



Heart Check Worksheet

Instructions:

Complete each section slowly and honestly. Don't rush. Write what comes up first. Avoid filtering your answers.

1. Trigger Identification

When I think about _____, I feel _____.

- When this feeling shows up, it feels like:
 - ☐ Anger
 - ☐ Fear
 - ☐ Sadness
 - ☐ Rejection
 - ☐ Shame
 - ☐ Jealousy
 - ☐ Insecurity
 - ☐ Bitterness
 - ☐ Numbness
 - ☐ Other: _____
 - On a scale of 1–10, how intense is this feeling? _____
 - The last time I felt this was: _____
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2. Surface Reaction

When I feel this, I usually:

- ☐ Withdraw
- ☐ Overreact
- ☐ Get defensive
- ☐ Shut down
- ☐ People-please
- ☐ Criticize
- ☐ Control the situation
- ☐ Overwork
- ☐ Avoid
- ☐ Other: _____

What do I typically say or think in these moments?

3. Core Beliefs (Dig Deeper)

This situation makes me believe:

- “I am _____.”
- “They are _____.”
- “God is _____.”
- “This always happens because _____.”

If this feeling had a message, it would say:

4. Root Questions

What am I afraid might happen?

What do I feel I am losing (control, respect, love, security, validation)?

What do I need most in this situation?

Have I felt this way before in my life? When?

Who or what does this situation remind me of?

5. Ownership & Responsibility

Is my reaction proportional to the situation? Why or why not?

Am I reacting to the present — or to something from my past?

What part of this is mine to own?

6. Spiritual Reflection

What truth from Scripture challenges this belief?

Is there unforgiveness connected to this feeling?

☐ Yes ☐ No

If yes, toward whom? _____

Have I invited God into this specific wound?

☐ Yes ☐ No

Prayer Prompt:

“Lord, reveal the root beneath this feeling. Show me what is true and heal what is wounded.”

7. Replacement Truth

The lie I may be believing:

The truth I choose to stand on:

A healthier response would look like:

Final Reflection

If this issue were healed, I would feel:

One small step toward healing this week:
