

Identifying Idols: X- Ray Questions

- What do I want? What do I believe would bring me the greatest pleasure, happiness, or delight?
- What would I sin to obtain or sin if it is denied?
- Have I ever stretched the truth in arguing for what I desire?
- What is my greatest nightmare? What do I worry about the most?
- What do I rely on or comfort myself with when things go badly or become difficult?
- What makes me feel the most self worth? What am I the proudest of?
- What do I really want and expect out of life? What would really make me happy?

Categories of Idols:

If you seek	Your greatest nightmare	People around you often feel	Your problem emotion
POWER (success, winning, influence)	Humiliation	Used	Anger
APPROVAL (Affirmation, love Relationships)	Rejection	Smothered	Cowardice
COMFORT (Privacy, lack of stress, freedom)	Stress, demands	Neglected	Boredom
CONTROL Self-discipline, certainty, standards	Uncertainty	Condemned	Worry