

The List

Guided prompts for identifying your rubber bands – use a spiral notebook for more space

What I Carry

sins & wounds

What memory still causes shame or regret when it surfaces?

What has been done to me that I have never fully spoken out loud?

What mistake do I replay most often, even years later?

What do I carry that I promised myself I'd "deal with later"?

What I Hold Against Others

unforgiveness

Whose name still produces anger or a sick feeling when I hear it?

What person or institution do I feel was never held accountable?

Who do I compare myself to in a way that produces envy or resentment?

What betrayal do I keep returning to in my mind?

What I Believe About Myself

identity lies

What sentence do I repeat about myself that begins with "I am the kind of person who...?"

When do I feel most unworthy, and what triggers it?

What wound from my past is still writing the script for my present?

What approval am I still trying to earn from someone who may never give it?

What do I do to feel worthy of love or belonging?

What would I stop doing if I knew I was already enough?

What am I afraid would happen if people saw the real me?

What achievement or role am I using as my identity instead of my covenant with God?
