



Instructions: It is important to understand how harmful events and situations contribute to the shaping of your worldview, your approach to relationships and your view of yourself. The first step of acknowledging them allows you to better face their effects on you and your marriage.

Baggage can originate from hurtful experiences with parents, extended family, spouses, significant others, authority figures, friends and even strangers. Some baggage result from our poor choices and negative patterns of behavior. **Underline** the issues that you have clearly experienced and **star*** any issues that you can partly identify with. Share the story of your baggage with your spouse.

POSSIBLE SOURCES OF BAGGAGE

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| 1. Abandoned/neglected as a child | 36. Felt abandoned by church | 71. Premarital sexual activity |
| 2. Adopted | 37. Fighting with parents | 72. Prescription drug dependency |
| 3. Alcoholic parent(s) | 38. Financial loss or pressures | 73. Previous marriage(s) |
| 4. Anxiety/panic attacks | 39. Gambling addiction | 74. Rage or threats by parents |
| 5. Bad choices in friendships | 40. Gaming addiction | 75. Raised in foster home(s) |
| 6. Been bullied/picked on | 41. Gave child up for adoption | 76. Raised with step-siblings |
| 7. Broken engagement(s) | 42. Had a divorce | 77. Ran away from home |
| 8. Broken trust in others | 43. Had an abortion | 78. Raped by stranger |
| 9. Bullied others | 44. Harsh religious upbringing | 79. Raped by a date |
| 10. Caused accidental death | 45. Harsh treatment/discipline | 80. Raped someone |
| 11. Caused an abortion | 46. Hated by peers/siblings | 81. Rejection by parents |
| 12. Caused serious injury | 47. High expectations by parent(s) | 82. Repeated failures |
| 13. Cheated on by spouse | 48. Infertility/miscarriage(s) | 83. Repeated putdowns at home |
| 14. Chronic tension/stress | 49. Job loss | 84. School failure(s)/quit |
| 15. Controlling parents | 50. Lack of parental support | 85. Serious car accident/at fault |
| 16. Controlling spouse or partner | 51. Legalistic upbringing | 86. Serious family health issues |
| 17. Criminal behavior/charges | 52. Let down by God or my faith | 87. Sexually abused a child |
| 18. Cult or occult involvement | 53. Lied to/manipulated by parent(s) | 88. Sexually abused by others |
| 19. Death of child/spouse | 54. Lived with fear of harm | 89. Sexual preoccupation/addiction |
| 20. Death of significant other | 55. Lied to by spouse | 90. Sexually pressured a peer |
| 21. Depression periods | 56. Manipulated or lied to others | 91. Sibling rivalry/comparison |
| 22. Difficult child custody battle | 57. Mental breakdowns or hospitalized | 92. Spousal abuse |
| 23. Disabilities – physical/learning | 58. Neglect of life basics–food, clothing | 93. Step-parent rejection |
| 24. Drinking problems/alcoholism | 59. Parent(s) had affairs | 94. Step-parenting stress |
| 25. Drug addiction | 60. Parent(s) with psychiatric problems | 95. Suicidal attempts |
| 26. Drug-addicted parent(s) | 61. Parents fighting | 96. Unhealthy dating patterns |
| 27. Early Pornographic exposure | 62. Parents' divorce | 97. Unrealistic expectations by parents |
| 28. Early sexual encounters | 63. Health issues/problems | 98. Unresolved conflict with family |
| 29. Emotional affair(s) | 64. Pawn between divorcing parents | 99. Verbally abused/put down |
| 30. Experienced spiritual abuse/harm | 65. Personality disorder(s) | 100. Other issue: |
| 31. Ex-spouse stresses | 66. Physical abused by others | |
| 32. Extramarital affair(s) | 67. Physically abused others | |
| 33. Faced tragic accident/incidents | 68. Poorly modeled relationships | |
| 34. Failing marriage | 69. Pornographic addiction | |
| 35. Family image pressures | 70. Premarital pregnancy | |