

Are You Content, Satisfied?

Are you content? Are you satisfied with the way you are designed to be? Or do you seek to reflect or even absorb the identity of others? Is there a lack of contentment within? Are you trying to be someone that you are not? If your circumstances were to never change, would you intimately know contentment?

Do You Long to be Loved?

Do you long to be loved as you really are? Or have you come to the conclusion that if you look like the images that are prized by society, then people will finally come to cherish, love, & respect you? Will this type of love really satisfy your deepest longings to be loved? Do you hunger for a love that always has your best interest at heart? "Will somebody ever love me for who I am?"

Do You Believe You Have Significance & Worth?

Do you seek to become other than you are in an effort to find lasting significance and value? Do you strive to become like the "popular" images you see & hear about? Why do you think you follow such pursuits? Is it because you are competitive? Or is it because you want to be accepted by others? Why does it matter what others say about you? Do you need that type of affirmation? If so, why turn to "public opinion" for value? Is there something greater than the constant flux of approval/disapproval given by others? Can you really find lasting significance & value in the statements people give? Is this enough for you? Why do you live for their affirmation?

Are You Looking for Hope?

Are you looking for hope? You look at yourself in the mirror, you ponder the costly mistakes you have made, & regret wells up within & you ask yourself, "Is there really any real hope for me?" To be honest, you really are looking for change you can believe in! You are looking for peace, wholeness, & redemption. You ask yourself, "Does hope even exist for someone like me? Is forgiveness even possible?"

Are You Lonely?

Are you ignored & perhaps mocked by others? Do you find yourself chronically alone? So, accepting that notion that there is something significantly wrong with you, do you try to become someone or something else instead of flourishing the way God made you? Do you ever pretend you are someone else? Do you wish you were someone else? Do you feel disconnected? Are you lonely & long for companionship that has your best interest at heart?

Are You Lost, Just Wandering Along with No Vision or Life-Purpose?

Do you find yourself wandering in this life like driftwood floating on the stream of least resistance? No life purpose? No vision what you are to do or where you are going? Do you just find yourself doing whatever is asked of you, asking, "Is this all there is to life?" Are you just going along & doing whatever the "herd" is doing? Do you find yourself following but never asking?

Do You Hunger for Happiness?

Are you unhappy about who you are and what you have become? Perhaps you were raised in a dysfunctional home where the people who were responsible over you repeatedly said, "I love you but I don't like you." Or perhaps you are unhappy about how you have turned out given the all the negative repercussions from the poor choices you or others in your life have made. You have been changed in the most unexpected ways & you do not like what you see. You ask yourself, "Will I ever be happy?"

Do You Know Who You Are?

Do you find yourself questioning who you are? Do you feel like all that you once understood about yourself & your relation to this world is lost in obscurity; it was all a dream, a naive? "Do you no longer know who you are?"

Are You disappointed that your achievements/success did not generate the fulfillment you were looking for?

Have you discovered that the successes you have achieved did not generate the meaningfulness and fulfillment you long to experience? Perhaps you find yourself asking is there anything truly worthwhile? After you reach your long term goals, do you find yourself wandering in obscurity, wondering who you are & what you are to now do with your life? Do you find yourself asking is there something more to life than what you have achieved?

Are you Looking for Change You Can Really Believe In?

Realizing how far you are from what is beautiful, hip, & cool, have you come to the realization that the gap between who we are & what is popular is too big to cross? Are you spiraling into a "woe-is-me" syndrome? Are you depressed about who you are & what you have become? Do you ask yourself, "Is real change is possible?"

Do You Compare Yourself to Others? Why?

When you compare yourself to others, do you find yourself "coming up on the short end of the stick?" Instead of having feelings of sympathy, do you resent what others are & what they possess? If you are not careful, resentment generates bitterness. Do you struggle with jealousy? Do you dislike yourself? Has bitterness found expression in your life because you are not someone else or possess what others have?

Do You Struggle with Jealousy?

Does it bother you to see anyone else receiving more attention than you? Do you find yourself projecting an image to others that always puts the attention back on you? Why do you have need to call attention to yourself? What does this say about your life & the emptiness you have within yourself?

Why do you seek to be an object of physical desire?

Do you strive to achieve contentment by improving your physical appearance? With every successful change on your looks, do you want others to know? Why do you want to be an object of physical desire? Primping & looking into every mirror, do you feed off of the words of affirmation you receive? Do you realize that pride is often rooted in terrible insecurity? Are you afraid to let others know who you really are?

Do You Seek Power? Why?

Do you seek to use power to control others, to lead people to your own goals? But is your quest for power & your use of it an attempt to deify yourself? Are you trying to fill the void within with the ability or power to control & manipulate others?