41. Inability to cope                      | 67. Sleeplessness                    |
| 16. Denial of Issues                   | 42. Inability to have sex                  | 68. Suicidal thoughts                |
| 17. Depression                         | 43. Insecurity                             | 69. Timid/fearful Unforgiving spirit |
| 18. Deserving punishment               | 44. Intolerance                            | 70. Unable to accept love            |
| 19. Deviant sexual attractions         | 45. Irrational fears                       | 71. Unable to focus                  |
| 20. Distance from family relationships | 46. Lack of initiative                     | 72. Untrusting of others             |
| 21. Domineering/controlling            | 47. Live a façade/hidden                   | 73. Unwilling to risk                |
| 22. Doubting of God                    | 48. Low self-worth                         | 74. Withdrawal from others           |
| 23. Drug addiction                     | 49. Low sexual desire                      | 75. Other:                           |
| 24. Eating disorder(s)                 | 50. Manipulative                           |                                      |
| 25. Emotional breakdown                | 51. Many health issues                     |                                      |
| 26. Exploitation of others             | 52. Name-calling                           |                                      |

### TO FURTHER YOUR UNDERSTANDING:

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.