

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 at home or in school?
 - Were you bullied?
 - Picked on?
 - Labeled “worthless, useless, loser” or otherwise?
- Did your parents or siblings abuse you?
 - Were you beaten?
 - Ostracized?
- Were you orphaned/abandoned/neglected/etc.
 - Were you homeless?
 - Left on your own for extended periods?
- Did you take part in or have an abortion?
 - Did you encourage someone else to?
- Have you ever taken part in the occult or in occult practices?
 - Ouija?
 - Yoga?
 - Tarot?
 - Palmistry?

Trauma

- Were you involved in or witness an event that caused the death of someone?
- Were you assaulted physically? Sexually?
- Were you called out or deeply embarrassed by a teacher or person in authority?
- Were you publicly shamed or cause the shame of someone else?

Addictions/ties

- Are you addicted to drugs or alcohol?
- Are you addicted to money or power?

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?

Deliverance Prayer Self-Inventory

Soul ties

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

Deliverance Prayer Self-Inventory

People to forgive

I forgive...	For...

Spirits to rebuke/renounce

(Not meant to be all-inclusive nor a checklist; this is merely a guide)

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
- Self-protection

Lost

- Homeless
- Purposelessness
- Meaningless-ness

Lust

- Masturbation
- Fornication
- Adultery
- Rape
- Incest
- Homosexuality
- Bestiality

Occult

- Horoscope,
- Tarot Cards
- Fortune telling
- Palmistry
- Ouija
- Cults
- Reiki
- Yoga

Poverty

- Failure,
- Hopelessness

Deliverance Prayer Self-Inventory

Pride

- Rebellion
- Arrogance
- Self-righteousness
- Self-reliance
- Perfectionism
- Independence
- Self-justification
- Striving
- Superiority
- Disobedience
- Stubbornness
- Willfulness

Shame

- Guilt
- Condemnation
- Unworthiness
- Embarrassment
- Humiliation
- Worthlessness
- Accusation

Rejection

- Abandonment
- Orphan-spirit
- Hurt
- Insecurity
- Unwanted

Religious Pride

- Religiosity
- Scrupulosity

Self-Hatred

- Self-accusation
- Self-condemnation
- Self-rejection
- Self-blame
- Self-criticism
- Self-mutilation
- Sadomasochism

Self-Protection

- Self-dependence
- Pride

Suicide

- Death
- Abortion

Withdrawal

- Isolation
- Escape
- Fantasy