

## DISCERNMENT OF SPIRITS WORKSHEET

### I. HISTORY

A Name three concrete ways in which you have been hooked by the enemy.

1.

2.

3.



B. Name three ways in which in which you moved beyond the enemy's entrapment.  
In what ways did God's grace help you to become freer?



II. How does my Friend (the Holy Spirit) encourage you to deal with the following?  
How does the enemy (the Evil One) encourage you to deal with the following?

Subject

Friend

Evil One

my anger

my fear

my loneliness

my sexuality

my creativity

my resentment

my gifts

my addictions