**Self-Evaluation Guide**

Place a mark on the continuum for where you are:

| | Rarely | Regularly |
|---|---|---|
| Anger | ⟷ | |
| Bitterness | ⟷ | |
| Causing Dissension | ⟷ | |
| Cheating at Work and Play | ⟷ | |
| Covetousness | ⟷ | |
| Debilitating Fear | ⟷ | |
| Deceitfulness | ⟷ | |
| Emotional Abuse to Others | ⟷ | |
| Gluttony | ⟷ | |
| Gossip | ⟷ | |
| Greed | ⟷ | |
| Idolatry | ⟷ | |
| Immodesty in Action | ⟷ | |
| Immodesty in Attitude | ⟷ | |
| Immodesty in Dress | ⟷ | |
| Immoral Actions and Attitudes | ⟷ | |
| Lying | ⟷ | |
| Murmuring | ⟷ | |
| Occult involvement | ⟷ | |
| Physical Abuse to Others | ⟷ | |
| Prejudice | ⟷ | |
| Pride | ⟷ | |
| Rebellion | ⟷ | |
| Self-Righteousness | ⟷ | |
| Self Sufficiency | ⟷ | |
| Sexual Abuse to Others | ⟷ | |
| Sexual Immorality | ⟷ | |
| Slander | ⟷ | |
| Stubbornness | ⟷ | |
| Taking God’s Name in Vain | ⟷ | |
| Tax Fraud | ⟷ | |
| Unforgiving Spirit | ⟷ | |
| Verbal Abuse to Others | ⟷ | |
| Withholding Active Compassion to Poor & Needy | ⟷ | |
| Withholding Love | ⟷ | |