

SELF-CONFRONTATION FORM

1. My main problem is:

2. What specific failures on my part contribute to the main problem?

3. Which areas of my life are affected by each failure? How are they affected?

Spirituality

Spouse

Children

Parents

Physical health

Social life

Finances

Occupation

Profession (job)

4. What have I done about the results of my failures in the list above?

5. Who else has been hurt by my failures?

6. What scriptures relate to each one?

7. In what ways have I been blaming my problems on circumstances or others?

8. What commitment am I willing to make to solve my problem(s)?

(See "Prerequisites to Biblical Change", page 4-3, section A, in this syllabus.)

9. What specific things should I do about each failure?

(See "Steps In Biblical Change", page 4-3, section B, in this syllabus.)

10. If I failed in keeping my commitment:

Where did I fail?

What were the circumstances?

What did I do that I shouldn't have done?

What were the danger signals?

When danger signals appear, what should I do?

What should be my biblical alternative replacement?

What biblical goals should I set? Short-term? Long-term?

What requests should I make of God to help me?

11. Are there any new factors to consider?

12. Should I contact someone to help me? Who? How much should I tell?

13. How should I review my progress?

14. How should I prepare myself to help others?