

TEMPTATION FACTORS

1. Physically	Tired	1	2	3	4	5	Strong
2. Emotions	Depressed	1	2	3	4	5	Encouraged
3. Mental state	Drained	1	2	3	4	5	Energized
4. Spiritually	Valley	1	2	3	4	5	Mountaintop
5. Geographically	Alone	1	2	3	4	5	Crowd
6. Relationships	Unsure	1	2	3	4	5	Secure
7. Feelings	Hurt	1	2	3	4	5	Loved
8. Volcano Quotient	Angry	1	2	3	4	5	Peace

Temptation Patterns

1. When during the week are you tempted to sin the most?

Mon Tue Wed Thur Fri Sat Sun

2. What time of the day are you tempted to sin the most?

Morning Lunch Afternoon Supper Early p.m. Late p.m.

3. Where are you when you are tempted to sin the most?

Work Home Someone else's home Store other

4. Who is nearby when you are tempted to sin the most?

Spouse Child Parent Boss Coworker Male friend
Female Friend Stranger Group No One

5. What types of sin are you tempted to commit the most? _____

6. How do you feel right before the sin? _____

7. Why does sin give you what you want? _____

8. What can you do right now to break this pattern? _____
