

Breaking Mental Darkness Through The Truth

“Now the fruit of righteousness is sown in peace by those who make peace.” (James 3:18)

Please complete this worksheet and reflect on the past, present, and future. Use it as a development tool for interventions, resources, and guidance.

1. What is your governing mental and emotional condition? Let's be honest! Will I first seek God in prayer? Is professional counseling needed? Will I surround myself with positive influences? Reflect.
2. How has issues you encountered in the family effected or controlled your thinking patterns and behaviors? Do you constantly find yourself covering up for someone else faults? Reflect.
3. Is there always confusion, self-seeking, and control in your circle of influences? Examine your atmosphere. What happens? Is it good or bad? Are you willing to change within your means for the greater in society? Reflect.
4. Have you detoured your life goals or purpose because of confusion, jealousy, and people? Reflect.
5. Do you thrive being in control all the time? Yes or no. Why? Reflect.
6. Determine one strategy you have used in the past to manage confusion? Why did you choose this method? How well did this method work? Reflect.