



Are you in shame's
prison? This checklist will
tell you.

Bride's Heart

<https://debrawebster.org>

- ☐ Do you hide in passivity to avoid conflict or use anger to control?
- ☐ Were you called stupid, worthless, a waste of time, ignored, abandoned or other acts of rejection?
- ☐ Do you feel driven and have trouble relaxing or are you lazy?
- ☐ Are you a workaholic, alcoholic, or addict of any kind?
- ☐ Do you work hard to get people to like you and feel crushed when they don't?
- ☐ Were you molested as a child?.
- ☐ Do you often feel like you can't do anything right?
- ☐ Do you feel like you are less than others, defective, will never be enough?
- ☐ Do you feel like it is your fault or get depressed if you cannot help others with their problems?
- ☐ Do you find it hard to draw near to God or unworthy of Him?



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Would you like to know your results?

If you said yes to more than 2 of the questions you are struggling with shame and fear. You can get free. The book and work-book From Shame's Prison to Joy can help you.

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