

# Appendix 4: Strongholds: What Controls Your Life?

- **Pride:** Putting yourself before others, thinking you are better, not compromising in relationships or teams, not accepting help because “you can handle this”
- **Perfectionism/Control:** Wanting everything to work according to your plan and timetable and not God’s or any authority above you
- **Bitterness/Unforgiveness/Resentment:** Towards self and/or others
- **Lying:** Habitual, to self/others, believing lies above what the word of God says
- **Low Self Esteem:** Believing what others say about you rather than God, feeling ugly/worthless/unworthy of love, etc.
- **Materialism:** Seeking wealth or the accumulation of things at the expense of others or your relationship with God
- **Career:** Putting career before God, doing anything to get ahead in your career
- **Self Image/People Pleasing:** Caring more about others’ perception of you than God’s, fear of losing face in society if you follow God, fear of not looking “Christian enough,” doing things that are contrary to what you know is right to avoid disappointing people, taking criticism personally
- **Achievement/Success:** Prioritizing advancement over following God
- **Greed:** Always wanting more, hoarding money/resources, not willing to share
- **Fear:** Of being alone, failure, loss, etc.
- **Rebellion:** To authorities, society, God, etc.
- **Idolatry:** TV, music, other media, celebrities, etc.
- **Socializing/Entertainment:** Clubbing, going out, placing recreational activities above God/quiet time
- **Legalism:** Prioritizing rules or traditions over God’s prompting
- **Relationships:** Allowing any relationship in your life to supersede your relationship with God (friends, boyfriend/girlfriend, spouse, kids, coworkers, etc.)
- **Addiction:** Trusting anything other than God for pleasure, fulfillment, and the ability to cope with life (alcohol, drugs, smoking, sex, sleep, food, entertainment, etc.)