



## HURTS

A “hurt” could be classified as any life experience that may have damaged your heart, some offense against you that crippled your ability to deal with the world in a healthy way. Something that may have twisted your view of yourself, God or others. Some common hurts include:

- Abandonment
- Abortion
- Abused as a child, or by a spouse, employer, church
- Adoption
- Betrayal
- Dysfunctional family (divorce, alcoholism, drug abuse, rage, etc.)
- Neglect
- Rape
- Rejection
- Cheating, affairs
- Unforgiveness

## HABITS

“Habits” tend to be unhealthy patterns that often start as a perceived “remedy” for some problem in your life, but end up turning into a chronic bad behavior or addiction. Habits are the repeat, default scripts you run to when the going gets tough and continually lead to trouble in your life. Some common habits are:

- Abusive behavior
- Alcohol
- Bitterness
- Drugs
- Eating disorders
- Gambling
- Gossip
- Isolation
- Lying
- Self-harm
- Sexual Integrity
- Spending problems
- Wasteful pursuits
- Workaholism
- Pornography addiction

## HANG-UPS

And lastly, “hang-ups” are those road blocks that keep you from progressing further in God’s plan for your life. They are often shaped by some bent thinking you may have received as a child, or some unhealthy attitude you may have adopted as a means of coping with life’s challenges. Here are some common hang-ups.

- Anger
- Anxiety, worry
- Arrogance
- Body image
- Bullying, bigotry
- Codependency
- Control
- Depression
- Fear
- Greed, envy
- Guilt (false) and/or shame
- Lack of self-control
- Lack of trust in God
- Laziness
- Materialism
- People pleasing
- Perfectionism
- Pride
- Procrastination

