

JOURNEY TO FREEDOM**Unit I****REVIEW**

A good way to begin the Review is to read over all the previous Keys in this Unit and be aware of anything you might have overlooked, forgotten, or still need to work on.

REVIEW (Feel free to write on the backside or use additional paper if necessary.)

1. On a scale of 1 – 10, how high is your desire to overcome ssa/ma/tx (1 is the lowest, 10 is the highest)?

2. On a scale of 1 – 10, how much has your desire increased since you began the program?

3. Which statement best describes your desire to overcome? Check one.

☐ My desire grows day by day.

☐ My desire varies day by day.

☐ I am not sure I want to overcome.

☐ I feel unsure at times, but I know I will eventually overcome.

Please explain your answer:

4. Which of the following best explains your increased desire to overcome? Check all that apply.

☐ I am now convinced that it is possible to overcome ssa/ma/tx.

☐ I do not like the way I have lived.

☐ I see more clearly how God wants to change me.

☐ I realize that the thrills are not worth the pain.

☐ I have more insight into the lies I have believed that led to these temptations.

☐ I have more insight into how childhood events led to these temptations.

- ☐ It has stopped being fun.
- ☐ I feel badly about myself when I act on temptation.
- ☐ I feel more self-esteem when I resist temptation.
- ☐ Other:

Please explain your answer.

5. What are some things that are holding back your progress? Check all that apply.

- ☐ I still like some things about ssa/ma/tx.
- ☐ I still wonder if I was born this way.
- ☐ I am still not sure that change is possible.
- ☐ The opinions of my friends are holding me back.
- ☐ I find it hard to deal with loneliness.
- ☐ I feel anxious about what kind of a person I will become.
- ☐ I do not want to face my painful past.
- ☐ I am afraid to surrender my self-will.
- ☐ I have caused problems that are hard to fix.
- ☐ I have slipped into sin a few times, and I wonder if God is angry with me.
- ☐ I worry that if I slip into sin too many times, God will give up on me.
- ☐ Nothing is holding me back; I am determined to overcome.
- ☐ Other:

Please explain your answer.

6. On a scale of 1-10, how much has your faith grown since you started the program?

Please explain your answer.

7. On a scale of 1-10, how much have you used memorized Scripture to battle temptation? What was the result?

8. On a scale of 1-10, how much progress have you made in forgiving those who wronged you? Please explain your answer.

9. On a scale of 1-10, how much has your ability to love grown since you started the program? Please explain your answer.

10. On a scale of 1-10, how much have you surrendered to the Lord since you started the program? Please explain your answer.

11. Are there any other changes you have made in your life since you started the program? Please share.

12. On a scale of 1-10, how victorious have you been lately? Please explain your answer.

13. How victorious have you been since you started the program? Check the ones that apply.

- ☐ I have avoided all ssa/ma/tx activities.
- ☐ I still look where I should not, but I do not act on my temptations.
- ☐ I think about ssa/ma/tx activities, but do not act on them.
- ☐ I have had some slips into sin and am having trouble making spiritual progress.
- ☐ I have had some slips into sin; but I repented, accepted God's forgiveness, and am again making spiritual progress.
- Please explain your answer.

Plan of Action: (Let this plan put into action those Keys that gave you the most trouble.)