



# Deadly Sin Inventory

*Developed by Dr. Steve Smith*



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Tools for Transformation

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# Deadly Sin Inventory

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The purpose of this inventory is to help you discover what choices of *sin in me* you have been using to comfort yourself. This is a personal inventory, so your truthfulness is a personal gift to yourself. No one but you and God need to know your answers, but you can allow them to be used by God to help you move towards freedom and wholeness. Allow at least an hour to take the inventory. Afterward, ask a spiritual mentor to work with you.

Before you turn the page and begin this inventory, fill in a number between 1 and 7 beside each of the Seven Deadly Sins. Seven (7) indicates which one you consider has the lowest influence over your life, while one (1) signifies the highest control over you. These numbers represent what you believe to be true of your *sin in me* issues before you take the inventory.

Anger	_____
Envy	_____
Appetite	_____
Greed	_____
Lust	_____
Pride	_____
Sloth	_____

Please remember that this is a behavioral inventory, **based on what you do, not what you wish you did not do**. Before you start filling out the inventory, pray this prayer:

*Search me, O God, and know my heart! Try me and know my thoughts! And see if there be any grievous way in me, and lead me in the way everlasting! Psalm 139:23-24*

**Circle the number of every answer that is true for you. Then tally your answers on the last page.**

1. After spending time at homes of people with money, I feel the urge to go out and buy new stuff – clothes, furniture, etc. – for myself.
2. Although I agree people should be moral, I am not convinced that sex outside marriage is harmful.
3. Although I am under-insured, I love to participate in high-risk behaviors.
4. Although I think it was justified, I was part of a group that split a church.
5. Although people in many other lands earn much less than I do, I do not feel that I am much better off financially here in the USA.
6. Although I cannot really afford it, I regularly buy lottery tickets.
7. Because one of my parents was successful in what they did, I find myself trying to live up to his or her reputation.
8. Because of my lifestyle, I have not been able to save enough money to cover even a couple of months of bills should something happen to me.
9. Being with people who have great athletic ability makes me feel out of shape and awkward.
10. Children, including my own, are afraid of me.
11. Even when I lose an argument, I still believe I am right and the other person is wrong.
12. I admit to myself that certain items turn me on sexually and I have actually stolen such items from people to arouse myself in private.
13. I admit to myself that I have failed to achieve in the work field I chose and am now seeing others passing me by.
14. I allow damaging and depressing thoughts and “what ifs” to run through my mind unchallenged.
15. I am “house poor” in that the cost of buying my current home demands more of my income than I can really afford.
16. I am an aggressive driver and wish people would stay out of my way.
17. I am aware or have been told that I dress in provocative ways to catch the attention of the opposite sex.
18. I am bitter over the success of someone I used to be close to but no longer see because of his or her success.
19. An important goal for me is to save enough money so that I can retire and live in style.
20. I am currently working towards divorcing my spouse.

21. I am in debt and have no plan for repaying it.
22. I am in debt beyond my mortgage and car payment in excess of \$5,000.
23. I am in the process of developing an emotional attachment to a person who is not my spouse.
24. I am bothered that no one ever asks me to give a presentation in the area where I have expertise.
25. I am involved sexually with a member of my family.
26. I am known for my critical tongue, but I feel that I am helping people by pointing out their limitations.
27. When I am frustrated with someone, I use cutting words and/or sarcasm.
28. I am not currently engaged in addictive behavior, but I think about that activity all the time.
29. I am not personally acquainted with anyone who is really poor.
30. I am often over the limit on my credit cards.
31. I am often racked with jealousy.
32. I am or have been on medication for depression.
33. I am overweight by at least fifteen pounds.
34. I am part of a small clique at work to get rid of a supervisor that we all disliked.
35. I am sometimes told that I am a disruptive force in groups or committees.
36. I am the most moral person in my circle of friends and family.
37. I abuse addictive legal or illegal drugs regularly.
38. I am very cynical about people who appear to be religious.
39. I masturbate more than once a day, including when I am at work.
40. I am regularly in conversations that involve criticizing others for their mistakes or misdeeds.
41. I believe that one of the main reasons for marriage is so that one can have sex legally.
42. I belong to a group - political, religious, social – that regularly dehumanizes its opponents.
43. I break “rules” whenever I think that the rule is wrong or lacks common sense.
44. I belonged to the same group – church, club, team – for a long time, but quit because I did not think the people there were good for my emotional health.
45. I buy lottery tickets regularly.
46. I call or text a certain person regularly, even though he or she has asked me to stop.
47. I cannot imagine how I could live on less than I make right now.

48. I cannot pass certain things without often stopping and buying some, even if I cannot afford it.
49. I correct people constantly when they get their facts wrong.
50. I destroyed an object rather than let someone else have it.
51. I dislike it when people I know reveal personal details about me and embarrass me in front of others.
52. I can never have enough pieces to add to my personal collection of that item.
53. I believe it is up to me to run my life.
54. I do not have a peaceful home and I know that it is partly my fault.
55. I do not like it when my spouse outshines me in some competition and I tend to pick a fight as a result.
56. People tried to help me quit something that was controlling me, but I went right back to it after they stopped checking on me.
57. People, including kids, who collect money for charities door to door irritate me.
58. I find it hard to submit to God's reign over my life, especially in areas where his will runs counter to my desires.
59. I eat a lot of snacks at night even though I had a good supper.
60. I do not like my spouse having friends of the opposite sex.
61. I do not like spending time with most people as they are not interesting to me.
62. I do not like to share my things with others.
63. I do not take it well when people do not notice the hard work I have done on their behalf.
64. I do not tithe to any church on a regular basis.
65. I drink coffee all day, probably in excess of 8-10 cups.
66. I enjoy watching people get hurt in sports, movies and reality shows.
67. I express my dissatisfaction when I lose games that I consider myself good at.
68. I fantasize about having sex with people I know although I never would ask any of them to actually have sex with me.
69. I either am eating or thinking about what I want to eat.
70. I fantasize about meeting someone who will treat me better than my mate.
71. I feel better about myself because I am an expert at something that people need.
72. I feel better when someone tells me about how badly things are going in his or her life.
73. I find myself undressing people in my mind.
74. I frequently slam doors or hit walls or throw something when upset.
75. I feel many successful people used dishonest means in their pursuit of success.

76. I feel that I am pretty self-sufficient and become offended when people offer me help.
77. I get satisfaction out of people I dislike getting into trouble.
78. I feel that I should be in charge of projects that I do with other people, even if I did not initiate the project.
79. I find it hard to be faithful sexually to anyone.
80. I find myself making up insults in my head against people who cause me trouble.
81. I find myself staring at women from the chest down or staring at men's butts.
82. I find that I tend to share stories about my accomplishments with people whom I have recently met.
83. I find ways to look busy so that others will be assigned the work that would have been given to me.
84. I frequently curse under my breath at the stupid things people do around me.
85. I get great satisfaction in spending as much of my free time at church as I can.
86. I hate family gatherings because I find myself arguing with someone almost every time.
87. I hate responsibility and roll it off on others every chance I get.
88. I find that it is hard for me to carry on a conversation with people who are less educated or intelligent than I am.
89. I have a collection of some kind that I cannot display because it is so large.
90. I have a collection of things that I should give away, but don't because of what the collection cost me.
91. I have a hard time honestly congratulating others when they succeed in something I want to succeed in.
92. I have a long memory of slights that people have done to me.
93. I have a relationship with someone that is unhealthy, but I cannot give it up.
94. I have a reputation of being a rebel.
95. I get pleasure out of remembering sexual encounters I have had in the past with people I did not marry.
96. I have been accused by my family that I love my work more than I love them.
97. I have been divorced several times, but I really think my former spouses were more at fault for the end of the marriage than I was.
98. I have been known to say some very vicious things in the heat of the moment.
99. I have been or am currently in a sexual relationship outside my marriage.
100. I have been passed over for promotion due to arguments I have had with a superior at work.

101. I have been seeing a counselor regularly to talk about how unhappy I am.
102. I have been so absorbed in study and intellectual pursuits that I have neglected my family.
103. I have beliefs about the world that others find hard to grasp.
104. I have broken things when I am mad.
105. I have changed jobs numerous times because I felt the boss did not either care about me or made demands I felt were unfair.
106. I have cut people out of my life because they made me feel inferior, although to be fair they were not aware they affected me in that way.
107. I have been told that I drink alcoholic beverages to excess.
108. I have disconnected from my spouse emotionally, mentally or physically.
109. I have been accused by others of being a sore loser.
110. I have either filed for bankruptcy in the past or am facing it in the near future.
111. I have had phone or cyber sex with someone who I was not married to.
112. I have either raped someone or have thought about it.
113. I have engaged in witchcraft and other occultic activities.
114. I have failed to keep up my rent or mortgage payments and other bills because I lost track of them.
115. I have failed to tell a cashier that he or she did not charge me full price on an item.
116. I have found myself secretly thinking that I am better than other people around me.
117. I have chatted with friends about having sex with people we are not married to.
118. I have gossiped about people in the past as a means to ruin their reputations.
119. I have had more than one sexual partner in the last two years.
120. I have missed work or failed in some responsibility because I was engaged in sexual activities.
121. I have had one night stands with people I barely know.
122. I have had to learn to keep my opinions to myself rather than telling people what I really think.
123. I have in storage a lot of things that I no longer use or need.
124. I have lied to get out of something I did not want to do after I agreed to participate.
125. I have lost control of my temper and deeply hurt someone I love.
126. I have many unfinished projects at home and at work.
127. I have missed work due to recovering from over-indulgence in some way (drugs, alcohol, food, etc).
128. I have engaged in online sex with people I do not know well.



129. I have missed work or important family time because I was pursuing my hobby.
130. I have never forgiven a debt for anyone, including family members.
131. I have no personal budget and often do not know where I am financially.
132. I have overspent my food and entertainment budget when I am with certain people because I did not want them to know how little I can afford.
133. Whenever I meet an attractive member of the opposite sex for the first time, I find myself fantasizing about having sex with the person.
134. I have participated in illegally racing on the highway, although I did not get caught.
135. I have participated in vandalism.
136. I have personally counseled someone of the opposite sex through a difficult situation.
137. My total charitable giving does not amount to even 3% of my yearly income.
138. People think I am inept and that they have to help me all the time.
139. I have recently been naked with someone of the opposite sex who I am not married to.
140. I have repeated stories about people I dislike in hopes that others will take the same view of them that I do.
141. I have seriously considered going to a nude beach or a nude resort.
142. I have so many clothes that I need extra closet space for them.
143. I have spent some time in jail because I let my anger get out of control.
144. I often suffer from low energy levels.
145. I have stolen something I felt I wanted.
146. I usually end up in bed with a person I just met after the first or second date.
147. I have stolen stuff to help me pay for my addiction.
148. I have struck someone as a result of an argument.
149. I have taken a job that I do not enjoy much because the pay is good.
150. I have taken risks others usually will not because I believe I am capable of navigating around the potential danger involved in these risks.
151. I have thought that if my friend ever quit on me, I would either kill myself or my friend.
152. I have participated in a sexual tryst consisting of more than one person.
153. I have thoughts of suicide.
154. I have threatened people – neighbors, doorknockers, telemarketers – for bothering me at home.
155. I have to admit to myself that I am trying to relive my life through my children.
156. I have to keep pushing myself at work or I would quit.
157. Money weighs on my mind constantly, especially when I have wasted some foolishly.

158. I have told sexual jokes and feel there is nothing wrong since no one of the opposite sex was present.
159. I have tried many times to quit smoking or some other habit, but have never succeeded.
160. When someone at work who often gets treated with favoritism finally gets caught in a mistake, I do secretly feel better.
161. I have used my spouse for sex even when he or she was not the object of my passion.
162. I have used the internet seeking friendship since I have only acquaintances in my life here.
163. I have wished that someone I dislike would die.
164. I have touched someone in a sexual way although I covered it by saying it was an accident.
165. I often find myself saying some version of "I just don't care."
166. I hide things I like to consume in places where I alone know so that I can have it whenever I want.
167. I hurt an animal that disobeyed me.
168. I keep pictures of naked people hidden in my personal space or on my computer.
169. I know at least one person who I cannot forgive for what he or she did.
170. I know I have had thoughts that I would not be able to stand it if some things which I own were either broken or stolen.
171. I know that I have faults, but I think people tend to push me too hard to do something about them.
172. I lie to others when I find myself in a tight place and do not want them to know the truth about me.
173. I've been told that I say things to someone to try to rob him or her of joy.
174. I like playing high-stakes poker.
175. I have yelled at the representative when I called to complain about something their company did or failed to do.
176. I like reading the magazines found in many stores that tell the details of the sexual indiscretions of celebrities.
177. I live beyond my means almost every month and carry a large debt on my credit card.
178. I look forward to being alone somewhere so I can masturbate.
179. I look forward to parties and holidays so I can eat as much as I want without criticism.
180. I like being considered a "character."
181. I look into windows hoping to catch someone undressing or making love.

182. I lost a friendship over that friend's surpassing me in the field we both work in.
183. I love watching game shows where people win large cash prizes and think that I would love to appear on one of those shows.
184. I masturbate regularly using pornography to get myself excited.
185. I may be spending too much money on food, drink, books, art or music but I do like fine things.
186. I moved away from people I disliked, but found that my new neighbors are no better.
187. I never allow someone else to win an argument.
188. I often feel hopeless about my life.
189. I look forward to traveling out of town so I can watch pornographic movies in my room that I would not get away with seeing at home.
190. I only belong to organizations where I am part of the leadership team.
191. I prefer being considered the underdog.
192. I prefer selling my extra stuff in a yard sale rather than donate it to a charity.
193. I prefer watching television or the internet to keeping up with chores around the house.
194. I rarely come home from shopping without buying something extra that I wanted, even when it was not on my list.
195. I rarely refrain from sharing the dirt that I know about someone.
196. I really think that God did not protect me from those who hurt me, even though I would publicly deny this thought.
197. I rarely give more to charities than I spend on my family at Christmas time.
198. I regularly read thrillers or romantic novels which contain sexually explicit details.
199. My parents never taught me how to be independent and stand on my own.
200. I resent my parents.
201. I resent people who are always talking about their physical workouts.
202. I secretly enjoy getting people upset.
203. I would feel much more secure if I had another \$100,000 in my savings account.
204. I secretly enjoy withholding information others need.
205. I secretly love to be touched by people as it arouses me and actually have put myself in a place to encourage such touching.
206. I secretly wish I could find someone who would take care of me.
207. I spend a couple of hours or more on the internet every day doing personal things, including at work.
208. I spend a lot of time daydreaming.

209. I spend hours on making sure that I look good and that my clothes are right before I go anywhere.
210. I spend hours playing computer games.
211. I still avoid high school reunions because they still are mainly for the "in" kids.
212. I regularly search out pornography on the internet.
213. I still feel some resentment towards one of my siblings for the attention he or she got from our parents.
214. I strike things with my fist when I am angry.
215. I struggle with anxiety or have had panic attacks.
216. I support laws that encourage homeless people to stay out of business areas.
217. I tend to cut myself off from people who do not share my political, sports, or religious point of view.
218. I tend to quit before I get fired.
219. I think that many people just do not like me, although they would not say so out loud.
220. I think that most people do not like me.
221. I took a better paying job that was offered to me here even though I had a satisfying ministry to others going on where I came from.
222. I try to avoid people who I think have too high an opinion of themselves.
223. I use some form of pornography to enhance my sex life.
224. I suffer from depression on a regular basis.
225. I watch movies and television shows containing realistic sex scenes.
226. I refuse to go to family gatherings most of the time.
227. I do not meet with other believers in a gathering for worship on an every week basis.
228. I will not play games with people who I know are better than me.
229. I wish I could punish people who I think have gotten away with wrongdoing.
230. People have commented on how often I go gambling, but I find the atmosphere at the casino exciting and I have won money.
231. I wish I had a better looking body.
232. I wish that I had taken advanced degree work, but it would be too difficult to do so now.
233. I work at concealing from people how much I know.
234. I work with people who have "pull" with the supervisor and are constantly using their influence to get things that the rest of us do not.
235. I worry that I will not have enough money to retire on when the time comes.

236. If I could get away with it, I would have sex with someone other than my spouse, but I know if it happened I might lose my marriage or even my job.
237. If it were in my power, I would fire a lot of people in the government.
238. It bothers me that my car is so much older than my friends' cars.
239. It bothers me to live in a neighborhood where people have things that I cannot afford, such as boats, pools or expensive cars.
240. It does not particularly bother me that some people have a bad opinion of me.
241. It has been a while since the last time I helped anyone in trouble with food, clothing or money.
242. My car has been damaged as a result of my neglecting its maintenance.
243. My family has suffered from a lack of things they need due to my spending more and more on my personal activities.
244. My family has taken expensive vacations in spite of the fact that we could not really afford them.
245. My house is full of gadgets that I have bought but never use.
246. My personal space is always disorganized and I cannot find important items.
247. My house is full of things with which I cannot bring myself to part, even though my family complains that I am a packrat.
248. One of my top personal goals is to buy or build a much larger house than I currently live in.
249. Others I know have been more successful at life than I have.
250. People around me comment that I am a very controlling person.
251. People close to me have tried to help me stay on a diet but it never works.
252. People have told me that I do not work up to my potential.
253. People comment that I work way too many hours.
254. People tell me that I need to change but I either do not take them seriously or feel threatened by their observations.
255. My spouse has told me that I care about money way too much.
256. People treat me like I am a push-over.
257. Reading erotica is one of my guilty pleasures.
258. Some people have said that I run over people to get what I want.
259. Sometimes I just want to leave everything and run away.
260. There are certain people who have made it clear that they do not want to work with me.
261. Though I sometimes give to charitable work, they have to contact me, as I have no particular one that I support or volunteer time to.

262. Some people say that I am inconsiderate of other's feelings.
263. Some subjects really tick me off.
264. Sometimes I have a nagging feeling that my life is pointless.
265. There are people from my past that still owe me an apology.
266. There are people in my family that I no longer talk to or they do not talk to me.
267. Though I may admire some people, I have no real heroes.
268. Too many people look to me for a donation or financial help.
269. What I believe about politics is a central aspect of who I am.
270. When I am disrespected, I feel the need to publicly say nasty things back.
271. When I am with people who have more than I do I feel out of place.
272. When I am with really attractive people, I feel dowdy, even ugly.
273. When I cannot immediately get even, I tend to take my frustration out on my family or close friends.
274. When I feel someone is competing with me, I may not help him or her with information or directions that would give the person an edge on me.
275. Some people I know think I am arrogant.
276. When I hear a great presentation, I kick myself for never getting the kind of education that the speaker has.
277. When I receive money as a gift, I usually spend it on something I want rather than putting it in my savings account or giving a portion to God.
278. When I talk about myself to other people, I tend to point out my short-comings and faults.
279. Whenever I try to pray my mind strays back to pornography.
280. When I was growing up, most of my achievements were overlooked in favor of others.
281. When people attack me, I am good at defending why I am right in what I do or believe.
282. When people owe me money, I tend to bug them until they repay me.
283. When people tell me about the fun they had at some event, I tend to feel sad.
284. When someone hurts me in any way, I spend hours thinking of ways to get even.
285. When I see people in need I rarely give them anything.
286. I love slow dancing because it gives me a sexual thrill to feel another person's body against mine.
287. When someone who has some expertise in an area I have joins my group, I tend to quit attending that group.
288. Whenever I get a raise, I upgrade my car and/or buy the latest electronic gadget.

Count your circled answers and enter the total in the following categories. Then rank them from 1 to 7, based on the total number true for you in each category. One (1) indicates the highest influence over your life, while seven (7) signifies the lowest control over you.

**Number of circled answers**

**Order of influence**

\_\_\_\_\_

**Anger**

\_\_\_\_\_

10, 16, 20, 27, 35, 42, 50, 54, 66, 74,  
77, 80, 84, 86, 92, 94, 98, 100, 104, 112,  
125, 140, 143, 148, 154, 163, 167, 169, 175, 187,  
196, 200, 202, 214, 226, 229, 260, 263, 266, 270, 273, 284

\_\_\_\_\_

**Envy**

\_\_\_\_\_

1, 7, 9, 13, 18, 24, 31, 34, 38, 40,  
55, 60, 72, 75, 91, 106, 118, 132, 135, 155,  
160, 173, 182, 191, 195, 201, 211, 213, 219, 222,  
228, 231, 234, 238, 249, 267, 272, 274, 276, 280, 283, 287

\_\_\_\_\_

**Appetite**

\_\_\_\_\_

3, 6, 15, 22, 28, 30, 33, 37, 46, 48,  
52, 59, 65, 69, 85, 89, 93, 96, 102, 107,  
120, 127, 129, 134, 147, 151, 159, 166, 174, 179,  
185, 207, 210, 227, 230, 243, 245, 247, 251, 253

\_\_\_\_\_

**Greed**

\_\_\_\_\_

5, 8, 19, 29, 45, 47, 57, 62, 64, 90,  
115, 123, 130, 137, 142, 145, 149, 157, 170, 177,  
183, 192, 194, 197, 203, 216, 221, 235, 239, 241,  
244, 248, 255, 261, 268, 271, 277, 282, 285, 288

\_\_\_\_\_ **Lust** \_\_\_\_\_

2, 12, 17, 23, 25, 39, 41, 68, 73, 79,  
81, 95, 99, 111, 117, 119, 121, 128, 133, 139,  
141, 146, 152, 158, 161, 164, 168, 176, 178, 181,  
184, 189, 198, 205, 212, 223, 225, 236, 257, 279, 286

\_\_\_\_\_ **Pride** \_\_\_\_\_

4, 11, 26, 36, 43, 49, 51, 53, 58, 61,  
63, 67, 71, 76, 78, 82, 88, 103, 109, 113,  
116, 122, 136, 150, 172, 180, 190, 204, 209, 217,  
233, 237, 240, 250, 258, 262, 265, 269, 275, 278, 281

\_\_\_\_\_ **Sloth** \_\_\_\_\_

14, 21, 32, 44, 56, 70, 83, 87, 97, 101,  
105, 108, 110, 114, 124, 126, 131, 138, 144, 153,  
156, 162, 165, 171, 186, 188, 193, 199, 206, 208,  
215, 218, 220, 224, 232, 242, 246, 252, 254, 256, 259, 264

**Compare your final order with your guess from the opening page. Then answer the following questions.**

1. How did your beginning estimation compare with the actual inventory?
2. Were you surprised by the result? Why?
3. How do you personally feel about what you discovered through this inventory?



# Deadly Sin Inventory Explained

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Now that you have finished the Deadly Sin Inventory, here is some information that will help you process what you discovered.

1. All people have all seven deadly sins inside of them. They are what makes up the *sin in me* choices we make. Paul refers to his own *sin in me* issues in Romans 7:20: “Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it.” There are no exceptions and the deadly sins will continue to reside in you until you breathe your last earthly breath. The deadly sins are at the root of the outward sinful behavior and attitudes that others can see or hear which I characterize as ‘symptoms.’
2. The Deadly Sin Inventory is based on the most common symptoms of the seven sins, as an exhaustive list would be impossible to compile and would make the inventory overwhelming to take. While you may actually have more symptoms for a certain deadly sin than appear in this inventory, the symptoms you have circled will show which sin has the most influence in your life—meaning that this is the sin you have chosen most often to comfort the *hurt of the heart* issues in your life. These choices are not always consciously made and many times were made when you were young or long before you came to follow Jesus. That does not lessen their ongoing impact on you.
3. It is not unusual for your actual inventory to differ greatly with your initial estimation. All people are self-protective, causing us even to lie to ourselves about what is really wrong in our lives, about who is to blame for what is wrong, and that we can just ignore the problem because it will go away in time. Some people are so self-protective that what they put down as their estimated #7 deadly sin ends up being revealed by the inventory as the #1 or #2 deadly sin in their lives.
4. All deadly sins have an emotional charge, which is why people find comfort in them. If you are hurting from a long forgotten blow or a recent jab in your life caused by people or circumstances, then deadly sin is attractive because it offers you a way of not feeling bad for as long as you utilize it. But that is its main trap—that you need it to stave off the pain. For all sin is addictive and by becoming emotionally attached to a deadly sin, you start down the road to needing to use it more and more to maintain a false sense of painlessness. This is the pathway to addiction.
5. The inventory has revealed the #1 deadly sin in your life. This indicates that, although all deadly sins usually are operating in everyone’s lives, you are already addicted to this sin at a high level. If you choose to ignore what you have learned from this inventory, you will find in time that the pressure from this sin will lead you further down the path of addictive behavior and you will start wounding yourself, if you are not already doing so. ‘Wounding yourself’ means that you are acting or thinking in ways that will cause you to start losing things you now value—relationships, health, job, marriage, stability, etc. In time, you could even go into a death spiral and self-destruct in a public and harmful way.

6. You cannot beat the addictive pull of the deadly sins in your own power. Once you have believed the lie that deadly sin will comfort your *hurt of the heart* issues, these two things—personal wounds and deadly sin—bond together so that you yourself will never be able to free yourself from its grip. The best you will ever be able to do is manage the sin addiction, but in time you will lose even at that strategy.
7. This is not a cause for despair, but humility. Once you come to the place where you know you cannot live with the addictive deadly sin anymore, you will find that God gives grace to the humble. It is the very act of going to God and *confessing that you have no power to stop* that starts your journey to freedom. Note that this grace God gives is not His *attitude* towards those who confess, but His *powerful activity* to set them free through the work of the Spirit, which every believer has received at the moment of salvation. Your next step in your faith journey will be to draw close to God and learn from Him how He will do this.