

IDOL INVENTORY

Circle the thoughts that are lodged in your heart:

Power idolatry: "Life only has meaning / I only have worth if — I have power and influence over others."

Approval idolatry: "Life only has meaning / I only have worth if — I am loved and respected by _____"

Comfort idolatry: "Life only has meaning / I only have worth if — I have this kind of pleasure experience, a particular quality of life."

Image idolatry: "Life only has meaning / I only have worth if — I have a particular kind of look or body image."

Control idolatry: "Life only has meaning / I only have worth if — I am able to get mastery over my life in the area of _____."

Helping idolatry: "Life only has meaning / I only have worth if — people are dependent on me and need me."

Dependence idolatry: "Life only has meaning / I only have worth if — someone is there to protect me and keep me safe."

Independence idolatry: "Life only has meaning / I only have worth if — I am completely free from obligations or responsibilities to take care of someone."

Work idolatry: "Life only has meaning / I only have worth if — I am highly productive getting a lot done."

Achievement idolatry: "Life only has meaning / I only have worth if — I am being recognized for my accomplishments, if I am excelling in my career."

Materialism idolatry: "Life only has meaning / I only have worth if — I have a certain level of wealth, financial freedom, and very nice possessions."

Religion idolatry: "Life only has meaning / I only have worth if — I am adhering to my religion's moral codes and accomplished in it's activities."

Individual person idolatry: "Life only has meaning / I only have worth if — this one person is in my life and happy there and/or happy with me."

Irreligion idolatry: "Life only has meaning / I only have worth if — I feel I am totally independent of organized religion and with a self-made morality."

Racial/cultural idolatry: "Life only has meaning / I only have worth if — my race and culture is ascendant and recognized as superior."

Inner ring idolatry: "Life only has meaning /I only have worth if — a particular social grouping or professional grouping or other group lets me in."

Family idolatry: "Life only has meaning /I only have worth if — my children and/or my parents are happy and happy with me."

Relationship idolatry: "Life only has meaning /I only have worth if — Mr. or Ms. 'Right' is in love with me."

Suffering idolatry: "Life only has meaning /I only have worth if — I am hurting, in a problem — only then do I feel noble or worthy of love or am able to deal with guilt."

Ideology idolatry: "Life only has meaning /I only have worth if — my political or social cause or party is making progress and ascending in influence or power."

Answer these diagnostic questions:

- a. What is my greatest nightmare? What do I worry about most?

- b. What, if I failed or lost it, would cause me to feel that I did not even want to live? What keeps me going?

- c. What do I rely on or comfort myself with when things go bad or get difficult?

- d. What do I think most easily about? What does my mind go to when I am free? What preoccupies me?

- e. What unanswered prayer would make me seriously think about turning away from God?

- f. What makes me feel the most self-worth? What am I the proudest of?

- g. What do I really want and expect out of life? What would really make me happy?

Summary:

Now that you've answered the questions above, look for common themes. What things tend to be too important to you?