

Finding Your Main Problem Worksheet

Your objective is to “X” out as many of The Problem Words as possible. To do this you would first, put a “X” in the box in front of those words that DON’T represent a problem in your life. Next, go back and put a “X” in the box in front of those words that are bothering you, but NOT AS MUCH as other ones on the list. The objective is to eliminate as many of The Problem Words as possible so you can see which ones have NOT been eliminated. Pray and ask Jesus to help you decide which issue or issues are less challenging than the others. You should put as many X’s in the boxes in front of as many difficulties as is possible.

Once you have eliminated as many as possible, try to establish which Problem Word addresses the one that is causing you the most pain. Which one dominates most of your time and thoughts? If you have several that haven’t been eliminated yet and still can’t seem to decide which one is the major issue, just look at all of those without X’s in front of them and pick the one that you and Jesus believe will motivate you to apply yourself to the issue. Try to decide which one you would like to get rid of first and go with it. The principles Jesus will be teaching you will actually solve all your main problems.

LIFE

BILLS

GUILT

ADDICTION

HOPELESSNESS

DIVORCE

FEAR

MARITAL ISSUES

LONELINESS

CHILD RAISING

DEPRESSION

SPIRITUAL ISSUES

ANGER

TEMPTATIONS