

21 Day Brain Change Self-Test

Below are a few categories of negative thoughts and emotions that affect many people's success and relationships. Take a few minutes to answer the questions as honestly as you can.

Stress

- Are you critical of others and yourself
- Inability to get things done
- Are you exhausted and feel Like you're stretched beyond reason

Worry/Anxiety

- I often imagine the worst so that I can be prepared
- I 'm often concerned about me or my children... having a serious health problems or something bad happening.
- I worry about everything
- I'm a worrier it runs in my family

Shame

- I feel inferior, seems like everyone around me has it together
- I don't like some things about the way I look
- I think certain experiences in my past have ruined my life
- Sometime I just can't stand myself

Anger

- I find it very hard to forgive someone who has done me wrong
- I get angry with myself when I loose control of my emotions
- I often find myself having heated arguments with people who I really care about
- Sometimes I would rather get even than to get just get mad

Fear

- With the way the economy is going I'm afraid of loosing my job, house...
- Fear of not being able to do what God has told you
- Fear that you will never be a success
- Fear that you will loose your Salvation
- Fear of Dying

Congratulations for finishing the test! If you answered "yes" to one or more questions under a given category, you probably need to seek God to help you change in this area. Visit us online to see a list of scriptures and other resources that can help you "detox" your thoughts in this area over the next 21 days.