

## Indications of Bitterness

Bitterness – Resulting from or expressive of severe grief, anguish, or disappointment: *cried bitter tears*; Marked by resentment or cynicism; Difficult or distasteful to accept, admit, or bear: *the bitter truth*; *bitter sorrow*.

Check the situations that apply in your life.

_____ Abandonment	_____ Disease	_____ Medical diagnosis
_____ Abortion	_____ Divorce	_____ Parents' divorce
_____ Alcoholism	_____ Emotional abuse	_____ Physical abuse
_____ Accident	_____ Failed promotion	_____ Rape
_____ Adultery	_____ Falsely accused	_____ Rebellious children
_____ Bankruptcy	_____ Family drug abuse	_____ Rejected by family
_____ Beating	_____ Flunked grade	_____ Rumors and lies
_____ Betrayed by friend	_____ Forced job	_____ Sexual abuse
_____ Birth defect	_____ Illness	_____ Sexual refusal
_____ Broken engagement	_____ Imprisonment	_____ Spouse selfish
_____ Cheated	_____ Infertility	_____ Spouse indifferent
_____ Church division	_____ Inheritance	_____ Victim of anything
_____ Crime victim	_____ Learning disability	_____ Wrongful lawsuit
_____ Death of loved one	_____ Major injury	_____ Wrongful termination
_____ Disability	_____ Major loss	_____ Others?

Indications that you are suffering from bitterness include:

- Unwilling or unable to pray for the offender
- Plotting or hoping to take revenge
- Losing sleep thinking about the offense
- Having angry outbursts connected to offense and offenders
- Cringing when you see or think about the offender
- Remembering exact details of cruel events from years ago
- Having physical problems related to bitterness (ulcers, colitis, sleep, etc.)
- Retelling your offenses frequently to others
- Having frown lines, vertical cleavage in the forehead, piercing stares
- Being unable to see or experience joy or happiness
- Hearing the truth that God loves your offender causes you to question God

Which of the situations above might be a source of bitterness in your life?

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Which indications of bitterness are true for you?

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If ANY of these indications are true, what are you willing to do about it?