

# RESTART DEADLY SIN INVENTORY

FOR TEENS AND YOUNG ADULTS

Developed by Dr. Steve Smith



# RESTART DEADLY SIN INVENTORY

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This inventory is to help you discover what *sin in me* choices 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, order the Seven Deadly Sins as you see them influencing your life. Seven (7) will be the one you consider has the lowest influence over your life, while one (1) will be the one you think has the biggest 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**. Circle the number of each statement that is true for you. If you do not understand the statement, skip it.

Before you start filling out the inventory, pray this prayer: *Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting. Psalm 139:23-24.*

1. When I cannot immediately get even, I tend to take my frustration out on my family or close friends.
2. After I have been at my richer friend's home, I feel the urge to go out and buy new stuff for myself, even if I cannot afford it.
3. Although I agree that people should follow the Bible, I am not convinced that it teaches that sex outside marriage is harmful.
4. Although I run across people in need, I rarely give them anything.
5. I either am eating or thinking about what I want to eat.
6. Even when I lose an argument, I still believe I am right and the other person is wrong.
7. I am disconnected from my family emotionally, mentally or physically.
8. Certain items turn me on sexually and I have actually stolen some of these items from people to arouse myself in private.
9. I have lost control of myself and deeply hurt someone I love, either verbally or physically.
10. I am always busy. Some say I am too busy.
11. I am known for being critical, but I feel that I am helping people by telling them the truth about themselves.
12. I am or have been on medication for depression.
13. I am not currently engaged in a particular addictive behavior, but I think about that activity all the time.
14. I am often filled with jealousy when someone is being friendly with my boy/girlfriend.
15. I am often out of cash and/or have maxed out my credit card.
16. I am aware or have been told by my parents that I dress in provocative ways to catch the attention of the opposite sex.
17. I am overweight by at least fifteen pounds.
18. I am seeing or want to see a counselor because of how unhappy I am.
19. I would like to get a teacher or supervisor fired.
20. I hate family gatherings because almost every time I find myself arguing with someone.
21. I have made sexual comments about the body of a person of the opposite sex.

22. I have missed school or work due to recovering from over-indulgence with something like drugs, alcohol, food, etc.
23. I avoid people who I think are stuck up.
24. I break “rules” whenever I think that the rule is wrong or lacks common sense.
25. I cannot pass a certain store without stopping in and buying something, even if I can barely afford it.
26. I have to keep pushing myself to go to school or work or I would quit.
27. I have touched someone in a sexual way although I covered it by saying it was an accident.
28. I constantly correct people when they get their facts wrong.
29. I dislike high school activities or reunions because they are mainly for the “in” kids.
30. I do not give money to my church on a regular basis.
31. I choose to pursue personal activities over spending time in the worship of God.
32. I do not like it when my friend beats me in some competition and I tend to pick a fight as a result.
33. I do not like to share my things with others, including family members.
34. I don’t like being around people who do not share my political, sports, or religious point of view.
35. I drive way over the speed limit all the time.
36. I have hit someone as a result of an argument.
37. I eat when I want to make myself feel better.
38. I enjoy hearing and telling sexual jokes when I am with my friends.
39. I enjoy knowing more than others, although some people have called me a know-it-all.
40. I am very cynical about people who appear to be religious.
41. I enjoy watching people get hurt in sports, movies, and reality shows.
42. I experience depression on a regular basis.
43. I get impatient when I am doing something with others who are not doing it well or quickly enough and either criticize them or try to take over.
44. I am using legal or illegal drugs regularly.

45. I find it hard to submit to God's reign over my life, especially in areas where His will runs counter to my desires.
46. I find myself making up insults in my head against people who cause me trouble.
47. I feel resentment towards one of my siblings for the attention he or she gets from our parents.
48. I touch myself sexually after seeing someone who I think is attractive.
49. I find that it is hard for me to hang out with people who are not as smart as I am.
50. I frequently slam doors when upset.
51. I generally want to be in charge in any organizations that I join, and work towards getting on the leadership team.
52. I eat a lot of snacks at night even though I had a good supper.
53. I get angry when I lose games that I consider myself good at.
54. I get really upset when my siblings or friends want to play with or borrow something that belongs to me.
55. I find myself undressing people in my mind.
56. I get satisfaction out of people I dislike getting into trouble.
57. I hate it when I do not have money to buy things.
58. I have a hard time honestly congratulating others when they succeed in something I want to succeed in.
59. I have a large collection of something that I keep adding to.
60. I have a lot of unfinished projects for school or work.
61. I have participated in sexting.
62. I have a relationship with someone that is unhealthy, but I cannot give it up.
63. I keep dreaming about winning a lot of money and what I would do if I did.
64. I have been accused by others of being a sore loser.
65. I have been accused of slandering my former friends.
66. I have been drunk more than once.
67. I just feel tired all the time.
68. I have allowed someone to take my picture while I was naked.
69. I resent that my parents do not help me out financially.
70. I have broken things when I am mad.

71. I have stopped hanging out with certain people because they made me feel inferior.
72. I have engaged in witchcraft and other occultic activities, such as a séance.
73. I have missed work or important family time because I was pursuing my hobby.
74. I have failed to tell a cashier that he or she gave me back too much change.
75. I have flipped off someone whose driving has frustrated me.
76. I often find myself saying "I just don't care."
77. I have found myself secretly thinking that I am better than other people around me.
78. I think about having sex with people all the time.
79. I have hurt an animal on purpose.
80. I call or text or seek out a certain person regularly, even though he or she has asked me to stop.
81. I can handle things on my own and get offended when people offer me help.
82. I have let my girl/boyfriend touch me sexually.
83. I have lied to get out of something I did not want to do after I agreed to participate.
84. I have had phone or internet sex.
85. I have missed work or failed in some responsibility because I was engaged in fun activities.
86. I have stolen something I wanted.
87. I have participated in vandalism.
88. I have been naked with someone of the opposite sex to whom I am not married.
89. I have repeated gossip about people hoping to ruin their reputation.
90. I have so much stuff that I do not have any place to put it all.
91. I push my date to go further physically when we kiss and hug.
92. I have spent some time in detention at home, at school or even in police custody because I allowed my anger to get out of control.
93. I have spent time daydreaming what I would do if I had a lot of money.
94. I feel that the only real friends I have, I found on the Internet.

95. I keep my favorite possessions in a special hiding place so that I do not have to share them with anyone else.
96. I keep pictures of naked people hidden in my room or on my computer.
97. I know at least one person whom I cannot forgive for what he or she did.
98. I know that I have faults, but I think people tend to push me too hard to change.
99. I lie to others when I find myself in a tight place and do not want them to know the truth about me.
100. I like bursting other people's bubbles.
101. I like knowing that I have more money than my friends do.
102. I look forward to parties and holidays so I can eat as much as I want.
103. I look into windows hoping to catch someone undressing or making love.
104. I lost a friendship because I was jealous of my friend's being more successful than me.
105. I secretly enjoy getting people upset.
106. I give full body hugs because it turns me on sexually to feel another person's body against mine.
107. I like playing poker or other games of chance for money.
108. I often feel hopeless about my life.
109. I often have conversations that involve criticizing others.
110. I prefer watching television or the internet to keeping up with chores around the house.
111. I rarely come home from shopping without buying something extra that I wanted, even when it was not on my list.
112. I resent my parents interfering with my life choices.
113. I regularly read books which contain sexually explicit details.
114. It bothers me that I don't have a cool car like my friends.
115. I resent it when people tell me to stop doing something I think isn't such a big deal and focus on my studies or work.
116. Sometime I have a nagging feeling that my life is pointless.
117. I secretly wish I could belong to a better family.
118. I secretly wish that someone I dislike would just disappear.

119. It annoys me when people, including kids, ask me for money for their organization either door to door or at shopping areas.
120. I show disrespect for people who are in positions of authority over me because I think they don't know as much as they think they do.
121. I masturbate regularly using pornography or thinking about someone to get myself excited.
122. I spend a couple of hours or more on the internet every day doing personal things besides work.
123. I spend a lot of time being alone when I am upset.
124. I spend a lot of time daydreaming.
125. I spend hours on making sure that I look good and my clothes are right before I go anywhere.
126. When I feel someone is competing against me, I withhold information or directions so they will not beat me.
127. I spend hours playing video games.
128. I spend more on myself for Christmas than I give to charity.
129. When I am with really attractive people, I feel plain, even ugly.
130. I strike things with my fist when I am angry.
131. I struggle to pay off my credit card debt almost every month.
132. I struggle with anxiety or have had panic attacks.
133. I take risks others usually won't because I do not think I will get caught or get hurt.
134. I text when I am driving.
135. I erase the pornographic sites I have visited off my computer's history so no one will find out.
136. I think about committing suicide.
137. I think I deserve to have what my friends have.
138. It upsets me that people I like get invited to more parties and events than I do.
139. I think that most people do not like me.
140. I use personal insults to win arguments against other people.
141. I was glad when I got a credit card because it allowed me to buy the things I wanted faster than having to wait to buy them when I had enough money.

142. I watch movies and television shows containing realistic sex scenes.
143. My friends or parents have told me that I feel sorry for myself.
144. I will not play games with people whom I know are better than me.
145. I wish people would stay out of my way.
146. If I had my way, I would rather save my money than spend it for gifts for family members.
147. I look forward to being alone somewhere so I can masturbate.
148. It bothers me to hear friends talk about their clothes, game systems or expensive cars because I do not have them too.
149. It does not particularly bother me that some people have a bad opinion about me.
150. In an argument, I get upset if the other person wins.
151. Most of my achievements are overlooked in favor of others.
152. My family has encouraged me to get a job, but I really haven't put in much of an effort to find one.
153. Some people say that I am inconsiderate of other's feelings.
154. My life is full of things I cannot bring myself to part with, even though my family complains that I am a packrat.
155. My parents/friends have told me that I care about money way too much.
156. My room is always messy and someone has to nag me to clean it.
157. My room is full of stuff that I bought but never use.
158. People tell me that I need to change, but I either do not take them seriously or feel angered by their nagging.
159. I like reading the magazines found in many stores that tell the details of the sexual exploits of celebrities.
160. It bothers me that people I know are more successful at life than I am.
161. Some people I know think I am stuck up.
162. Whenever I get money as a gift or from my paycheck, I first want to buy the latest video game or system or get some new clothes or something else I want.
163. Sometimes I just want to leave everything and run away.
164. There are people in my family that I no longer talk to or they do not talk to me.

165. There are people that I do not like being around because they are so different from me.
166. Though I may admire some people, I have no real heroes.
167. When I feel disrespected, I feel the need to publicly say angry things back.
168. I share stories about my accomplishments with people whom I just met.
169. People tried to help me quit something that was controlling me, but I went right back to it after they stopped checking on me.
170. 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.
171. When someone at home or work who I think gets treated with favoritism finally gets caught doing something wrong, I'm glad and sometimes like to rub it in.
172. When someone hurts me in any way, I spend hours thinking of ways to get even.
173. I often look at some form of pornography.
174. When someone owes me money or has something of mine, I tend to bug them until they give it back.
175. People think I am useless and that they have to help me all the time.

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** \_\_\_\_\_

1 – 9 – 20 – 36 – 41 – 46 – 50 – 56 – 65 – 70 – 75 – 79 – 92 – 97 – 105 – 112- 118 – 123 –  
130 – 140 – 145 – 150 – 164 – 167 – 172

\_\_\_\_\_ **Envy** \_\_\_\_\_

2 – 14 – 19 – 23 – 29 – 32 – 40 – 47 – 58 – 71 – 87 – 89 – 100 – 104 – 109 – 114 – 126 –  
129 – 138 – 144 – 148 – 151 – 160 – 166 – 171

\_\_\_\_\_ **Appetite** \_\_\_\_\_

5 – 10 – 13 – 15 – 17 – 22 – 25 – 31 – 35 – 37 – 44 – 52 – 59 – 62 – 66 – 73 – 80 – 85 –  
102 – 115 – 122 – 127 – 134 – 154 – 157

\_\_\_\_\_ **Greed** \_\_\_\_\_

4 – 30 – 33 – 54 – 57 – 63 – 69 – 74 – 86 – 90 – 93 – 95 – 101 – 107 – 111 – 119 – 128 –  
131 – 137 – 141 – 146 – 155 – 162 – 170 – 174

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

3 – 8 – 16 – 21 – 27 – 38 – 48 – 55 – 61 – 68 – 78 – 82 – 84 – 88 – 91 – 96 – 103 – 106 –  
113 – 121 – 135 – 142 – 147 – 159 – 173

**Number of circled answers**

**Order of influence**

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

6 – 11 – 24 – 28 – 34 – 39 – 43 – 45 – 49 – 51 – 53 – 64 – 72 – 77 – 81 – 99 – 117 – 120 –  
125 – 133 – 149 – 153 – 161 – 165 – 168

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

7 – 12 – 18 – 26 – 42 – 60 – 67 – 76 – 83 – 94 – 98 – 108 – 110 – 116 – 124 – 132 – 136 –  
139 – 143 – 152 – 156 – 158 – 163 – 169 – 175

**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 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 understand what you discovered.

1. Everyone has all seven deadly sins inside of them. They are the *sin in me* choices we make. Paul talks about his own *sin in me* struggle 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.*” You cannot escape sin’s influence either, and the deadly sins will continue to affect you until you breathe your last earthly breath. The deadly sins are at the root of your outward sinful behavior and attitudes that others can see or hear which are called ‘symptoms.’
2. The Deadly Sin Inventory is based on the most common symptoms of the seven sins, as a complete 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 over your life. That means 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. No matter how the choices were made, they will continue to affect your life.
3. It is not unusual for your final order of the deadly sin to be a lot different than what you thought before you started. All people are self-protective, even causing us to lie to ourselves about what is really wrong in our lives, or who is to blame for what is wrong. Some people are so self-protective that what they put down as their estimated #7 deadly sin ends up being 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 injury 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 use it. It traps you by making you believe you need that deadly sin to stave off the pain. By becoming dependent on a deadly sin, you develop a growing need to use that sin to feel normal. This is the path to addiction.
5. The inventory has revealed the #1 deadly sin in your life. This tells you that, although all deadly sins may be influencing you, you are already addicted to this particular sin. If you ignore what you have learned from this inventory, in the future this addiction will cause you to wound yourself. ‘Wounding yourself’ means that you act or think in ways that will cause you to start losing things you now value—relationships, health, job, stability, possessions, etc. In time, you could even go into a death spiral and self-destruct in a public way.
6. You cannot beat the addictive pull of the deadly sins by your own power. Once you have believed the lie that deadly sin will comfort your *hurt of the heart*, these two things bond together. On your own, you will never be able to free yourself from this addiction. The best you will ever be able to do is *manage* it for a while.

7. This is not a cause for despair. Once you decide that you can't live with the addictive deadly sin anymore, you will find, 'God gives grace to the humble.' James 4:6 (NIV). When you go to God and confess that you have no power to stop, you will start your journey to freedom. The grace God gives is not about His *attitude* towards you, but His *powerful activity* to set you free by the work of the Spirit, who came to live in you at the moment of your salvation.
8. Your next step in your faith journey is to pursue intimacy with God and learn from Him how He will set you free. We suggest that you read Dr. Steve Smith's book, *Restart: Escaping Anxiety and Fear*—especially Chapter 7—for help in taking all of this to God.