

Path for Single Adults

Let Christ Heal & Order Your Life Toward Vocation — Truth + Love

CCross Holistic Deliverance Ministry · theccross.org · Truth + Love

Who this is for

For single adults who want Jesus Christ to heal and order their life toward vocation and His Church. Not a DSM sheet. Warm Catholic path — Truth + Love.

1. Belong to Christ & His Church

- Jesus is Lord of your healing and vocation — not loneliness, porn, work, or fear.
- Register at a parish; know your pastor's name; go to Sunday Mass.
- Confession regularly; State of Grace; Eucharist worthily.

2. Daily prayer & Scripture

- Morning offering and night examination of conscience.
- Rosary (or a decade); Divine Mercy Chaplet when oppressed.
- Read Scripture daily with the mind of the Church.

3. Chastity & freedom

- Cut off occasions of sin (porn, unchaste relationships, occult).
- Seek Confession quickly after falls — mercy, not despair.
- Ask for accountability with a trusted Catholic friend or priest.

4. Discern vocation

- Open your heart to marriage, consecrated singleness, or religious/priestly life as God wills.
- Date with purity and honesty if discerning marriage; never use another person.
- Spiritual direction / priestly counsel for big decisions.

5. Friendship & mission

- Refuse isolation: parish groups, service, holy friendships.
- Work and money under stewardship — purpose under Christ.
- Whole-life pillars: Spiritual, Mental, Physical, Emotional, Environmental (theccross.org).

6. When you need more help

- Mental health crisis: 988 · Right Door 888-527-1790.
- Serious spiritual oppression: priest / CCross under Church norms — no DIY formal exorcism.
- Use singles checklists as honest inventories; clinicians diagnose clinical disorders.

Prayer

Lord Jesus, heal and order my life. Free me from what binds me. Show me my vocation. Plant me in Your Church. Give me holy friendships and a pure heart. Mary, pray for me. Amen.

Next step

Go to Mass this Sunday. Schedule Confession. Print one singles checklist. Visit theccross.org.

Adult ADHD — Self Checklist

Self Discussion Checklist — Truth + Love

Based on DSM-5-TR (APA). For honest self-reflection. This is not a diagnosis.

READ FIRST — NOT A DIAGNOSIS

- Only a licensed clinician can diagnose Adult ADHD after a full evaluation.
- Fill SELF about yourself across months and years — not one bad week.
- Do not use this sheet to condemn yourself without hope. Truth + Love includes mercy.
- Anxiety, depression, sleep loss, trauma, and bipolar hypomania impair attention too.
- If suicidal or in crisis: 988 or Right Door 888-527-1790 — get help now.

How to use

Pray first. Mark Yes / Sometimes / No about your own life. DSM-5-TR: persistent inattention and/or hyperactivity-impulsivity; several symptoms before age 12; ≥2 settings; impairment. Adults: ≥5 symptoms in a cluster typically required. Crisis: 988 · Right Door 888-527-1790.

Date: _____ Name (optional): _____

Criterion (based on DSM-5-TR / inventory)	Self	Notes
1. Careless mistakes Often fails to give close attention to details / careless mistakes at work.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples:
2. Sustaining attention Difficulty sustaining attention in tasks, reading, or meetings.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples:
3. Does not listen Often does not seem to listen when spoken to directly.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples:
4. Follow-through Does not follow through; fails to finish duties.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples:
5. Organization / time Difficulty organizing; poor time management; misses deadlines.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples:
6. Avoids mental effort Avoids tasks requiring sustained mental effort.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples:
7. Loses things Loses keys, phone, wallet, papers needed for tasks.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples:
8. Distracted / forgetful Easily distracted (including unrelated thoughts); forgetful in daily activities.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples:
9. Restless / on the go Fidgets; feels restless; “on the go”; difficulty engaging quietly.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples:
10. Talks / interrupts Talks excessively; blurts; interrupts; difficulty waiting turn.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples:
11. Childhood + settings Several symptoms present before age 12; appear in two or more settings.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples:

Tally / pattern (self only)

“Yes” (clear, enduring): ____ / 11 “Sometimes”: ____ / 11

Adult clinical threshold typically ≥ 5 per cluster + childhood history + impairment.

☐ Longstanding ADHD-like pattern since childhood impairing adult life? ☐ Yes ☐ Unsure ☐ No

Before you conclude anything

- ☐ Am I scoring a long pattern — or a short crisis / grief / fatigue season?
- ☐ Will I bring this to a clinician and/or priest rather than self-labeling alone?
- ☐ Am I open to Confession, Mass, and State of Grace as the foundation?
- ☐ Truth + Love: will I treat myself (and others) without contempt?

Prayer: Lord Jesus, show me the truth about my heart without despair. Heal what is wounded. Order my life toward You, Your Church, and my vocation. Amen.

Alcohol & Substance Use

Self Discussion Checklist — Truth + Love

Based on DSM-5-TR (APA). For honest self-reflection. This is not a diagnosis.

READ FIRST — NOT A DIAGNOSIS

- Only a licensed clinician can diagnose Substance Use Disorder after a full evaluation.
- Fill SELF about yourself across months and years — not one bad week.
- Do not use this sheet to condemn yourself without hope. Truth + Love includes mercy.
- Depression, PTSD, and anxiety often co-occur. Withdrawal can be medically dangerous — get clinical advice.
- If suicidal or in crisis: 988 or Right Door 888-527-1790 — get help now.

How to use

Pray first. Mark Yes / Sometimes / No about your own life. DSM-5-TR substance use disorder framework (alcohol/other): problematic pattern with ≥ 2 of 11 criteria in 12 months (control, social impairment, risky use, pharmacological criteria). Severity by count. Crisis: 988 · Right Door 888-527-1790.

Date: _____ Name (optional): _____

Criterion (based on DSM-5-TR / inventory)	Self	Notes
1. Larger / longer I often use more or longer than intended.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
2. Cut down desire Persistent desire or unsuccessful efforts to cut down/control use.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
3. Time spent Much time obtaining, using, or recovering from the substance.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
4. Craving Strong desire/urge to use.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
5. Role failure Use leads to failure at work, school, or home duties.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
6. Social problems Continued use despite social/interpersonal problems caused by use.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
7. Give up activities Important activities reduced/given up because of use.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
8. Hazardous use Recurrent use in physically hazardous situations.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
9. Use despite harm Continued use despite knowing physical/psychological harm.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
10. Tolerance Need for more to get same effect, or less effect with same amount.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
11. Withdrawal Withdrawal symptoms, or using to avoid withdrawal.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____

Tally / pattern (self only)

“Yes” (clear, enduring): ____ / 11 “Sometimes”: ____ / 11

Mild 2–3, moderate 4–5, severe ≥ 6 (clinician). Dangerous withdrawal: seek medical care.

☐ Problematic use with ≥ 2 criteria in the past year? ☐ Yes ☐ Unsure ☐ No

Before you conclude anything

- ☐ Am I scoring a long pattern — or a short crisis / grief / fatigue season?
- ☐ Will I bring this to a clinician and/or priest rather than self-labeling alone?
- ☐ Am I open to Confession, Mass, and State of Grace as the foundation?
- ☐ Truth + Love: will I treat myself (and others) without contempt?

Prayer: Lord Jesus, show me the truth about my heart without despair. Heal what is wounded. Order my life toward You, Your Church, and my vocation. Amen.

Anxiety & Panic

Self Discussion Checklist — Truth + Love

Based on DSM-5-TR (APA). For honest self-reflection. This is not a diagnosis.

READ FIRST — NOT A DIAGNOSIS

- Only a licensed clinician can diagnose Anxiety / Panic after a full evaluation.
- Fill SELF about yourself across months and years — not one bad week.
- Do not use this sheet to condemn yourself without hope. Truth + Love includes mercy.
- Thyroid, caffeine, cardiac issues, PTSD, and substance withdrawal can mimic panic — get medical care when needed.
- If suicidal or in crisis: 988 or Right Door 888-527-1790 — get help now.

How to use

Pray first. Mark Yes / Sometimes / No about your own life. Based on DSM-5-TR features of GAD and Panic Disorder (paraphrased). GAD: excessive worry ≥6 months. Panic: abrupt surge of intense fear with multiple physical/cognitive symptoms; concern about more attacks / maladaptive change. Crisis: 988 · Right Door 888-527-1790.

Date: _____ Name (optional): _____

Criterion (based on DSM-5-TR / inventory)	Self	Notes
1. Excessive worry Excessive anxiety/worry about multiple domains, more days than not for months.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
2. Hard to control worry I find it difficult to control the worry.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
3. Restless / keyed up Restlessness or feeling keyed up / on edge.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
4. Fatigue / concentration / irritability Easily fatigued; mind blank; irritability; muscle tension; sleep problems.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
5. Panic surge Abrupt surge of intense fear/discomfort that peaks within minutes.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
6. Panic body symptoms During surges: pounding heart, sweating, shaking, shortness of breath, chest pain, nausea, dizziness, chills/heat, numbness.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
7. Derealization / fear of dying Feelings of unreality/detachment, fear of losing control, or fear of dying during attacks.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
8. Fear of next attack Persistent concern about additional panic attacks or their consequences; or maladaptive avoidance.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
9. Impairment Anxiety/panic causes significant distress or avoidance that shrinks my life.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____

Tally / pattern (self only)

“Yes” (clear, enduring): ____ / 9 “Sometimes”: ____ / 9

Clinician distinguishes GAD, Panic Disorder, social anxiety, OCD, and medical causes.

☐ Is anxiety or panic lasting and limiting work, Church, or relationships? ☐ Yes ☐ Unsure ☐ No

Before you conclude anything

- ☐ Am I scoring a long pattern — or a short crisis / grief / fatigue season?
- ☐ Will I bring this to a clinician and/or priest rather than self-labeling alone?
- ☐ Am I open to Confession, Mass, and State of Grace as the foundation?

☐ Truth + Love: will I treat myself (and others) without contempt?

Prayer: Lord Jesus, show me the truth about my heart without despair. Heal what is wounded. Order my life toward You, Your Church, and my vocation. Amen.

Dating, Discernment & Vocation

Honest Self-Inventory — Truth + Love

Guided by Catholic teaching and practical steps toward Christ. Not a clinical diagnosis.

READ FIRST — HONEST INVENTORY

- This is a self-inventory for prayer and growth — not a clinical diagnosis.
- Be honest before God. Shame is not the goal; conversion and freedom are.
- Bring hard patterns to Confession, a trusted priest, and/or a clinician as needed.
- If suicidal or in crisis: 988 or Right Door 888-527-1790 — get help now.
- Fear of commitment, trauma, and loneliness can masquerade as “discernment.” Bring it to prayer and a spiritual director/priest.

How to use

Pray first. Mark Yes / Sometimes / No about your own life. Catholic self-inventory: marriage vs consecrated single / religious life / priesthood. Purity, boundaries, and honest discernment under the Church — not a DSM sheet. Crisis: 988 · Right Door 888-527-1790.

Date: _____ Name (optional): _____

Criterion (based on DSM-5-TR / inventory)	Self	Notes
1. Prayerful discernment I am actively asking God about my vocation — not only drifting.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
2. State of Grace I am pursuing Confession and Eucharist as the foundation of discernment.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
3. Purity intention I am committed to chastity according to my state (no sex outside marriage; guarding eyes/heart).	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
4. Clear boundaries In dating, I keep clear physical/emotional boundaries and avoid near occasions of sin.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
5. Honesty with the other I tell the truth about my intentions (marriage discernment vs casual use of another).	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
6. Using vs loving I examine whether I am using someone for loneliness, status, or pleasure rather than seeking their good.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
7. Open to marriage If called to marriage, I am preparing (character, finances basics, faith) — not only fantasizing.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
8. Open to consecrated single / religious I am honestly open if God calls me to consecrated singleness or religious/priestly life.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
9. Counsel I have (or will seek) a priest/spiritual director for vocation questions.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
10. No DIY spiritual extremes I refuse DIY formal exorcism or occult “tests” of vocation; I stay with the Church.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____

Tally / pattern (self only)

“Yes” (clear, enduring): ____ / 10 “Sometimes”: ____ / 10

Vocation is discovered in prayer, Sacraments, and the Church — not in anxiety alone.

☐ Am I discerning with purity, honesty, and Church guidance — or stuck in confusion/use? ☐ Yes ☐ Unsure ☐ No

Before you conclude anything

- ☐ Will I schedule Confession and a talk with a priest/spiritual director?
- ☐ Are my dating boundaries actually protecting chastity?
- ☐ Am I open to whatever vocation God wills — including holy singleness?
- ☐ Truth + Love: am I refusing to use another person?

Prayer: Lord Jesus, reveal my vocation. Purify my heart. Give me courage for marriage or consecrated life as You will. Mary, seat of Wisdom, pray for me. Amen.

Financial / Work Stress & Purpose

Honest Self-Inventory — Truth + Love

Guided by Catholic teaching and practical steps toward Christ. Not a clinical diagnosis.

READ FIRST — HONEST INVENTORY

- This is a self-inventory for prayer and growth — not a clinical diagnosis.
- Be honest before God. Shame is not the goal; conversion and freedom are.
- Bring hard patterns to Confession, a trusted priest, and/or a clinician as needed.
- If suicidal or in crisis: 988 or Right Door 888-527-1790 — get help now.
- If panic, despair, or inability to function appear, use anxiety/depression sheets and clinical help.

How to use

Pray first. Mark Yes / Sometimes / No about your own life. Practical + Catholic inventory: stewardship, honest work, trust in Providence, and purpose under Christ. Not a DSM diagnosis — though anxiety/depression may co-travel. Crisis: 988 · Right Door 888-527-1790.

Date: _____ Name (optional): _____

Criterion (based on DSM-5-TR / inventory)	Self	Notes
1. Constant money fear Money fear dominates my thoughts most days.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
2. Avoidance of basics I avoid budgeting, opening bills, or tracking spending.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
3. Work dysfunction I am chronically late, no-showing, or underperforming in ways I could change.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
4. Purpose vacuum I feel my work (or joblessness) has no meaning before God.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
5. Comparison envy I compare lifestyles online and grow bitter or impulsive.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
6. Debt / gambling / impulse Debt, gambling, or impulse spending is harming my future.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
7. Sabbath neglected I never rest or worship because of grind — or I escape work into sloth.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
8. Stewardship desire I want to tithe/give as able, work honestly, and order money under Christ.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
9. Next concrete step I can name one next step (budget hour, job application, mentor ask, parish charity).	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____

Tally / pattern (self only)

“Yes” (clear, enduring): ____ / 9 “Sometimes”: ____ / 9

Seek financial counseling / job help as needed. Despair or suicidal thoughts: 988.

☐ Is work/money stress disordered enough that I need a plan + accountability this month? ☐ Yes ☐ Unsure ☐ No

Before you conclude anything

- ☐ Am I scoring a long pattern — or a short crisis / grief / fatigue season?
- ☐ Will I bring this to a clinician and/or priest rather than self-labeling alone?
- ☐ Am I open to Confession, Mass, and State of Grace as the foundation?

☐ Truth + Love: will I treat myself (and others) without contempt?

Prayer: Lord Jesus, You worked with St. Joseph. Order my work and money. Provide what I need. Free me from fear and greed. Give me purpose in Your will. Amen.

Loneliness & Isolation

Honest Self-Inventory — Truth + Love

Guided by Catholic teaching and practical steps toward Christ. Not a clinical diagnosis.

READ FIRST — HONEST INVENTORY

- This is a self-inventory for prayer and growth — not a clinical diagnosis.
- Be honest before God. Shame is not the goal; conversion and freedom are.
- Bring hard patterns to Confession, a trusted priest, and/or a clinician as needed.
- If suicidal or in crisis: 988 or Right Door 888-527-1790 — get help now.
- Depression, social anxiety, grief, and avoidant patterns often travel with loneliness — consider clinical help if low mood persists.

How to use

Pray first. Mark Yes / Sometimes / No about your own life. Honest inventory: loneliness is a signal, not a sentence. Christ calls us into His Body — the Church — and healthy friendship. This is not a DSM diagnosis. Crisis: 988 · Right Door 888-527-1790.

Date: _____ Name (optional): _____

Criterion (based on DSM-5-TR / inventory)	Self	Notes
1. Felt loneliness I often feel lonely even if people are around — a painful lack of close connection.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
2. Isolation habits I go days with little meaningful contact (not counting shallow scrolling).	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
3. Withdraw from parish I avoid Mass, parish groups, or Christian friendship even when I could go.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
4. Screen substitute I use screens, porn, gaming, or endless media to numb loneliness.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
5. No safe confidant I have no one I can tell the truth to about my real struggles.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
6. Shame / unworthiness I believe I am unworthy of friendship or that something is uniquely wrong with me.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
7. Desire for vocation community I want marriage, consecrated life, or holy friendship — but feel stuck alone.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
8. Willingness to take a step I am willing to take one concrete step this week toward Mass, a group, or a trusted person.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____

Tally / pattern (self only)

“Yes” (clear, enduring): ____ / 8 “Sometimes”: ____ / 8

If loneliness comes with hopelessness or suicidal thoughts: 988 / Right Door now.

☐ Is isolation becoming a settled pattern that keeps me from Church and friendship? ☐ Yes ☐ Unsure ☐ No

Before you conclude anything

- ☐ Am I scoring a long pattern — or a short crisis / grief / fatigue season?
- ☐ Will I bring this to a clinician and/or priest rather than self-labeling alone?
- ☐ Am I open to Confession, Mass, and State of Grace as the foundation?
- ☐ Truth + Love: will I treat myself (and others) without contempt?

Prayer: Lord Jesus, You knew solitude and You call me into Your Body. Heal my loneliness. Lead me to holy friendship and my true vocation. Amen.

Major Depressive Disorder — Self Checklist

Self Discussion Checklist — Truth + Love

Based on DSM-5-TR (APA). For honest self-reflection. This is not a diagnosis.

READ FIRST — NOT A DIAGNOSIS

- Only a licensed clinician can diagnose MDD after a full evaluation.
- Fill SELF about yourself across months and years — not one bad week.
- Do not use this sheet to condemn yourself without hope. Truth + Love includes mercy.
- Grief, bipolar depression, medical illness, thyroid, medications, and PTSD can mimic MDD.
- If suicidal or in crisis: 988 or Right Door 888-527-1790 — get help now.

How to use

Pray first. Mark Yes / Sometimes / No about your own life. DSM-5-TR: ≥ 5 of 9 symptoms in the same 2-week period, change from prior functioning; include depressed mood and/or loss of interest/pleasure; distress/impairment. Crisis: 988 · Right Door 888-527-1790.

Date: _____ Name (optional): _____

Criterion (based on DSM-5-TR / inventory)	Self	Notes
1. Depressed mood Depressed mood most of the day, nearly every day (sad, empty, hopeless; may appear tearful).	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
2. Anhedonia Markedly diminished interest or pleasure in almost all activities most of the day, nearly every day.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
3. Weight / appetite Significant weight/appetite change nearly every day.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
4. Sleep Insomnia or hypersomnia nearly every day.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
5. Psychomotor Psychomotor agitation or retardation nearly every day (observable by others).	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
6. Fatigue Fatigue or loss of energy nearly every day.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
7. Worthlessness / guilt Feelings of worthlessness or excessive/inappropriate guilt nearly every day.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
8. Concentration Diminished ability to think/concentrate, or indecisiveness, nearly every day.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
9. Death / suicide Recurrent thoughts of death or suicide / plan / attempt. (If yes: 988 / Right Door NOW.)	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____

Tally / pattern (self only)

“Yes” (clear, enduring): ____ / 9 “Sometimes”: ____ / 9

Clinical threshold (clinician only): ≥ 5 symptoms / 2 weeks including mood and/or anhedonia.

☐ Clear 2+ week episode with mood and/or loss of pleasure, impairing life? ☐ Yes ☐ Unsure ☐ No

Before you conclude anything

- ☐ Am I scoring a long pattern — or a short crisis / grief / fatigue season?
- ☐ Will I bring this to a clinician and/or priest rather than self-labeling alone?
- ☐ Am I open to Confession, Mass, and State of Grace as the foundation?

☐ Truth + Love: will I treat myself (and others) without contempt?

Prayer: Lord Jesus, show me the truth about my heart without despair. Heal what is wounded. Order my life toward You, Your Church, and my vocation. Amen.

Porn, Lust & Sexual Compulsion

Honest Self-Inventory — Truth + Love

Guided by Catholic teaching and practical steps toward Christ. Not a clinical diagnosis.

READ FIRST — HONEST INVENTORY

- This is a self-inventory for prayer and growth — not a clinical diagnosis.
- Be honest before God. Shame is not the goal; conversion and freedom are.
- Bring hard patterns to Confession, a trusted priest, and/or a clinician as needed.
- If suicidal or in crisis: 988 or Right Door 888-527-1790 — get help now.
- Depression, loneliness, ADHD impulsivity, and trauma bonding can fuel lust cycles. Seek priest + counselor as needed.

How to use

Pray first. Mark Yes / Sometimes / No about your own life. Catholic Truth + Love inventory (not a shame dump). Compulsive sexual behavior may relate to clinical discussions of impulse control / addiction-like patterns; ICD discusses compulsive sexual behavior disorder. Goal: chastity, Confession, freedom in Christ — not despair. Crisis: 988 · Right Door 888-527-1790.

Date: _____ Name (optional): _____

Criterion (based on DSM-5-TR / inventory)	Self	Notes
1. Repeated porn use I repeatedly use pornography despite wanting to stop.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
2. Escalation I need more extreme or more frequent material/acts to get the same effect.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
3. Failed cut-downs I have repeatedly tried to quit or cut down and returned.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
4. Time / secrecy I spend significant time on lustful use and hide it from people who should know.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
5. Use despite harm I continue despite harm to prayer life, vocation discernment, work, money, or relationships.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
6. Objectifying others I habitually reduce persons to sexual use (online or in person).	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
7. Masturbation compulsion Solo sexual acts feel compulsive — relief followed by shame, then repeat.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
8. Occasions of sin kept I keep easy access (apps, accounts, late-night devices) I know are occasions of sin.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
9. Sacramental gap I delay Confession / Communion while stuck in the cycle.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
10. Hope / next step I am willing to seek Confession soon, cut off an occasion of sin this week, and ask for accountability.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____

Tally / pattern (self only)

“Yes” (clear, enduring): ____ / 10 “Sometimes”: ____ / 10

Mercy is real. Go to Confession. Consider filtering, accountability, and counseling. Crisis of despair: 988.

☐ Is lust/porn a compulsive pattern blocking chastity and my vocation? ☐ Yes ☐ Unsure ☐ No

Before you conclude anything

☐ Will I go to Confession soon (State of Grace) rather than only feeling bad?

☐ Will I remove one concrete occasion of sin this week?

☐ Do I need a counselor / recovery group in addition to spiritual care?

☐ Am I treating myself with Truth + Love — honest, without despair?

Prayer: Lord Jesus, pure and merciful, cleanse my eyes and heart. Break the chains of lust. Restore my dignity. Lead me to Confession and chastity for my vocation. Amen.

PTSD / Trauma — Self Checklist

Self Discussion Checklist — Truth + Love

Based on DSM-5-TR (APA). For honest self-reflection. This is not a diagnosis.

READ FIRST — NOT A DIAGNOSIS

- Only a licensed clinician can diagnose PTSD after a full evaluation.
- Fill SELF about yourself across months and years — not one bad week.
- Do not use this sheet to condemn yourself without hope. Truth + Love includes mercy.
- Depression, panic, complicated grief, and TBI overlap. You deserve care — trauma is not your identity in Christ.
- If suicidal or in crisis: 988 or Right Door 888-527-1790 — get help now.

How to use

Pray first. Mark Yes / Sometimes / No about your own life. DSM-5-TR: Criterion A trauma + intrusion + avoidance + negative cognitions/mood + arousal; duration >1 month; distress/impairment. Crisis: 988 · Right Door 888-527-1790.

Date: _____ Name (optional): _____

Criterion (based on DSM-5-TR / inventory)	Self	Notes
1. Trauma exposure Exposure to actual/threatened death, serious injury, or sexual violence (direct, witnessed, learned, or repeated extreme exposure).	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
2. Intrusion Intrusive memories, nightmares, flashbacks, or strong distress/body reactions to cues.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
3. Avoidance Avoidance of trauma-related memories/thoughts/feelings and/or external reminders.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
4. Negative alterations Negative beliefs, blame, persistent negative emotions, detachment, anhedonia, or inability to feel positive emotions.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
5. Arousal Irritable/angry outbursts, reckless behavior, hypervigilance, exaggerated startle, concentration or sleep problems.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
6. Duration Symptoms lasting more than 1 month.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____
7. Impairment Significant distress or impairment in work, faith life, or relationships.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____

Tally / pattern (self only)

“Yes” (clear, enduring): ____ / 7 “Sometimes”: ____ / 7

Clinician trauma assessment recommended. Crisis: 988 / Right Door.

☐ Trauma plus lasting intrusion, avoidance, mood change, and arousal? ☐ Yes ☐ Unsure ☐ No

Before you conclude anything

- ☐ Am I scoring a long pattern — or a short crisis / grief / fatigue season?
- ☐ Will I bring this to a clinician and/or priest rather than self-labeling alone?
- ☐ Am I open to Confession, Mass, and State of Grace as the foundation?
- ☐ Truth + Love: will I treat myself (and others) without contempt?

Prayer: Lord Jesus, show me the truth about my heart without despair. Heal what is wounded. Order my life toward You, Your Church, and my vocation. Amen.

Social Anxiety & Avoidant Patterns

Self Discussion Checklist — Truth + Love

Based on DSM-5-TR (APA). For honest self-reflection. This is not a diagnosis.

READ FIRST — NOT A DIAGNOSIS

- Only a licensed clinician can diagnose Social Anxiety / Avoidant Patterns after a full evaluation.
- Fill SELF about yourself across months and years — not one bad week.
- Do not use this sheet to condemn yourself without hope. Truth + Love includes mercy.
- Shyness, autism social differences, depression withdrawal, and trauma-related avoidance differ — clinician helps.
- If suicidal or in crisis: 988 or Right Door 888-527-1790 — get help now.

How to use

Pray first. Mark Yes / Sometimes / No about your own life. Based on DSM-5-TR Social Anxiety Disorder (social phobia) features and avoidant patterns (Avoidant Personality features noted carefully — clinician only for personality diagnosis): marked fear of social situations with possible scrutiny; fear of negative evaluation; avoidance/endurance with intense fear; out of proportion; persistent (typically ≥ 6 months); impairment. Crisis: 988 · Right Door 888-527-1790.

Date: _____ Name (optional): _____

Criterion (based on DSM-5-TR / inventory)	Self	Notes
1. Fear of scrutiny I fear social situations where I may be watched or judged (conversations, meetings, eating/drinking with others, performance).	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____ _____
2. Negative evaluation fear I fear I will act in a way or show anxiety symptoms that will be humiliating/rejected.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____ _____
3. Almost always provoke fear These social situations almost always provoke fear or anxiety.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____ _____
4. Avoid or endure I avoid social situations or endure them with intense fear/anxiety.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____ _____
5. Out of proportion Fear is out of proportion to the actual threat in the culture/context.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____ _____
6. Persistent Fear, anxiety, or avoidance has been persistent (typically lasting 6 months or more).	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____ _____
7. Impairment It causes clinically significant distress or impairment (work, friendship, parish life).	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____ _____
8. Avoidant self-view I often see myself as socially inept or inferior and avoid risks of embarrassment (personality-pattern note for clinician — not self-diagnose AvPD).	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____ _____
9. Desire for connection I want connection with the Church and others, but fear blocks me.	SELF ☐ Yes ☐ Sometimes ☐ No	Notes / examples: _____ _____ _____

Tally / pattern (self only)

“Yes” (clear, enduring): ____ / 9 “Sometimes”: ____ / 9

Social Anxiety Disorder is a clinician diagnosis. Avoidant personality disorder requires full clinical evaluation — do not self-label.

☐ Is fear of judgment persistently blocking Mass, work, or friendship? ☐ Yes ☐ Unsure ☐ No

Before you conclude anything

☐ Am I scoring a long pattern — or a short crisis / grief / fatigue season?

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☐ Am I open to Confession, Mass, and State of Grace as the foundation?

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