

Deliverance Prayer Self-Inventory

After you've learned about the Unbound method, it would be helpful to make a list of things to bring to your unbound session. Some items to start you are below:

Spiritual Wounds

- Were you mentally abused as a child either growing up or in school?
- Did your parents or siblings abuse you?
- Were you orphaned/abandoned/neglected/etc.

Trauma

- Were you involved in an event that caused the death of someone?
- Were you involved in causing the death of someone?
- Were you assaulted physically? Sexually?

People to forgive

I forgive...	For...

Spirits to rebuke/renounce

Addictions

- ☐ Alcoholism
- ☐ Drugs
- ☐ Food
- ☐ Sex
- ☐ Power

Anger

- ☐ Rage
- ☐ Hatred
- ☐ Revenge
- ☐ Retaliation
- ☐ Resentment
- ☐ Bitterness
- ☐ Violence
- ☐ Murder
- ☐ Unforgiveness

Confusion

- ☐ Self-doubt
- ☐ Frustration
- ☐ Forgetfulness

Depression

- ☐ Self-pity
- ☐ Hopelessness
- ☐ Despair
- ☐ Discouragement
- ☐ Hurt
- ☐ Suicide
- ☐ Emotional pain

Doubt

- ☐ Unbelief
- ☐ Distrust (in God)

Fear

- ☐ Control, Anxiety
- ☐ Worry

Fear of:

- ☐ Accusation
- ☐ Death
- ☐ Sickness
- ☐ Rejection
- ☐ Abandonment
- ☐ Judgment
- ☐ Condemnation

Grief

- ☐ Sadness
- ☐ Sorrow
- ☐ Crying

Infirmity

- ☐ Cancer
- ☐ Migraine
- ☐ Arthritis
- ☐ Mental illness

Insecurity

- ☐ Timidity
- ☐ Shyness
- ☐ Fear of man
- ☐ Self-pity
- ☐ Inadequacy

Jealousy

- ☐ Envy
- ☐ Selfishness
- ☐ Greed

Judgment

- ☐ Criticism
- ☐ Accusation
- ☐ Superiority
- ☐ Comparison
- ☐ Insecurity
- ☐ Fear

Laziness

- ☐ Tiredness
- ☐ Weariness

Loneliness

- ☐ Emptiness
- ☐ Insecurity
- ☐ Nothingness
- ☐ Abandonment
- ☐ Isolation
- ☐ Withdrawal

Deliverance Prayer Self-Inventory

<input type="checkbox"/> Self-protection	Occult	<input type="checkbox"/> Self-reliance	Rejection	Self-Protection
Lost	<input type="checkbox"/> Horoscope,	<input type="checkbox"/> Perfectionism	<input type="checkbox"/> Abandonment	<input type="checkbox"/> Self-dependence
<input type="checkbox"/> Homeless	<input type="checkbox"/> Tarot Cards	<input type="checkbox"/> Independence	<input type="checkbox"/> Orphan-spirit	<input type="checkbox"/> Pride
<input type="checkbox"/> Purposelessness	<input type="checkbox"/> Fortune telling	<input type="checkbox"/> Self-justification	<input type="checkbox"/> Hurt	Suicide
<input type="checkbox"/> Meaninglessness	<input type="checkbox"/> Palmistry	<input type="checkbox"/> Striving	<input type="checkbox"/> Insecurity	<input type="checkbox"/> Death
Lust	<input type="checkbox"/> Ouija	<input type="checkbox"/> Superiority	<input type="checkbox"/> Unwanted	<input type="checkbox"/> Abortion
<input type="checkbox"/> Masturbation	<input type="checkbox"/> Cults	<input type="checkbox"/> Disobedience	Religious Pride	Withdrawal
<input type="checkbox"/> Fornication	<input type="checkbox"/> Reiki	<input type="checkbox"/> Stubbornness	<input type="checkbox"/> Religiosity	<input type="checkbox"/> Isolation
<input type="checkbox"/> Adultery	<input type="checkbox"/> Yoga	<input type="checkbox"/> Willfulness	<input type="checkbox"/> Scrupulosity	<input type="checkbox"/> Escape
<input type="checkbox"/> Rape	Poverty	Shame	Self-Hatred	<input type="checkbox"/> Fantasy
<input type="checkbox"/> Incest	<input type="checkbox"/> Failure,	<input type="checkbox"/> Guilt	<input type="checkbox"/> Self-accusation	
<input type="checkbox"/> Homosexuality	<input type="checkbox"/> Hopelessness	<input type="checkbox"/> Condemnation	<input type="checkbox"/> Self-condemnation	
<input type="checkbox"/> Bestiality	Pride	<input type="checkbox"/> Unworthiness	<input type="checkbox"/> Self-rejection	
	<input type="checkbox"/> Rebellion	<input type="checkbox"/> Embarrassment	<input type="checkbox"/> Self-blame	
	<input type="checkbox"/> Arrogance	<input type="checkbox"/> Humiliation	<input type="checkbox"/> Self-criticism	
	<input type="checkbox"/> Self-righteousness	<input type="checkbox"/> Worthlessness	<input type="checkbox"/> Self-mutilation	
		<input type="checkbox"/> Accusation	<input type="checkbox"/> Sadomasochism	

Occult activity

- Have you practiced witchcraft, wicca, belong to any secret societies (Illuminati, Masons, etc.)
- Are you aware of any curses placed on you or your family?
- Have you ever placed any curses on anyone?

Soul ties

- Have you formed any spiritual or soul ties with anyone including:
 - Prior marriages
 - Fornication
 - Taking any blood oaths