

Barriers to Change Worksheet

Denial

1. Describe a moment or moments in your life when you were unwilling to face the truth about your addiction/compulsion/unhealthy attachment.

- a. What impact did this have on you and others?

2. Are there people, places, or things you've avoided so as to not be reminded about your condition?

Shame

3. *Shame* is defined as "a painful feeling of humiliation or distress caused by the consciousness of wrong or foolish behavior." When have you felt ashamed about your addictive/compulsive behavior?

- a. How have these feelings shaped your personal identity and your relationships with others, God, and yourself?

Fear

4. How do you think fear impacts your health, wellness, and capacity to grow?

5. How might fear get in the way of your making progress through this spiritual work?
