

# Do You Need Emotional Healing?

---

Here's a checklist of symptoms that might pop up due to painful memories.

## **Do You:**

- Feel threatened by the opposite sex? Your own sex?
  - Relate poorly to the opposite sex? Your own sex?
  - Feel uncomfortable with who you are as a man or woman?
  - Constantly seek the approval of those around you?
  - Base your decisions primarily on what others would think?
  - Refuse to disagree with others?
  - Fear commitment in relationships?
  - Avoid emotional intimacy with those close to you?
  - Fear that your closest friends will abandon you?
  - Lash out at others?
  - Feel overly criticized and not respected by others?
  - Immerse yourself in drugs, alcohol, food, studies, sports, movies, TV, romance novels?
  - Have trouble getting motivated?
  - Find yourself overwhelmed or bored by classes?
  - Procrastinate a lot?
  - Give in to sexual urges?
  - Masturbate compulsively?
  - Indulge in pornography and lustful fantasies?
  - Often feel lonely?
  - Constantly desire a boyfriend or girlfriend?
  - Cling to a boyfriend or girlfriend?
  - Have difficulty making friends?
  - Worry constantly about how you look?
-