

SAMPLE LOG LIST FOR WIVES + MOMS

Read Matthew 7:2-5, Romans 14:7-23, Ephesians 4:25-32, James 1:16, 1 John 1:9, and Proverbs 28:13. As mentioned in the title, this list is merely suggestive. Go over it and personalize it where it fits your sins and faults. Be honest and objective and specific. Add others to it as you examine your own life. Confess these sins to God and those whom you have wronged, & seek God's help for change. Bring this list to your counselor.

1. I seldom pray. My prayer life is very sporadic. When do you pray?
2. I don't enjoy reading the Bible as I used to. How much do you read?
3. I make excuses for not attending church. Why?
4. I resent the fact that we live where we do.
5. I demand too much of my husband's _____. What? How?
6. I am jealous and suspicious of _____. About what?
7. I am too critical of _____. About what?
8. I am bossy. With whom? About what?
9. I am too concerned with outward appearances. Examples?
10. I have bestowed too much time, money, attention to _____.
11. I'm not as happy as I pretend to be. I put on a false front. About what?
12. I'm much too worldly and carnal in my thinking, actions, and dress.
13. I'm too moody. About what? When? Examples.
14. I resent being tied down to my children or having no children.
15. I've been too insensitive to my husband's problems and concerns. Which?
16. I'm too concerned about money. How manifested?
17. I'm too much of a perfectionist in my housekeeping. How manifested?
18. I've never liked his parents or his older brother.
19. I've tried to please my parents too much when I should have been more concerned about pleasing him. Examples.
20. I have not sufficiently appreciated what his parents have done for us.
21. I disagree with him about _____ when I should be submissive. Examples?
22. I'm too outspoken at times when others are around. Examples?
23. I don't always pay attention when he is telling me something or explaining something to me. Examples?
24. I am a worry wart about _____.
25. I fret over the smallest things and blow them out of proportion. Examples?
26. My faith is very weak. How manifested?
27. I try to please others more than God. Examples?
28. I often allow my mind to wander during sermons and come away empty.
29. I've also been too apologetic about being a Christian. Examples?
30. I'm much too quick to condemn others. About what?
31. I haven't appreciated my husband's role as leader and decision-maker as I should. How manifested?
32. I form my own opinions and try to carry out my own desires even when it hurts him. Examples?
33. I make decisions without first asking God for guidance. Examples?

34. I nag him about washing the car, mowing the yard, and fixing things around the house or _____.
35. Sometimes I forget to do things that he asks me to do. Examples?
36. Too often I allow his depression to rub off onto me, and then I'm not able to help and encourage him at all.
37. I try to be around him all the time and to always be doing things with him when I know he also needs time just to be alone.
38. I expect him to spend a lot of time in the evenings with the children, even when I know he is very, very tired.
39. I put the children's needs ahead of his. Examples?
40. I allow the baby's crying to make me irritable, etc.
41. I grumble about gathering up trash so he can carry it out.
42. I complain about not eating out like we used to before the children came.
43. I sometimes feel depressed and unsatisfied with out sexual relations. When? Why? How aren't you satisfied?
44. I feel inferior to _____. About what?
45. I can often be negative and pessimistic in my outlook. Examples?
46. I complain about not having a second car instead of making the effort to take him to work so I can keep the car.
47. I often do not give him my enthusiastic support and cooperation as the leader of the family. Examples?
48. I will not express affection as he wants me to. What won't you do?
49. I watch too much TV. I watch the wrong programs.
50. I complain about not having any friends but I don't do anything about it.
51. I often resort to self-pity. About what? When? Give examples.
52. I gossip about what _____ or _____ has done.
53. I do not cooperate in the _____ activities of the church as I should. What should you do that you aren't doing?
54. I begin to cry when he disagrees with me about the way we should spend our money or _____.
55. I make excuses for my laziness and failure to fulfill responsibilities. What responsibilities are you failing to fulfill?
56. I allow the children to disobey me until finally I get so disturbed that I begin to yell and scream at them. Examples?
57. I sometimes forget that _____ and I aren't on opposing teams, but on the same team. Specific examples of failure.
58. I become irritated with him about the way he spends money.
59. When he comes home from work I complain and grumble about (the children, my aches and pains, etc.)
60. I get irritated by his weakness instead of accepting him, praying for him, encouraging him, and setting an example for him. Give specific examples.
61. I am too quick to state my opinion to him and to belittle his opinion. Give specific examples.
62. I do not agree with the way he disciplines the children. Example? I let him get away with things that he would never approve of. Examples?
63. I often say I'm too tired to do what he wants me to do. Examples?
64. I am seldom ready at the time he wants to leave for some place. Examples?
65. When the children don't do their chores, I nag, criticize, complain, or yell.

66. I don't really listen to what my children have to say.
67. I don't take time to give each child personal attention.
68. I sometimes resent all the work that is involved in taking care of the children.
What work do you resent?
69. I am more concerned about my children's physical and social well-being than about their spiritual well-being. How manifested?
70. I know that some things I do or don't do annoy _____, but I am stubborn and won't change. Examples?
71. I make fun of him in front of the children and other people. Examples?
72. I do not manifest my love in tangible ways as he desires. In what ways?
73. I sometimes argue with him about his decisions in front of the children.
Examples.
74. I do not cooperate with him in family devotions. In what ways?
75. I do not deal with issues or problems when they are beginning. Examples?
76. I keep a record of wrongs that people have done to me. I don't practice biblical forgiveness. Examples?
77. When he makes a wrong decision or fails, I call it to his attention. Sometimes I let him know that if he had listened to me he wouldn't have made the mistake.
Examples?
78. I am inconsiderate of his desires. For example, he likes me to wear perfume, or rub his back, or go walking with him, but I think these things are unimportant.
Examples?
79. I complain about the work he does for the church rather than cooperate and assist. Examples?
80. I don't like to go to the trouble of having people in for dinner.
81. I expect too much of him and the children and am hurt and disturbed when they don't perform as I want them to. Examples?
82. I make promises or threats to the children that I don't keep. Examples?
83. I overprotect the children by _____.
84. I fulfill the children's responsibilities instead of teaching them to fulfill their own responsibilities. Examples?
85. I don't take time to play with or just let the children know how much they mean to me.
86. I often refuse to have sexual relations with him and almost never ask him to have intercourse.
87. I allow my mother to meddle in our family. I often tell her things about him that make her think less of him. I am sometimes concerned more about pleasing my parents than about pleasing my husband. Examples?
88. I often make inordinate demands on him, expecting too much of him. Examples?
89. I blame things on him that are actually my fault. Examples?
90. I spend too much time away from home and am not available to him or the children frequently.
91. I try to push him into things. Give examples. I am not content until he has come around to my point of view or made the changes I want made or done what I want done.
92. I lose my temper frequently. About what? Note specifically the occasions in which you lose your temper.
93. I do not trust _____ as I should. About what?

94. I expect him to know what I want, to know my desires, ideas, concerns, to see things as I see them without even sharing my innermost feelings and opinions with him. When he doesn't, I think he doesn't care about me, and then I become hurt and withdraw or _____. Give examples.
95. I take things too seriously and often make mountains out of molehills. I sometimes major on the minors. Give examples.
96. I sometimes flirt with other men just to make him jealous or to get a good feeling (I am still attractive to men, I am still worthwhile, etc.)
97. I complain about his lack of decisiveness or silence or lack of initiative, but have become upset with him when he is decisive or aggressive or open in expressing his opinion. Give examples.
98. I refuse to ask him for advice about some things or talk over certain problems with him. Give examples.
99. I do not take care of myself physically as I should. Be specific.
100. I drink too much.
101. I use profanity. I take God's name in vain.
102. I have annoying habits and mannerisms. What are they?
103. _____
104. _____
105. _____