

Self-Assessment:

Are You Still Affected by Your Wounds?

Answer "Yes" to the statements you believe describe yourself and "No" to the ones that don't apply. The more truthful you are with yourself, the quicker you will be able to address difficult areas and move past some of life's hurts.

When I meet someone, I tend to assume they won't like me	Yes / No
I tend to be suspicious of my husband or boyfriend, without reason	Yes / No
I avoid crowds	Yes / No
I regularly lose sleep thinking about something someone said or did to me	Yes / No
I am bitter when I think about my parent(s)	Yes / No
I avoid being alone. It makes me feel uncomfortable	Yes / No
I am afraid to really be myself around others	Yes / No
I feel uncomfortable when someone notices me	Yes / No
I experience moments when I wish I wasn't alive	Yes / No
I fear failure if I try something new	Yes / No
I feel frightened or depressed when I'm alone	Yes / No
I cry easily	Yes / No
I tend to crave the attention of others	Yes / No
I am consumed by worry	Yes / No

I often feel like a little girl	Yes / No
There are times when I am consumed by fear	Yes / No
The mention of God or church makes me uncomfortable	Yes / No
I fear not measuring up to others' expectations	Yes / No
I feel that my husband, children and/or family would be better off without me	Yes / No
I haven't cried in years	Yes / No
I feel hatred toward myself	Yes / No
I do not believe I can be completely forgiven	Yes / No
I am distrustful or suspicious of people I once trusted.	Yes / No
I have a hard time forgiving myself	Yes / No
I feel that if I were to die no one would notice or care	Yes / No
I don't believe I deserve anything good that has happened to me	Yes / No
I sometimes feel helpless	Yes / No
I tend to be controlling	Yes / No
I find it difficult to make decisions	Yes / No
I rely on alcohol or medication/drugs to make me feel better emotionally	Yes / No
My intimate relationships are more short-term than long-term	Yes / No
I have developed a strong dislike or possibly even hatred toward some people	Yes / No
I am often angry or depressed	Yes / No
I have disturbing, recurrent dreams	Yes / No
I find myself thinking or saying "I just don't feel anything."	Yes / No

These questions are some I have used, through the years, to help identify the core issues in a woman's life. Your responses to some statements may simply represent personality quirks or the need for further spiritual growth. However, some may indicate some deeper hurts in your life.

If you have answered yes to 9 or more of the questions on this list, it is very likely there are unresolved hurts in your past or present that are continuing to impact your life and behavior. There is hope, however. Immersing yourself in the Word of God will help you gain a correct view of God and who you are in His sight. An individual or small group study of [*When a Woman Overcomes Life's Hurts*](#) is another step down you can take on the road to healing. In addition, I recommend talking to a pastor or trusted friend about biblical counseling or Bible-based resources that can help you in your healing process.



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