



# WARNING SIGNS OF UNFORGIVENESS



There are definite warning signs when you have not forgiven.  
Check those that may be characterized in your life.

- \_\_\_ Struggling with disobedience to God without gaining consistency in your spiritual growth
- \_\_\_ Having a persistent anger problem, outward or inward
- \_\_\_ Blaming others for your problems
- \_\_\_ Being moody or frequently depressed
- \_\_\_ Suppressing and “stuffing” feelings; minimizing or excusing others’ sins
- \_\_\_ Being very superficial in relationships
- \_\_\_ Withdrawing emotionally or physically from others
- \_\_\_ Having negative, ungrateful attitudes toward God, situations and others
- \_\_\_ Gossiping and/or “venting” to others about the offender(s)
- \_\_\_ Sensing God’s presence is far from you; fellowship with God is hindered
- \_\_\_ Dwelling on self-pity; feeling victimized
- \_\_\_ Having difficulty forming and maintaining close, meaningful relationships
- \_\_\_ Excusing your sinful responses toward others’ offenses
- \_\_\_ Retreating into fantasy to cover the painful realities of others’ offenses