CITY to CITY
NEW YORK CITY

Adoption/Slave Diagnostic Worksheet

Answer the following questions on a scale of 1 (not much) to 5 (yes, this describes me).

Slave	How would you assess yourself?	Son / Daughter
I often struggle with feeling alone and full of self-concern. I lack vital intimacy with God.	<---1----2----3----4----5--- >	I have a growing sense that God really is my loving, heavenly Father.
I am anxious about felt needs: money, health, relationships	<---1----2----3----4----5--- >	I trust the Father and have a growing confidence in his loving care. I am becoming free from worry.
I tend to live on a succeed-or-fail basis. I feel the need to look good and be right; I am performance oriented.	<---1----2----3----4----5--- >	I am learning to live in a daily, conscious partnership with God. I am becoming much less fearful.
I often feel condemned, guilty, and unworthy before God and others.	<---1----2----3----4----5--- >	I often feel loved, forgiven, and totally accepted because Christ's merits clothes me.
I am often defensive. I tend not to listen well, and I bristle at the charge of being self-righteous.	<---1----2----3----4----5--- >	I am increasingly open to criticism, since I consciously stand in Christ's perfection.
I tend to be ungrateful, complaining, and bitter. I often have a critical spirit that berates others.	<---1----2----3----4----5--- >	I can rely on the Holy Spirit to guide my tongue and am becoming more thankful, encouraging, and praise-oriented with my words.
I consistently compare myself to others, leading either to pride (if I perceive myself to be better), despondency (if I perceive myself to be inferior) or envy.	<---1----2----3----4----5--- >	I stand confidently in Christ; my self-worth comes from Jesus' righteousness, not my own.
I look for satisfaction in my position, possessions, or other pacifiers. Something other than Jesus makes me feel better.	<---1----2----3----4----5--- >	Christ is everything to me. I can say that God truly satisfies my soul. I know what it means to have the Lord "sing over me" (Zephaniah 3:17).

This handout is based on training materials from Serge (formerly World Harvest Mission). It is used here with permission.