

## Specific Examination for Adult Children of Divorce or Separation

- Have I rejected or doubted God's goodness and love for me? Have I put something else before God in my life?
- Have I rejected or doubted the truth that I am God's beloved and wonderfully made? Have I given into thoughts of self-condemnation?
- Have I sought affirmation in the wrong ways and/or separate from God's affirmation of me?
- Have I harbored a hurtful competition or rivalry with one or more of my siblings out of desire to win my parents' affirmation?
- Have I sought security or my identity in anything above God? Have I placed my security, worth, or identity in any of the following: perfectionism, being a "control freak," being a people pleaser, being a "workaholic," lust or eliciting lust through immodesty, greed, overeating, distractions such as TV, internet, sports etc. all of the time, and addictions (gambling, drugs, alcohol, etc.)?
- Have I given into despair?
- Have I given into cynicism towards relationships, marriage, or having children?
- Have I settled for anything less than God's plan for love and marriage as total self-gift modeled after Christ's love? Have I had pre-marital sex or sexual relations of any sort outside of marriage? Have I settled for temporary relationships in the form of cohabitation, masturbated, used pornography, or lusted in any other way? Have I resented chastity? Have I used people in any capacity?
- Have I closed myself off to others by choosing to be self-protective to the detriment of self-giving in all the ways we discussed earlier (when it is not necessary to be self-protective because my personal safety is threatened or another just reason)? If married, have I done this with my spouse?
- Have I avoided conflict, wounds, and problems when I needed to confront them for my health and wholeness and others' well-being?
- Have I harbored feelings of anxiety to the point that I have shut good things and people out of my life, refusing their care, or caused another harm?
- Have I harbored feelings of anger to the point of rage toward my parents or other people?
- Have I harbored feelings of anger to the point of hatred, resentment, or passive aggressiveness toward my parents or other people?
- Have I spoken disrespectful words toward my parents or other people?
- Have I given into bitterness toward my parents or other people? Have I been vengeful? Have I intentionally hurt another person or desired their harm?
- Have I refused to forgive my parents or another?
- Have I refused to say 'I'm sorry' when I have been at fault about something?
- Have I blamed my sins on someone else or on my wounds instead of taking responsibility for them? Have I given into self-pity out of a desire to avoid taking responsibility for my sin?
- Have I refused to practice unconditional love like Christ's in any other way?