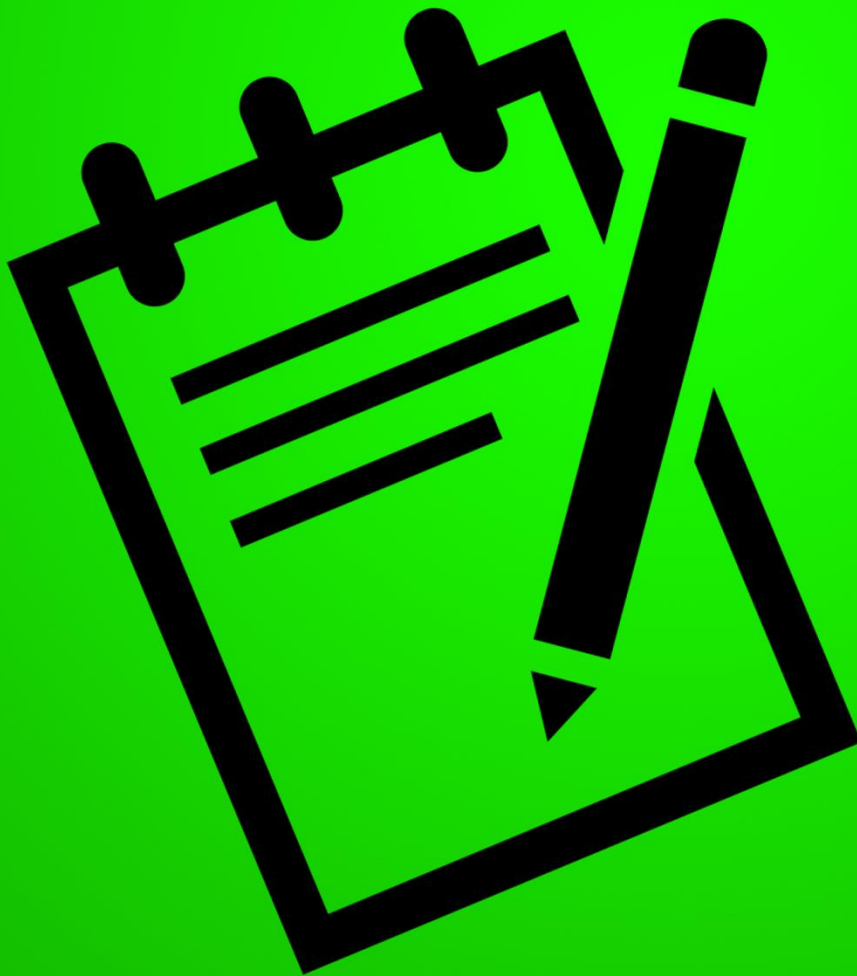


# RESTART SYMPTOM DISCOVERY INVENTORY

FOR TEENS AND YOUNG ADULTS

Developed by Dr. Steve Smith



# RESTART SYMPTOM DISCOVERY INVENTORY

The purpose of this inventory is to start you on the road to freedom and wholeness with God. The inventory will help you identify different symptoms that other people see in you, or you have hidden inside yourself. These symptoms may have already led to broken relationships or personal anxiety.

## To use this inventory:

- **Pray** and ask God to guide you.
- **Think** through all eight statements, determining what actions or attitudes you have that are being described.
- **List** the things God brings to your mind.
- **Ask** God to show you which of the symptoms He wants to deal with at this moment.

# THE ACTION OR ATTITUDE THAT ...

...you do that hurts other people.

...you do that has led to a broken relationship.

...you do that causes you pain and sadness.

...you have tried to stop doing.

...other people have pointed out to you.

...you do in secret so no one else knows.

...you do that is beginning to cost you financially.

...you do that you have had to apologize for.

1.

2.

3.

4.

5.

6.

7.

8.

9.