

List of Sins, Vices, Spirits, or Attitudes/Strong Emotions/Dispositions

Underline all that applies to you. If some of these have subsided over the years, but were strong at one time, underline them anyway. Temptations come from the world, the flesh, and the devil. We sin when we purposely “hold on” to these temptations. It is possible that you may have some strong negative mental attitudes, or that you are being tempted by the devil, or both at the same time. God wants to free you from selfish worldly thinking, the weakness of the flesh, and from oppression.

These sins, attitudes, etc. usually show up in groups, so you will see some repeated information. For example, you will see “passivity” listed in numbers 11 and 12.

At our prayer session, you will be praying something like: **“In the name of Jesus Christ, and by the intercession of the Blessed Virgin Mary, St Michael, St. Joseph, and _____, _____, _____, I renounce the spirits of _____.”** [To repeat a sentence, say: “A second time in the name of Jesus.”]

1. Bitterness, resentment, hatred, un-forgiveness, violence, temper, anger, retaliation, murder
2. Rebellion, self-will, stubbornness, disobedience, anti-submissiveness
3. Strife, family strife, hatred of parents, hatred of siblings, hatred of children, hatred of spouse, contention, bickering, argument, quarreling, fighting, yelling, racism
4. Control, manipulation, possessiveness, dominance, witchcraft
5. Retaliation, destruction, spite, hatred, violence, sadism, hurt, cruelty, meanness
6. Accusation, judging, criticism, faultfinding
7. Rejection, fear of rejection, rejection of self, abandonment, isolation, hatred
8. Insecurity, inferiority, self-pity, loneliness, timidity, shyness, inadequacy, ineptness
9. Jealousy, envy, suspicion, distrust, selfishness
10. Withdrawal, pouting, daydreaming, fantasy, pretension, unreality
11. Escape, indifference, stoicism, passivity, sleepiness, alcohol, drugs
12. Passivity, indifference, listlessness, laziness, funk
13. Depression, despair, despondency, discouragement, defeatism, negativism, dejection, hopelessness, suicide, death, insomnia, morbidity
14. Heaviness, gloom, burden, disgust
15. Worry, anxiety, fear, dread, apprehension
16. Nervousness, tension, headache, nervous habits, nail-biting, restlessness, excitement, insomnia, roving
17. Sensitiveness, preoccupation with self (self-awareness), fear of man, fear of disapproval
18. Persecution, unfairness, fear of judgment, fear of condemnation, fear of accusation, fear of reproof, sensitiveness, abandonment, isolation
19. Mental illness [print clearly] _____
20. Paranoia, jealousy, envy, suspicion, distrust, persecution, fears, confrontation
21. Confusion, frustration, incoherence, forgetfulness
22. Doubt, unbelief, skepticism
23. Indecision, procrastination, compromise, confusion, forgetfulness, indifference
24. Self-deception, self-delusion, self-seduction, pride
25. Mind-binding (mind is bound up with obsessive thoughts), confusion, fear of man, fear of failure, occult spirits, spiritism spirits, music spirits
26. Mind idolatry (stuck on a “stinking thinking” pattern), intellectualism, rationalization, pride, ego
27. Fears of all kinds (hysteria, phobias) [print clearly] _____
28. Fears of authority, lying, deceit, manipulation, intimidation
29. Pride, ego, vanity, self-righteousness, superiority, self-importance, haughtiness, arrogance

30. Affectation, theatrics, playacting, sophistication, pretension, immodesty
31. Covetousness, stealing, kleptomania, material lust, greed, discontent, selfishness
32. Perfectionism, (false) pride, vanity, ego, frustration, criticism, irritability, intolerance, anger
33. Competition, driving, pushy, argumentative, pride, ego
34. Impatience, agitation, frustration, intolerance, resentment, criticism
35. False burden, false responsibility, false compassion
36. Grief, sorrow, heartache, heartbreak, crying, sadness, cruel
37. Fatigue, tiredness, weariness, laziness
38. Infirmary, [any disease/sickness] _____, accident prone
39. Death, poisoning, accident prone, abortion, still-born, miscarriage, death wish, suicide, desire of another's death, physical abuse, loss of loved one (over-grieving)
40. Inheritance, physical, emotional, mental, curses
41. Hyperactivity, restlessness, driving spirit, (lots of) pressure, workaholism
42. Cursing, blasphemy, crude joking, gossip, criticism, backbiting, mockery, belittling, railing
43. Addictive, compulsive, sugar (food/alcohol), nicotine, alcohol, drugs, medications, caffeine, gluttony, sleeping (avoidance), overeating, sex, gambling, shopping
44. Gluttony, nervousness, compulsive eating, resentment, frustration, idleness, self-pity, self-reward
45. Self-accusation, self-hatred, self-condemnation, self-pity
46. Guilt, condemnation, shame, unworthiness, embarrassment
47. Sexual impurity [Jezebel, Baal, Thor, Asmodeus, incubus, succubus], lust, fantasy lust (sexual daydreams) pornography, masturbation, promiscuity, homosexuality, lesbianism, bisexuality, [false masculinity/femininity], adultery, fornication, bestiality, incest, rape, mental rape, sexual identity problem, contraception, sterilization, harlotry, exposure ("flashing"), frigidity, sexual seduction, pedophile, satanic ritual abuse, oral sex, anal sex, sex with the dead, masochism
48. Pornography, magazine pornography, Internet pornography, TV pornography, stage shows, pornography books, topless bars, R-rated movies, X-rated movies
49. Cults, Jehovah's Witness, Christian Science, Rosicrucianism, Theosophy, Urantia, Subud, Latihan, Unity, Mormonism, Bahaim, Unitarianism, Lodges, secret societies, Freemasonry, Moonies
50. Occult [see the next two pages, also], astrology, witchcraft, Wicca, conjuring spirits (conjunction), incantation, trolls, healing/essential oils (visit: <http://www.womenofgrace.com/blog/?p=48455>), tai chi, energy healing, body lifting, mental telepathy, soul travel, magic spells, superstition, hauntings, chronic illness, Pokémon (visit: <https://carm.org/what-is-pokemon>), Silva Mind Control, Landmark Forum, Banal na Pag-aaral (BNP; founder Mrs. Salve Carreon). Note: beware of cursed manufactured goods in the home (e.g., possibly an old cabbage patch doll).
51. Religious (focusing more on your actions of worship than on God), ritualism, formalism, legalism, doctrinal error, doctrinal obsession, seduction, afraid of God, fear of going to Hell, fear of lost salvation, scrupulosity, religiosity, super spiritualism
52. Spiritism, séance, spirit guide, necromancy (speaking with the dead), blocking spirits, game playing spirits, generational and ancestral spirits, haunting spirits
53. False religions, Buddhism, Taoism, Hinduism, Islam, Shintoism, Confucianism, Eckankar
[We love all people, but these religions draw us away from the one, true God.]
54. Music, heavy metal, black metal, acid rock, hard rock, rap

Remember: **"In the name of Jesus Christ, and by the intercession of the Blessed Virgin Mary, St. Michael, St. Joseph, and _____, _____, _____, I renounce the spirits of _____."**

Occult Involvement

One of Satan's favorite weapons against us is occult involvement. Occult involvement means trying to seek supernatural knowledge or power from a spiritual source other than God. This involvement breaks the first commandment and causes spiritual confusion. Satan does not care if we knew what we were doing or not; he uses anything to trick us.

There are many Scripture passages that forbid occult participation. For example, **Dt 18:10-12** states: "Let there not be found among you anyone who immolates his son or daughter in the fire, nor a fortune-teller, soothsayer, charmer, diviner, or caster of spells, nor one who consults ghosts and spirits or seeks oracles from the dead. Anyone who does such things is an abomination to the LORD..." Also, see **Isa 47:11-15**, **Acts 19:18-20**, and **2 Thes 2:9-11**.

After looking at the questionnaire that follows, if you have been involved in any of these practices listed below, please go to the Sacrament of Reconciliation, if you never confessed these things. Also, pray this prayer for each occult thing before seeing our team:

"In the name of Jesus Christ and by the intercession of the Blessed Virgin Mary, I renounce the spirit of ____ (e.g., fortune telling, horoscope, etc.), and in His name, I break its power and cancel its effects."

As you look at the questionnaire, notice that not everything on the list is of equal importance. Having a rabbit's foot as a kid is not the same as joining a coven. Someone who joined a coven will probably need Reconciliation and deliverance; whereas the person with the rabbit's foot can tell the priest in Confession that he/she wasted the Lord's time with superstition. Do not be afraid! Fear is not of God. God is here to forgive and liberate you.

Have there been any occult contacts or involvement in your personal life or family history? Consider the questions carefully. Any occult involvement may be causing some oppression.

You may see something such as yoga, reflexology, or something else that you think should not be on the below questionnaire. Please be open (don't be rigid) and think about the dangers or risks involved in yoga, reflexology, etc. by checking out the website: <http://www.womenofgrace.com/blog/?cat=6482>.

Or search "womenofgrace.com." Then click on "blog" in the menu bar. Then click on "blog index by subject" under New Age on the right side.

Note: Some of the items listed on this website are not part of the occult; they just have explanations to questions about certain topics.

Prayer before the examination: **Come, Holy Spirit. Please bring to my mind every involvement I have ever had with the occult. I choose to humble myself and allow You to guide, direct, and help me to be completely honest as I consider these questions. I submit myself to You in Jesus' most holy name. Amen.**

Underline each item in which you have been involved.

1. Have you ever visited a fortune-teller or psychic who used cards, tea leaves, palm reading, or a crystal ball?
2. Have you ever followed or read your horoscope or had a chart made to predict your future?
3. Have you ever had a tarot card reading or used cards to predict your future?
4. Has anyone ever hypnotized you?
5. Have you ever practiced yoga or done exercises related to yoga or tai chi or practiced transcendental meditation? See the "Women of Grace" website or search "dangers of yoga."
6. Have you ever attended a séance, spiritualist meeting, or new age seminar?
7. Have you ever had a life or reincarnate reading?
8. Have you ever played with a Ouija board, "Guiding Light Angel Board," etc.?
9. Have you ever consulted a medium or numerologist?
10. Have you ever acted as a channel or medium?
11. Have you ever practiced automatic writing?
12. Have you, or has anyone for you, practiced water witching, using a twig or pendulum?
13. Have you read or do you possess books on astrology, fortune telling, or new age practices? Have you accepted the writings of Edgar Cayce? Do you read and/or watch *Harry Potter* or the *Twilight* series?
14. Have you played with occult games such as ESP, telepathy, Kabala, Dungeons and Dragons? Have you played "Bloody Mary" or "Charlie, Charlie" ("pencil game")?
15. Have you ever "thought" at a person or tried to make them call or write you by your thoughts?
16. Have you ever sought healing through magic, charming, or crystals, psychic healing or surgery, Reiki, hypnosis, metaphysical healing, use of the pendulum or trance for diagnosis, reflexology, acupuncture, or any other occult means?

17. Have you been to a chiropractor who treats through the use of ying and yang, the universal life forces in the spine?
18. Have you ever sought to locate missing objects or persons by consulting someone who has psychic, clairvoyant, second sight, or psychometric powers?
19. Have you practiced table-lifting or levitation?
20. Have you sought or communicated with apparitions that were not of God?
21. Have you worshiped in a pagan shrine or temple? Have you gone in any temple or building that was not Christian (Buddhist temple, Mormon temple, Masonic temple)?
22. Have you ever been given or worn an amulet, talisman, or charm for luck or protection?
23. Do you read or possess occult or spiritualist literature? E.g., books on astrology, interpretation of dreams, metaphysics, religious cults, self-realization, fortune telling, magic, ESP, clairvoyance, psychic phenomena, Course in Miracles (as promoted by Oprah Winfrey)?
24. Have you ever called psychic hotlines or accessed psychic advice from a computer?
25. Do you have any object or book in your possession that may bring an evil presence or influence with it? Has someone involved in the occult given you any amulet or other object? Do you possess a dream catcher?
26. Have you ever practiced any form of magic charming or ritual? Have you practiced feng shui?
27. Do you possess any occult or pagan religious objects, relics, or artifacts which may have been used in pagan temples and religious rites, or in the practice of sorcery, magic, divination, or spiritualism?
28. Have you ever had your handwriting analyzed?
29. Have you ever listened to hard rock music for long periods of time? Do you have strong identification with a musician, dead or alive?
30. Do you have strong identification with a movie star or famous figure, dead or alive?
31. Have you or any family member, present or deceased, belonged to the Freemasons, DeMolay, Eastern Star, Rainbow Girls, Job's Daughters, Shriners? Have you been involved in a lodge or organization requiring rituals for membership?
32. Do you see auras?
33. Do you ever "feel" an evil presence?
34. Have you ever been visited by a demon or an evil spirit?
35. Do you ever have strong feelings of rage, a desire to commit suicide, or murder?
36. Have you ever cursed anyone or wished them dead? Have you ever attempted to take or have you taken someone else's life?
37. Have you been involved in any group involved in rebellion, hatred, or terrorism?
38. Have you been involved in satanic worship?
39. Have you ever made a blood pact with Satan?
40. Have you been involved in white magic – supposedly doing good things through the control of psychic and supernatural power?
41. Have you been involved in black magic – psychic control through curses, use of the black arts, or any demon power for the purpose of harm?
42. Have you made any blood pacts?
43. Have you ever been involved in or attended meetings conducted by modern cults, such as: Theosophy, The Way, Children of God, Christian Science, Jehovah's Witness, Unitarian, Eckankar, Unity, Scientology, or Worldwide Church of God?
44. To your knowledge, have any of your parents, grandparents, or great grandparents ever been involved in any occult, cultic, or non-Christian religious practice?
45. Have you ever belonged to or attended a meeting of a coven?
46. Have you ever made a promise or a pact with Satan?
47. Are you a victim of Satanic Ritual Abuse (SRA)?
48. Have you attended witchcraft or voodoo services?
49. Have you been in an intimate relationship with someone involved in witchcraft?
50. Have you been involved in protracted or intense sinful or addictive activities that have led to your being oppressed by a spirit of sin, such as pornography?
51. Have you ever been on a drug trip that could have opened you up to an evil presence when your spirit was "out there" and unprotected?
52. Have you subjected yourself to literature or movies that are evil in nature?
53. Do you have a propensity towards superstition or fascination with evil, demons, or the occult?
54. Have you embraced the fallacy that we are self-sufficient and do not need God?
55. Does the Holy Spirit bring anything else to mind?