

Wounds Chart

Christina King

SIN	IDOL / OBJECT OF WORSHIP	LIES / BELIEFS	VOWS / WILL	SYMPTOMS	SPIRITS	ROOT WOUND
PRIDE	WORSHIP OF SELF	I am bad, dirty, unworthy, stupid, ugly, not enough	I will prove or earn my value, I can't let people see who I really am.	Vanity, conceit, workaholic, selfish, lying, self; pity justification hatred, self criticism, self-sufficient	Pride, vanity, rebellion, judgment	Shame or identity wounds from trauma, abuse, loss of innocence, lack of affirmation
ENVY	WORSHIP OF STATUS	No one appreciates me, its not fair, I never get what I deserve, God withholds from me, my value depends on status	I will use money, people I know things, clothing, etc to elevate my status or have people see me as better	Jealousy, gossip, slander, deliberately sabotage others work/ministries or relationships	Jezebel, bitterness, envy	Identity wounds from neglect/lack of affirming love
GREED	WORSHIP OF POSSESSIONS	People will hurt me, I can't trust, I cannot rely on anyone	I will put my faith/trust in; things, money, job etc , I must take care of myself	Hoarding, lack of emotion, disordered attachment to things or pets or possessions	Greed, avarice	Fear, mother wounds, mistrust, abandonment
GLUTTONY	WORSHIP OF BODY / SUBSTANCE TO COMFORT	Nothing will change, it's too hard, no one understands, I don't matter	I will eat, drink, buy, use this object or substance to make me feel better and give me joy/happiness	Easily overwhelmed, complaining, lack of discipline, compulsive, sensually driven, isolating behaviors, makes excuses	Gluttony	Hopelessness, neglect/lack of affection, abandonment
SLOTH	WORSHIP OF BODY / AVOIDANCE OF PAIN	I don't know what's happening, I feel lost, I'm a failure, no one understands me, I cannot succeed, I'm not valuable	I won't even try because it will end in failure, I won't try because it will end in failure, I will make people feel sorry for me	Hypochondria, easily overwhelmed or confused, anxiety disorders, fibromyalgia	Victim spirit, powerless, sloth	Powerlessness, confusion, shame
ANGER	WORSHIP OF CONTROL	People like hurting me, I have no value, I'm trapped, no one cares, I'm not loved, no one listens or understands me	I will be strong, I will protect myself, I won't be like my mother, father etc	Rudeness, outbursts, passive-aggressive, easily irritated, over-sensitive, revenge, holds grudges, manipulative	Retaliation, control, fear, anger, rage, murder, unforgiveness, spite	Fear of vulnerability, abandonment, powerlessness, rejection wounds sometimes from in utero
LUST	WORSHIP OF LUST / RELATIONSHIP	No one wants me, I am undesirable, disgusting, do not deserve love. I'm inadequate	I will meet my needs myself or use porn so I'm not rejected	Masturbation, porn, needy, co-dependent, uses shame or guilt to manipulate people to meet your needs	Lust, shame, manipulation	Rejection, father wounds, shame

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PRIDE	SELF					
ENVY	STATUS					
GREED	POSSESSIONS					
GLUTTONY	BODY / SUBSTANCE TO COMFORT					
SLOTH	BODY / AVOIDANCE OF PAIN					
ANGER	CONTROL					
LUST	LUST / RELATIONSHIP					