

IDENTIFY: How I'm Stuck
THE GOAL: Glorify God & Enjoy Him

1. CIRCUMSTANCES

a. Identify the heat: _____

• Identify the EMOTION: _____

2. BEHAVIOR

a. Identify the fruit: _____

3. THINKING

a. Identify the thoughts: _____

4. DESIRES

a. Identify the root: _____

5. TRANSFORMATION

a. From: _____

b. To: _____

6. PRAYER OF REPENTANCE (IN YOUR OWN WORDS): _____

