

Answer These Unforgiveness Questions Honestly Worksheet (check the ones that obtain to you) – then fill out the form - [Top Five Bitterness List \(mycontactform.com\)](#).

This is preparation for Bitterness/Accusation deliverance session after the teaching. This form is also in the Training Resources.

- 1) ___ I find myself holding grudges
- 2) ___ I retreat into isolation from others
- 3) ___ I erupt in anger or I boil inside
- 4) ___ I think of ways to get even with others who hurt me
- 5) ___ I just bury the wrongs done to me without really addressing them
- 6) ___ I pity myself
- 7) ___ I carry bitterness and anger towards those who have hindered me or willfully, purposely wronged me
- 8) ___ Instead of stating the truth, I make excuses for those who wronged or hurt me
- 9) ___ I often feel sorry for myself.
- 10) ___ Occasionally I think I truly am some kind of martyr
- 11) ___ Nobody has had it as bad as me
- 12) ___ I want to get even with people who've cause me pain.
- 13) ___ I insulate or protect myself behind the walls of defensiveness.
- 14) ___ I don't trust others.
- 15) ___ I just can't forgive [which really is you want forgive].
- 16) ___ I'm angry with God for allowing bad things to happen to me.
- 17) ___ I act like nothing happen instead of confronting issues that have hurt me.
- 18) ___ I can't get over my past.