

Discovering Life Agendas (Please Answer using separate paper)

1. When do you tend to experience, fear, anxiety or worry?
2. Where have you struggled with disappointment?
3. When do you get angry?
4. Where do you encounter problems with relationships?
5. What are the situations of life that you have found particularly difficult?
6. What things (& people) do you regularly seek to avoid?
7. Where have you experienced regular problems in you spiritual life, or in your relationship with God?
8. Where or when have you tended to doubt the truths of Scripture?
9. What agendas do you have for others?
10. What is your definition of a good relationship?
11. What are your expectations of others?
12. What silent demands do you make of the people around you?
13. Where in your life have your struggled with bitterness?
14. When do you say, “If only...”? (e.g., “If only my spouse would...”)
15. What past experiences do you struggle with letting go?
16. What do you pray about?
17. When do you tend to experience problems in your prayer life or personal worship?
18. Where do you struggle with envying others? What have you tended to covet?
19. Do you feel guilty at times?
20. What do you see as your rights?
21. Where do you find refuge, comfort , pleasure or security?