

# SELF ASSESSMENT

WHAT DO YOU STRUGGLE WITH?



**WE MEET EVERY TUESDAY NIGHT –HENDERSON CAMPUS**

6:30pm-7:15pm Main Meeting

7:15pm-8:30pm Small Groups

8:30pm-9:00pm Hang Out Time

**Central Church- Henderson Campus**

**1001 New Beginnings Drive**

**Henderson, NV 89011**

**(702) 735-4004**

## HOW DO I USE THIS BROCHURE?

**As you read through each area and you find yourself answering “YES” to most of the questions in that area; it is “possible” you struggle with that hurt, hang up or habit.**

**This brochure is not meant to diagnose; only to lead you to see possible areas to work through in Celebrate Recovery.**

## CODEPENDENCY

Are you easily absorbed by the pain and problems of others?

Do you submerge yourself in fixing or rescuing needy people?

Do you depend on sources outside yourself for meaning, identity and value?

Do you take care of other people’s pain and problems while ignoring your own?

Do you help others at your own expense or the expense of your family?

Do you say yes when you mean no?

## NEGA-HOLISM (Addiction to Misery)

Do you use negative terminology to describe neutral or even positive events?

Do you worry constantly about the present, past or future problems?

Do you get high on telling people how badly you have been treated?

Would you rather complain about people or circumstances than address them directly in order to bring about change?

Do you let people take advantage of you then resent it afterward?

Do you have your “grudge list” memorized?

Are you attracted to abusive people or dysfunctional organizations?

## **PERFECTIONISM**

Do you define your value by the quality of your performance?

Are you obsessed with appearances?

Do you try to manage your own image or control the impression your loved ones make on people?

Do you judge yourself and/or your family and friends without mercy?

Do you have a critical eye, seeing even the minutest flaw in any given situation?

Do you consider a mistake to be a “sin” punishable by death?

Do you consider A- to be a failing grade?

## **ANGER ADDICTION**

Do you use anger to intimidate people?

Do you pout or rage to get your way?

When you become angry, are you unable to predict how far you will go in terms of verbal or physical violence?

Do you ever “black out” and hurt yourself or someone else, not knowing that you’ve lost control?

Do you feel remorseful afterward and sincerely promise to never do it again, only to do it again?

Have you ever threatened to kill yourself or someone else if they leave you or if they refuse to comply with your wishes?

Has the inappropriate expression of anger cost you a job or a valued relationship?

## **WORKAHOLISM**

Do you get more excited about work than anything else?

Do you take your work with you to bed? Do you take it home on weekends? On vacation?

Is work the activity you like best and talk about the most?

Are you rude to people who interrupt you when you’re working on a project?

Do you believe it’s okay to work long hours as long as you love what you are doing?

Do you feel guilty when you’re not busy?

Are you always racing against the clock and/or doing more than one task at a time?

## **FOOD ADDICTION**

Do you use food to escape from your troubles or to celebrate your triumphs?

Does your weight determine how you feel about yourself?

Do you eat when you’re not hungry?

Do you have feelings of guilt and remorse about overeating?

Are you constantly trying new diets or diet gimmicks, fantasizing about being thin, etc?

Do you own complete wardrobes in several different sizes?

Do you avoid public functions because of your appearance? Is your weight affecting the way you live your life?

## **SEXUAL ADDICTION**

Do you use sex to escape from life's problems?

Do you need to be desired sexually in order to feel like a "real" man or woman?

Have you ever risked your job or your reputation in order to act out sexually?

Do you believe that you are entitled to sex and that you have the right to demand it from your partner?

Do you lust after or sexualize people even when you don't mean to?

Do you feel guilty for any given sexual behavior and yet continue doing it?

## **CHEMICAL DEPENDENCY**

Do you use drugs or alcohol to relieve tension?

Do you crave a drink or drug at certain times of the day?

Have you ever felt guilty about drinking/drugging or things you've done when drunk or high?

Has your ambition decreased since you began using drugs or alcohol?

Have you ever tried cutting back?

Have you ever done anything when you were drinking or drugging that you don't remember?

Have you told people you can quit anytime you want but you never want to?

## **SPENDING/DEBT-ING/GAMBLING**

Do you use shopping or spending to lift your mood or improve your self-esteem?

Do your spending/debt-ing habits create conflict that affects your home life in a negative way?

Does the financial pressure caused by spending or debt-ing distract you from your daily work?

Have you ever given false information in order to obtain credit?

When faced with financial stress, does the thought of borrowing money give you a great sense of relief?

When your spouse or children ask for their legitimate financial needs to be met, do you use your debts or financial problems as an excuse not to attend to their needs?

Do you nurse the fantasy that life will be great when you get out of debt and meanwhile do everything necessary to STAY in debt?

## **SELF INJURY**

Do you hurt yourself to feel something?

Do you hurt yourself because your friends hurt themselves?

Do you hurt yourself to punish yourself?

Do you hurt yourself to shock or hurt someone?

Do you hurt yourself to cope with anxiety or uncomfortable feelings?