

Typical Strongholds Questionnaire ⁱ

Instructions: Please read through this list and check any statements that describe the things you believe about yourself, others, or God. Then transfer each statement you have checked to your journal. Ask God what he wants to say to you about each one. Record what you feel God has revealed to you about each one. This process may take some time so don't feel rushed. Bring this journal with you to your Issue-Focused Prayer session(s).

Strongholds about Ourselves

Theme: Rejection, not belonging

- I avoid close relationships because I might be rejected.
- One of my greatest fears is being abandoned.
- I avoid activities that require social interactions so I won't be rejected.
- I don't belong. I will always be on the outside (left out).
- I am/feel flawed. If people knew the real me, they would reject me
- Every failure verifies that I am flawed. If someone rejects me it also proves that I am flawed.
- My feelings don't count. No one cares what I feel.
- No one will love me or care about me just for myself.
- I will always be lonely. The special man (woman) in my life will not be there for me.
- I sometimes accept unpleasant tasks to please others and to avoid rejection.
- The best way to avoid more hurt or rejection is to isolate myself.
- Any additional strongholds concerning this theme:

Theme: Unworthiness, guilt, shame

- I can't handle things on my own.
- I am/feel incompetent.
- If I feel embarrassed, it will be overwhelming and unbearable.
- I like the being center of attention. If I'm not, then I'm not worthy or lovable.
- I am not worthy to receive anything from God.
- I am the problem. When something is wrong, it is my fault.
- I am a bad person.
- If I wear a mask, people won't find out how horrible I am and reject me.
- God doesn't care about me. He's not involved in my life. He'll let you down, just like everyone else in this world.
- I have messed up so badly that I have missed God's best for me.
- Any additional strongholds concerning this theme:

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Theme: Doing to achieve self-worth, value, recognition

- I often feel the need to seek assurance, nurture, and support.
- I need to seek advice before making any decision.
- I will never get credit for what I do.
- I don't need others I can make it on my own
- I often envy others success.
- The one who dies with the most toys wins.
- Some people think I have an inflated sense of self-worth.
- Sometimes I daydream about fame, fortune, and power.
- I'm very sensitive to criticism.
- I can respond with intense anger.
- My value is in what I do. I am valuable because I do good for others, because I am "successful."
- Even when I do or give my best, it is not good enough. I can never meet the standard.
- I have to always be fun and exciting if I want others to want to like me.
- I can avoid conflict that would risk losing others' approval by being passive and not doing/saying anything.
- God doesn't care if I have a "secret life" as long as I appear to be good.
- I can get love and acceptance I want by over-achieving (or by _____).
- What makes me really angry is _____.
- What makes me want to hide or run away is _____.
- Any additional strongholds concerning this theme:

Theme: Control (to avoid hurt)

- When I get in a conflict, it's 'my way or the highway'.
- The path to success involves lots of attention to details, order, and organization.
- I often procrastinate because I have such high standards for performance.
- I don't delegate often because I can usually do things better than others.
- I am not capable of getting the love I need without being angry and clingy.
- I have to plan every day of my life. I have to continually plan/strategize. I can't relax.
- The perfect life is one in which no conflict is allowed, and so there is peace.
- Any additional strongholds concerning this theme:

Theme: Physical attractiveness

- I have to pay a lot of attention to my physical appearance.
- I always want to stay looking young.
- I am unattractive. God shortchanged me.

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- I will always have certain physical disabilities. They are just part of what I have inherited.
- It is impossible for me to lose weight (or gain weight). I am just stuck.
- I am not competent or complete as a man (woman).
- Any additional strongholds concerning this theme:

Theme: Personality traits

- It's hard for me to really show empathy for other people.
- I really am uncomfortable with emotions.
- I have difficulty displaying affection toward others.
- I will always be (angry, shy, jealous, insecure, fearful, _____).
- Any additional strongholds concerning this theme:

Theme: Identity

- I need lots of praise from other people to feel okay about myself.
- I should have been a boy (girl). Then my parents would have valued/ loved me more.
- Men (women) have it better.
- I will never be known or appreciated for my real self
- I will never really change and be as God wants me to be.
- I am strongly impacted by the opinions of others.
- Any additional concerning this theme:

- _____
- _____

Theme: Miscellaneous

- I rarely expressed disagreement with others.
- I am helpless when I'm alone.
- I need a strong protector to care and do things for me.
- I have wasted a lot of time and energy, some of my best years.
- Turmoil is normal for me.
- I will always have financial problems.
- Any additional strongholds concerning this theme.

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Strongholds about Others

Theme: Safety/Protection

- I must be very guarded about what I say, because anything I say may be used against me.
- I must guard and hide my emotions and feelings.
- I cannot give anyone the satisfaction of knowing that they have wounded or hurt me. I'll not be vulnerable, humiliated or shamed.
- This is a cold and dangerous world where people will hurt me and disaster will strike at any time, so I need to play it safe and stay close to those who are stronger and wiser.
- Any additional strongholds concerning this theme:

Theme: Retaliation

- The correct way to respond if someone offends me is to punish them by withdrawing from them or cutting them off
- I will make sure that [insert a person's name] hurts as much as I do!
- Any additional Strongholds concerning this theme:

Theme: Victim

- Authority figures will humiliate/violate me.
- Authority figures will use and abuse me.
- My value is based totally on others' judgment/perception of me.
- I am completely under other's authority. I have no will or choice of my own.
- I will not be known, understood, loved or appreciated for who I am by those close to me.
- Any additional Strongholds concerning this theme:

Theme: Hopelessness/helplessness

- I am out here all alone. If I get into trouble or need help, there is no one to help me.
- Any additional Strongholds concerning this theme:

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Theme: Relationships

- I will never be able to fully give or receive love. I don't know what love is.
- If I let anyone get close to me, I may get my heart broken again. I can't let myself risk it.
- If I fail to please you, I won't receive your pleasure and acceptance of me. Therefore, I must do whatever is necessary to try to please you.
- Others are capable of meeting my needs but might not do so because of my flaws.
- Others are trustworthy and reliable but might abandon me because of my worthlessness.
- Any additional UGBs concerning this theme:

Theme: God

- God loves other people more than He loves me.
- God only values me for what I do.
- No matter how much I try, I'll never be able to do enough or perform well enough to please God.
- God is judging me when I relax. I have to stay busy about His work or He will punish me.
- God has let me down before. He may do it again. I can't trust Him or feel secure with Him.
- God can't forgive what I've done.
- Any additional beliefs concerning this theme:

ⁱ Adapted from: Donald Stewart, Caught Between Heaven and Hell,(Sisters, OR, DeepRiver Books,2015)