



SHAME-FEAR-CONTROL WORKSHEET

Name: _____ Date: _____

As you listen to your Shame-Fear-Control Stronghold audio teachings, ask the Holy Spirit to bring to your mind any feelings and memories of shame, fear, and control that have happened at any time in your own life. Pinpoint the shame in your life, recall the fears surrounding the shame, and identify how you use control mechanisms to prevent your shame from being discovered. Do the best you can to connect the S-F-C, but if you don't see it, just write what the Lord brings to your mind.

SHAME

FEAR

CONTROL

*A shaming event or situation.
A shaming personal characteristic.
A shame from family, authority figure, ethnic group, etc.*

Describe the fear and the feared consequences if people found out the thing shaming you.

How do you use control to prevent people from finding out about the shame? What do you do or not do?

1.

1.

1.

2.

2.

2.

3.

3.

3.

4.

4.

4.

5.

5.

5.

(continued on back)

6.



6.



6.

7.



7.



7.

8.



8.



8.

9.



9.



9.

10.



10.



10.

11.



11.



11.

12.



12.



12.

13.



13.



13.

14.



14.



14.

15.



15.



15.
