

# Emotional Health

## Discipleship Tool



### Top 10 Symptoms of Emotionally Unhealthy Spirituality

The following are the top ten symptoms of emotionally unhealthy spirituality. As the list that begins below is read aloud, put a check mark next to the one or two symptoms that are most relevant in your life today. Afterward, turn to another person and each share the one symptom that most applies to your spiritual life today.



#### 1. Using God to run from God

Example: I fill my life with Christian activities to avoid addressing difficult issues in my life.



#### 2. Ignoring the emotions of anger, sadness, and fear

Example: I am rarely honest with myself and/or others about the feelings, hurts, and pains beneath the surface of my life.



#### 3. Dying to the wrong things

Example: I tend to deny healthy, God-given desires and pleasures of life such as friendships, joy, music, beauty, laughter, and nature. At the same time, I find it difficult to die to my self-protectiveness, defensiveness, lack of vulnerability, and judgmentalism.



#### 4. Denying the past's impact on the present

Example: I rarely consider how my family of origin and significant people/events from my past have shaped my present.



#### 5. Dividing life into "secular" and "sacred" compartments

Example: I easily compartmentalize God to "Christian activities" while usually forgetting about him when I am working, shopping, studying, or recreating.



#### 6. Doing for God instead of being with God

Example: I tend to evaluate my spirituality based on how much I am doing for God.



#### 7. Spiritualizing away conflict

Example: I usually miss out on true peace by smoothing over disagreements, burying tensions, and avoiding conflict, rather than disrupting false peace as Jesus did.



#### 8. Covering over brokenness, weakness, and failure

Example: I have a hard time speaking freely about my weaknesses, failures, and mistakes.



#### 9. Living without limits

Example: Those close to me would say that I often "try to do it all" or "bite off more than I can chew."



#### 10. Judging the spiritual journeys of others

Example: I often find myself occupied and bothered by the faults of those around me.