

# Common Strongholds and Footholds

**INSTRUCTIONS:** Read down through this list and check off any that you think might apply to what you believe or how you feel. Then transfer each potential stronghold to your journal. Ask God the questions you have about each and about what the truth statements are that he wants to replace each with. You may also want to present your list to a Christian therapist, life coach, pastor, or other counselor who understands the things you are learning in this book. For your convenience, a copy of this checklist is available for download on the website ([www.Luke4-18Ministries.org](http://www.Luke4-18Ministries.org)) as a PDF file.

## BELIEFS ABOUT OURSELVES

### THEME: REJECTION, NOTBELONGING

- If I feel something like fear or hurt or frustration, it's a sign of weakness. Failure is a sign of weakness. If I'm weak at all, I'll be rejected.
  - I have a tendency to avoid close relationships because I might be rejected.
  - One of my greatest fears is being abandoned.
  - I avoid activities that require social interactions so I won't be rejected.
  - I don't belong. I will always be on the outside (left out).
  - I am/feel flawed; no one could possibly like me.
  - Every failure verifies that I am flawed. If someone rejects me it also proves that I am flawed.
  - I sometimes accept unpleasant tasks to please others and to avoid rejection.
  - I am a bad person. If you knew the real me, you would reject me.
  - I wear a "mask" (to cover up), so people won't find out how horrible I am and reject me.
  - People shouldn't wallow in their problems; they need to pull themselves up by their bootstraps (pretend they are something they are not) to be accepted.
  - I can avoid conflict that would risk losing others' approval by being passive and not doing anything that might result in others rejecting me.
  - I rarely express disagreement with others so I won't be rejected.
  - The best way to avoid more hurt or rejection is to isolate myself.
- Any additional strongholds or footholds concerning this theme:
-

**THEME: UNWORTHINESS, GUILT, SHAME, SELF-HATRED, SELFREJECTION**

- No one will love me or care about me just for myself.
- I will always be lonely. The special man (woman) in my life will not be there for me.
- I am not worthy of love. I am not capable of getting the love I need without being either angry or clingy.
- I am unable to handle things on my own.
- I am/feel incompetent.
- If I feel embarrassed, it will be overwhelming and unbearable.
- I like being the center of attention. If I'm not, then I don't feel worthy or lovable.
- I am not worthy to receive anything from God.
- I am the problem. When something is wrong, it is my fault.
- God doesn't care about me. He's not involved in my life. He'll let me down, just like everyone else in this world.
- I have messed up so badly that I have missed God's best for me.
- The reason I'm being hurt is that there is something fundamentally wrong with me. I am really a bad person; nothing I do is right.
- I will always be (angry, shy, jealous, insecure, fearful, etc.).
- I am dirty, soiled, "damaged goods." I'm not worthy of love or acceptance.
- I feel \_\_\_\_\_ (guilt, shame, fearful, self-hatred, self-rejection, self-condemnation, bitterness, sorrow, depression...) a lot of the time.

Any additional strongholds or footholds concerning this theme:

---

**THEME: DOING THINGS (PERFORMING, ACHIEVING) TO GET SELF WORTH, VALUE, RECOGNITION**

- I often feel the need to seek assurance, nurture, and support.
- I need to seek advice before making any decision.
- I will never get credit for what I do.
- I often envy others' success.
- I agree with the saying that "the one who dies with the most toys wins."
- Sometimes I daydream about fame, fortune, and power.
- I'm very sensitive to criticism and I can respond with intense anger (even if I don't show it).
- My value is in what I do. I am valuable only because I do things for others, or because I am "successful."

- Even when I do or give my best, it is often not good enough. I can never meet the standard.
- I have to always be fun and exciting if I want others to want to like me. God doesn't care if I have a "secret life" as long as I appear to be good.
- I can get the love and acceptance I want by over-achieving (or by \_\_\_\_\_).
- To feel good about myself, I must be successful at everything I do.
- I always let myself down; I'll never get back up.
- No matter how hard I try, nothing I do is right.
- I can never do anything right. Why should I ever try again?
- Nothing will ever work out the way I want it to.
- I've never done anything worthwhile. I'm a nobody.

Any additional strongholds or footholds concerning this theme:

---

**THEME: CONTROL TO AVOID HURT OR TO GET WHAT I WANT**

- I need to keep others at a distance emotionally.
- When I get in a conflict, it's "my way or the highway."
- The path to success involves lots of attention to details, order, and organization.
- I often procrastinate because I have such high standards for performance.
- I fear that I might not "measure-up."
- I don't delegate often because I can usually do things better than others.
- I am not capable of getting the love I need without being angry or clingy.
- This is a cold and dangerous world where people will hurt me and disaster will strike at any time, so I either need to play it safe and stay close to those who are stronger or wiser or isolate myself.
- I have to plan every day of my life. I have to continually plan or strategize. I can't relax.
- I don't disclose intimate thoughts or feelings because I might become vulnerable to being hurt all over again.
- Vulnerability opens me up to criticism and misinterpretation.
- The perfect life is one in which no conflict is allowed, so there is peace.
- I use \_\_\_\_\_ (food, drugs, sex...) to make myself feel better.
- I use \_\_\_\_\_ (anger, guilt, shame threats, fear, abuse...) to get what I want.

Any additional strongholds or footholds concerning this theme:

---

**THEME: PHYSICAL ATTRACTIVENESS**

I have to pay a lot of attention to my physical appearance because:

---

---

- I always want to stay looking young.
- I am unattractive. God shortchanged me.
- I am doomed to have certain physical disabilities. They are just part of what I have inherited.
- It is impossible for me to lose weight (or gain weight). I am just stuck.
- I am not competent or complete as a man (or woman) because:

---

Any additional strongholds or footholds concerning this theme:

---

---

**THEME: PERSONALITY TRAITS**

- It's very difficult for me to really show empathy for other people.
- I really am uncomfortable with emotions.
- I have difficulty displaying affection toward others.
- The best defense is to attack first.
- Sometimes I am accused of being blunt or harsh.
- I struggle with impatience.
- I can be too excitable or emotional.
- I often talk too much.
- I have been accused of being manipulative.
- I tend to resist change.
- I have difficulty making decisions.
- I am too easily manipulated.
- I can be overly dependent.
- I tend to worry too much.
- I am easily hurt.
- I tend to fear criticism.
- I have been accused of being too critical.

Any additional strongholds or footholds concerning this theme:

---

---

**THEME: IDENTITY**

- I need lots of praise from other people to feel okay about myself.
- I should have been a boy (or girl). Then my parents would have valued me or loved me more.
- Men (women) have it better because\_\_\_\_\_.
- I will never be known or appreciated for my real self.
- I will never really change and be like God wants me to be because I will continue to struggle with \_\_\_\_\_.
- I am strongly impacted by the opinions of others.
- I am helpless when I'm alone.

Any additional strongholds or footholds concerning this theme:

---



---

**THEME: MISCELLANEOUS**

- I pretty much see things as all-or-nothing, either/or, black-or-white.
- I'm turned off by or fearful of tenderness or touch.
- I need a strong protector to care and do things for me.
- I have wasted a lot of time and energy, some of my best years.
- Turmoil is normal for me.
- I don't need others; I can make it on my own.
- Some people think I have an inflated sense of self-worth.
- I will always have financial problems.
- I will always have health problems.
- I will die younger than I should.
- I have been or am now involved with \_\_\_\_\_ (witchcraft, fortune telling, Satan worship...)
- I will go to heaven because \_\_\_\_\_ (I follow all my church's rules, I have done more good things than bad, I belong to and attend a church, I'm a "good" person).

Any additional strongholds or footholds concerning this theme:

---



---

**BELIEFS ABOUT OTHERS**

**THEME: SAFETY/PROTECTION**

- I must be very guarded about what I say, because anything I say may be used against me by others.

- I must guard and hide my emotions and feelings from others.
  - I don't want to give anyone the satisfaction of knowing that they have wounded or hurt me. I'll not be vulnerable, humiliated or shamed.
  - I don't need others to be happy. Others may hurt me.
- Any additional strongholds or footholds concerning this theme:
- 
- 

**THEME: RETALIATION**

- The correct way to respond if someone offends me is to punish them by getting mad, by withdrawing from them, cutting them off, getting even in any way I can.
  - I will make sure that (insert a person's name) hurts as much as I do!
  - I don't get mad - I just get even.
  - When others don't meet my needs or hurt me, I feel \_\_\_\_\_  
(angry, bitter, unforgiving, condemning...)
- Any additional strongholds or footholds concerning this theme:
- 
- 

**THEME: VICTIM**

- Stuff just happens to me and I can do little, if anything, to change it.
- My feelings don't count. No one cares what I feel.
- Others will humiliate me and violate me.
- Others will just use, control, and abuse me.
- My value is based totally on others' judgment/perception of me.
- I am completely under other people's authority/control. I have no will or choice of my own.
- If something goes wrong or others hurt me, I just have to suck it up and move on—no whining.
- I will not be known, understood, loved or appreciated for who I am by those close to me.
- Others always think about themselves first. They always treat me like my feelings don't count.
- I know others don't usually like me. There's no use trying.
- The past will always repeat itself.
- I can't count on others. They believe I'm fundamentally flawed. They will always let me down.
- I'm not going to reach out to others any more. They'll just slap me down again.

- No matter what I do to please others, it doesn't make any difference. I'm always walking on egg shells. It is best just not to care.

Any additional strongholds or footholds concerning this theme:

---

---

**THEME: HOPELESSNESS/HELPLESSNESS**

- Others will always be unable or unwilling to meet my needs.
- Others are not trustworthy or reliable.
- Others are abusive, and I deserve it.
- Others will always let you down, just when you need them most.
- Others are not trustworthy; they are unreliable when it comes to meeting my needs.
- Others are either unwilling or incapable of loving me.
- I am out here all alone. If I get into trouble or need help, there is no one to rescue me.
- I can't rely on others. I have to make it on my own.
- Others are capable of meeting my needs but might not do so because of my flaws.
- Others are trustworthy and reliable but might abandon me because of my worthlessness.

Any additional strongholds or footholds concerning this theme:

---

---

**THEME: DEFECTIVENESSINRELATIONSHIPS**

- One or both of my parents rarely hugged me or told me they loved me.
- I will never be able to fully give or receive love.
- I don't know what love is.
- If I let anyone get close to me, I may get my heart broken again. I can't let myself risk it.
- If I fail to please you, I won't receive your pleasure and acceptance of me. Therefore, I have to be perfect. I have to do whatever is necessary to try to please others.

Any additional strongholds or footholds concerning this theme:

---

---

**THEME: GOD**

- God loves other people more than he loves me.
- God only values me for what I do. My life is just a means to an end.
- No matter how much I try, I'll never be able to do enough or perform well enough to please God.

- God is judging me when I relax. I have to stay busy about his work or he will punish me.
- God has let me down before. He may do it again. I can't trust him or feel secure with Him.

Any additional strongholds or footholds concerning this theme:

---

---