

APPETITE FOR FREEDOM: SELF EVALUATION FORM

Please note that this evaluation form is a tool to see how far you have come in some areas during the past weeks. Be honest with yourself (and others if need be) about the areas you still need some change. This change might happen as you surrender more to God, find one on one counseling, join a follow-up support group, find accountability, or receive more prayer for breakthrough in a specific area.

You may find it very helpful, as others did, to go over the weeks again that apply to those areas where you still desire change.

WEEK 1	
Have you observed denial in your life?	
What about unbelief? Do you believe that God can and wants to set you free?	
Are you keeping a journal (for prayer or to write down your thoughts and Scripture)?	
WEEK 2	
Are you working on your relationship with God by spending more time with Him?	
Did you make note cards and begin refuting the enemy's lies with the truth?	
WEEK 3	
Have you started laying down your idols and maybe experienced some grief as a result?	
Did you start to deal with this grief by talking and praying about it?	
Have you been able to resist some of the temptations coming your way?	
Have you seen a doctor in order to take good care of your body?	
Have you taken other steps to nurture your body?	
Have you made an honest list of your addictive foods in your journal?	

Do you experience withdrawal symptoms (tiredness, irritability, anger etc), and do you have someone to turn to during those times?	
Did you start to cut at least one of your addictive foods from your diet?	
Are you asking for support and prayer to get you through tough times and weak moments?	
WEEK 4	
Did you find a food program that has good accountability and support in place?	
Have you signed up or are you looking into signing up for this program soon?	
Are you letting go of fad diet and dangerous methods of weight control?	
If no, did you turn to a counselor or other source of support to assist you with this on a weekly basis?	
WEEK 5	
Did you find a form of exercise that you can do consistently?	
Did you start implementing this exercise into your life on a weekly basis?	
WEEK 6	
Have you recognized some lies of Satan, the world, and the media that you've been buying into?	
Did you make note cards with the truth of God's Word and have you been reading these to stand against the lies?	
Have you detected prejudice in your heart against overweight people? If yes, did you repent from this sin?	
Have you thought about reaching out to others in need to get your eyes off your difficult circumstances?	

WEEK 8.9.10	
Have you forgiven your parents, or asked God to help you get to that place of forgiveness?	
Do you feel guilty about your relationships with your parents or even your own children?	
Did you ask God to forgive you, and did you forgive yourself?	
Have you reached out to a counselor or pastor to help you in this area of forgiveness and healing?	
Have you started refuting the enemy's lies that he planted in these hurtful places with the truth of God's Word?	
Have you sensed that you might be controlling others?	
Have you been a people pleaser?	
Have you sensed some struggles with perfectionism and procrastination in your life?	
Are you afraid to put up boundaries and say what you need?	
Have you brought the above mentioned issues before God and also reached for counseling and support?	
Do you remember that NOTHING is more important than your time with God? Are you fighting for that time to be alone with God and His Word?	
Do you have any questions after going through the whole program? Please discuss this with your group leader or table leader or contact Heleen: heleen@surrenderedhearts.com	