

Read through the following statements and circle the thoughts (idols) that most resonate with you.

“Life only has meaning/I only have worth if...I have power and influence over others.”
(Power Idolatry)

“Life only has meaning/I only have worth if...I am loved and respected by _____.”
(Approval Idolatry)

“Life only has meaning/I only have worth if... I have this kind of pleasure experience, a particular quality of life.” (Comfort Idolatry)

“Life only has meaning/I only have worth if...I am able to get mastery over my life in the area of _____.” (Control Idolatry)

“Life only has meaning/I only have worth if...people are dependent on me and need me.”
(Helping Idolatry)

“Life only has meaning/I only have worth if... someone is there to protect me and keep me safe.”
(Dependence Idolatry)

“Life only has meaning/I only have worth if...I am completely free from obligations or responsibilities to take care of someone.” (Independence Idolatry)

“Life only has meaning/I only have worth if...I am highly productive and getting a lot done.”
(Work Idolatry)

“Life only has meaning/I only have worth if...I am being recognized for my accomplishments and am excelling in my work.” (Achievement Idolatry)

“Life only has meaning/I only have worth if...I have a certain level of wealth, financial freedom, and very nice possessions.” (Materialism Idolatry)

“Life only has meaning/I only have worth if...I am adhering to my religion’s moral codes and accomplished in its activities.” (Religion Idolatry)

“Life only has meaning/I only have worth if...this one person is in my life and happy to be there, and/or happy with me.” (Individual person Idolatry)

“Life only has meaning/I only have worth if...I feel I am totally independent of organized religion and am living by a self-made morality.” (Irreligion Idolatry)

“Life only has meaning/I only have worth if...my race and culture is ascendant and recognized as superior.” (Racial/cultural Idolatry)

“Life only has meaning/I only have worth if...a particular social grouping or professional grouping or other group lets me in.” (Inner ring Idolatry)

“Life only has meaning/I only have worth if...my children and/or my parents are happy and happy with me.” (Family Idolatry)

“Life only has meaning/I only have worth if...Mr. or Mrs. ‘Right’ is in love with me.” (Relationship Idolatry)

“Life only has meaning/I only have worth if...I am hurting, in a problem; only then do I feel worthy of love or able to deal with guilt.” (Suffering Idolatry)

“Life only has meaning/I only have worth if...my political or social cause is making progress and ascending in influence and power.” (Ideology Idolatry)

“Life only has meaning/I only have worth if...I have a particular kind of look or body image.” (Image Idolatry)

If you circled one of the first four on the list above, the following table may help you think through some of the issues involved.

If you seek...	Your greatest nightmare is...	People around you often feel...	Your problem emotion is...
POWER (success, winning, influence)	Humiliation	Used	Anger
APPROVAL (Affirmation, love, relationships)	Rejection	Smothered	Cowardice
COMFORT (privacy, lack of stress, freedom)	Stress/Demands	Neglected	Boredom
CONTROL (Self-Discipline, certainty, standards)	Uncertainty	Condemned	Worry