



# CONFESSION CHECKLIST



Check the characteristics which apply to your life.  
When there is more than one sin listed circle one(s), which apply to you.

## Relating sinfully to God

- ☐ Not believing and trusting God by thinking that I have a better way than obeying Him (This is the root cause of all sin. (Prov. 14:12)
- ☐ Being unwilling to sacrifice time, inconvenience, energy for Gods'/others' sakes
- ☐ Unwilling to confess sins to God and to repent
- ☐ Not opening myself to receive love from God
- ☐ Putting stipulations on obedience to God; trying to bargain with Him
- ☐ Lacking love for and involvement with God
- ☐ Substituting another seemingly right behavior to avoid what God really wants me to do
- ☐ Twisting, ignoring and/or not studying God's Word
- ☐ Unwilling to surrender myself to the Lord's direction...too difficult
- ☐ Unwilling to give up something that God asks me to give up
- ☐ Unwilling to suffer for Christ's sake
- ☐ Unwilling to sacrifice or take risks for Christ's sake
- ☐ Getting angry with God because I have to reap the consequences of my own sin
- ☐ Being angry toward and lacking acceptance of God's individual plan and will for my life
- ☐ Having wrong/unbiblical priorities
- ☐ Refusing to get serious about forsaking my sin
- ☐ Being complacent, apathetic, and/or giving up on my relationship with God
- ☐ Hardening my heart against God and/or being angry at Him

## Having an unbiblical view of God

- ☐ Believing God does not love and accept me unconditionally
- ☐ Not trusting God to be my major source of security, fulfillment and purpose
- ☐ Not believing that God can empower me to go through human rejection while being secure in His love and that He can sustain me emotionally when others fail me
- ☐ Believing God does not love me because He doesn't give me what I want

## **Relating sinfully to others**

- \_\_\_ Disobeying the human authority under whom God placed me
- \_\_\_ Unwilling to seek forgiveness of those against whom I have sinned
- \_\_\_ Unwilling to forgive those who offend me; carrying grudges
- \_\_\_ Being selfish, self-centered, self-absorbed, self-focused, self-protective
- \_\_\_ Wanting to be served rather than to serve
- \_\_\_ Blaming others or focusing on others' sins rather than my own
- \_\_\_ Wanting to protect my reputation
- \_\_\_ Being intolerant, disdainful, judgmental; being negative and critical
- \_\_\_ Being irresponsible and/or lazy; procrastinating
- \_\_\_ Being self-pitying; grumbling, whining and complaining frequently
- \_\_\_ Enabling and supporting the sins of others
- \_\_\_ Rescuing, intervening to protect others from the consequences of their sins
- \_\_\_ Being a "fixer" or "savior"; believing I can fix or save others from their foolishness
- \_\_\_ Unwilling to risk rejection of people for the cause of Christ
- \_\_\_ Having a sinful dependency on others
- \_\_\_ Wanting others to be dependent on me
- \_\_\_ Being jealous or possessive in relationships
- \_\_\_ Lying and deceiving
- \_\_\_ Controlling conversations; talking too much
- \_\_\_ Being a poor listener
- \_\_\_ Being sarcastic; being very timid, shy
- \_\_\_ Being a crisis-causer
- \_\_\_ Being aggressive; intimidating
- \_\_\_ Being obnoxious
- \_\_\_ Having difficulty forming and/or maintaining close, meaningful relationships
- \_\_\_ Alienating people through sinful attitudes and behaviors
- \_\_\_ Not loving and accepting others unconditionally; requiring them to perform to receive love
- \_\_\_ Being overly sensitive and easily hurt by how people interact with me
- \_\_\_ Not sharing the gospel
- \_\_\_ Rejecting others before they reject me

- \_\_\_ Exchanging marriage roles: wife makes the decisions and husband submits
- \_\_\_ Being a perfectionist in my demands of self and/or others
- \_\_\_ Fearing loving others; fearing being loved by others; fearing being hurt by others
- \_\_\_ Being nasty, contentious
- \_\_\_ Unwilling to repent of sinful attitudes before they compound into depression
- \_\_\_ Believing people exist to make me happy and content
- \_\_\_ Setting expectations of how others are to love me and getting angry when they are not met
- \_\_\_ Lacking a sense of humor
- \_\_\_ Believing I don't need intimate relationships; self-sufficient
- \_\_\_ Gossiping
- \_\_\_ Being impatient
- \_\_\_ Having "tunnel vision"; believing my way is the only way
- \_\_\_ Influencing others to have sinful attitudes and behaviors; enticing others to sin
- \_\_\_ Deadening or hardening my heart against others; numbing myself

**Fearing my sins and weaknesses will be exposed;**

- \_\_\_ Unwilling to acknowledge my sin to God and to others
- \_\_\_ Hiding behind an "image" (being a different person at home than when outside my home)
- \_\_\_ Maintaining superficial relationships, so no one gets to know me well
- \_\_\_ Equating criticism with rejection
- \_\_\_ Being very defensive when confronted
- \_\_\_ Running from, ignoring anyone who tries to penetrate my "wall" or who sees through me
- \_\_\_ Not being teachable
- \_\_\_ Unwilling to be vulnerable and/or accountable to fellow Christians or Christian authorities to deal with my sin
- \_\_\_ Discrediting or finding fault with those who admonish me
- \_\_\_ Unwilling to seek/biblical advice or counsel when making important decisions

**Trying to control others by**

- \_\_\_ Intimidating them
- \_\_\_ Using "guilt trips" to manipulate them
- \_\_\_ Being a martyr or a victim: self-pitying, whining, crying

- \_\_\_ Manipulating
- \_\_\_ Bribing
- \_\_\_ Having temper outbursts
- \_\_\_ Trying to change them
- \_\_\_ Withdrawing: emotionally or physically to punish and/or to protect myself from being hurt
- \_\_\_ Being demanding
- \_\_\_ Being stern, dictatorial, harsh
- \_\_\_ Being verbally abusive or physically abusive
- \_\_\_ Attempting to kill myself
- \_\_\_ Repaying evil for evil; retaliating
- \_\_\_ Verbalizing physical threats; other threats: i.e. divorce, suicide, retaliation
- \_\_\_ Attempting to convince others of my opinions rather than speaking the truth in love and releasing the outcome to God's sovereign control
- \_\_\_ Using intellect and logic to convince others or to formulate overwhelming arguments
- \_\_\_ Belittling others' viewpoints; not seeking to hear or understand others' points of view
- \_\_\_ Having a "win-lose" perspective when expressing opinions
- \_\_\_ Viewing myself as a "failure," "reject," "victim," or "martyr"

### **Being a people-pleaser rather than a God-pleaser**

- \_\_\_ Believing it is my role to make others happy; to please them
- \_\_\_ "Giving" by trying to please others with a hidden purpose of getting what I want from them
- \_\_\_ Seeking acceptance, love by pleasing myself/others rather than God
- \_\_\_ Minimizing or ignoring present or potential problems; allowing problems to compound
- \_\_\_ Unwilling to admonish in love those who need to hear it
- \_\_\_ Ignoring, minimizing, excusing others' sins; seeing them through rose-colored glasses
- \_\_\_ Unwilling to make difficult decisions
- \_\_\_ Unwilling to say "no" to someone else's requests when it means getting my own priorities out of order and/or breaking prior commitments
- \_\_\_ Suppressing or ignoring painful realities
- \_\_\_ Being a "chameleon;" acting one way with some people and differently with others
- \_\_\_ Making promises and breaking them
- \_\_\_ Forgetting things that are important to others

- \_\_\_ Keeping the peace at all costs; not “rocking the boat”
- \_\_\_ Fearing expressing opinions
- \_\_\_ Being controlled by other’s intimidation rather than being under the control of the Holy Spirit in relationship to them

**Striving for others’ approval, affirmation, love, acceptance**

- \_\_\_ Seeking to draw attention to myself; being the “center of attention”
- \_\_\_ Being promiscuous
- \_\_\_ Being a braggart; arrogant
- \_\_\_ Being flirtatious
- \_\_\_ Dressing provocatively to call attention to my body
- \_\_\_ Compromising, making unbiblical decisions
- \_\_\_ Being a “clown”; making “light” of serious situations
- \_\_\_ Being a “know-it-all”
- \_\_\_ Expecting praise, admiration, respect, etc. of others and being self-pitying or angry when it is not received

**Comparing myself to others and thereby, feeling superior or inferior**

- \_\_\_ Being concerned and/or preoccupied with developing self-esteem
- \_\_\_ Analyzing frequently how others are relating, responding to me
- \_\_\_ Being very self-conscious: about my appearance, what I say, how others view me
- \_\_\_ Focusing on my inadequacies rather than seeking my adequacy in Christ
- \_\_\_ “Rating” people as inferior or superior to me
- \_\_\_ Being jealous, envious, discontent
- \_\_\_ Having a haughty, judgmental attitude toward others
- \_\_\_ Focusing on low self-esteem, which is self-centeredness
- \_\_\_ Focusing on or seeking to build my self-esteem or my self-identity while not believing my identity in Christ
- \_\_\_ Spending great amounts of time focusing on my own problems, failures and/or inadequacies (self-centeredness), rather than seeking and implementing biblical solutions

**Escaping rather than spending time developing meaningful relationships with God and others**

- \_\_\_ Escaping reality, commitment or responsibility by indulging in excessive behaviors
- \_\_\_ Retreating into fantasy to avoid facing painful realities
- \_\_\_ Reading or watching pornography; involvement with sexually explicit material
- \_\_\_ Spending excessive time: watching TV, reading, working, eating, sleeping, etc.;
- \_\_\_ Spending excessive time with: sports, hobbies, ministry, computers, video games, etc.
- \_\_\_ Escaping with irresponsible behaviors: use of illegal drugs, drunkenness, illicit sex, laziness, violence, greediness, gluttony, unbiblical divorce, adultery, suicide, etc.
- \_\_\_ Escaping by trying to kill myself

**Others...**

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