

IMPEDIMENTS AND FACILITATORS

To Formal Sinful Ways

To New Holy Ways

I	Add:	Remove:
M		
P		
E		
D		
I		
M		
E		
N		
T		
S		
F	Remove:	Add
A		
C		
I		
L		
I		
T		
A		
T		
O		
R		
S		

In the upper left quadrant list the activities, people, places and things that you can add to impede or hinder your formal sinful ways. In the upper right list the activities, people, places and things you should remove or avoid; things that hinder your recovery. On the bottom half right side list the things that facilitate or tempt you which you should avoid or remove from your life. In the lower right hand side list the things that you can add to your life to facilitate or help your recovery. Study your list and use it as a guide to help you in recovery.

This worksheet is adapted from *The Christian Counselor's Manual* by Jay E. Adams, pg. 196