

# QUESTIONS for SELF-EVALUATION

Ask yourself the following questions to find out where God may be guiding you to change.

- Do I respond too quickly?
- Do I notice a woman's body?
- Do I become anxious?
- Do I get angry?
- Do I eat too much?
- Do I drink too much?
- Do I take care of my body?
- Do I numb my emotions?
- Do I worry?
- Do I ignore what others are saying?
- Do I become insensitive to the feelings of those around me?
- Do I express anger when I'm in the wrong?
- Do I do my grief work?
- Do I think about the consequences to my actions?
- Do I think about myself more than others?
- Do I interrupt people when they are talking?
- Do I say *please* and *thank you*?
- Do I listen?
- Do I show love to others?
- Do I choose the wrong friends?
- Do I judge people based on their status?
- Do I ignore the needs of others?
- Do I say hurtful things?
- Do I want what someone else has?
- Do I relax instead of work?
- Do I act before I think?
- Do I hoard stuff instead of give?
- Do I try to be my own god instead of listen to God?
- Do I put aside my spiritual development?
- Do I pretend to be someone I'm not?
- Do I forget to count my blessings?
- Do I say something that isn't true?
- Do I act like I prayed when I really didn't?