



ROOT DIAGNOSTIC WORKSHEET

Whenever anxiety, pressure, or emotional disruption rises, pause and walk through these simple questions. Let the Holy Spirit reveal what's happening beneath the surface.

1. Recenter in Scripture

Breathe. Slow your mind. Then read one of these aloud:

- “Search me, God, and know my heart.” -Psalm 139:23
- “You will know the truth, and the truth will set you free.” -John 8:32
- “Cast all your anxiety on Him because He cares for you.” -1 Peter 5:7
- “Guard your heart, for everything you do flows from it.” -Proverbs 4:23

Choose one verse and hold it as your “anchor line” for this diagnostic moment.

2. Identify the Trigger

What just happened externally? (*What was said, done, implied, requested, or felt?*)

Write 1–2 sentences in plain language.

3. Quick Diagnostic Prompts to Trace the Root

A. What feels threatened right now?

- My safety (*fear something bad will happen*)
- My identity (*fear of being seen as not enough*)
- My control (*fear of losing stability or predictability*)
- My relationships (*fear of conflict, rejection, or abandonment*)
- My worth (*fear that I don't matter or will fail*)

B. When did I first start feeling this way?

- What memory or season does this emotion remind me of?
- What taught me—directly or indirectly—that this emotion was “necessary”?

C. What story in my life taught my body this response?

Think in simple patterns:

- “Whenever ___ happens, I feel ___.”
- “I learned to stay alert because ___.”
- “I protect myself by ___.”

D. What am I afraid will happen if I let go of this anxiety?

Often anxiety feels “protective,” so ask:

- “What bad thing do I think might happen if I relax?”
- “What feels unsafe about releasing this?”

E. What am I trying to control right now that may not be mine to carry?

(Expectations, outcomes, people, timing, opinions, or emotions)

4. Exchange the Lie for Truth

Ask:

- “Holy Spirit, what is the lie I’m believing?”
- “What is the truth You want me to hold instead?”

Truth to stand on:

5. Release + Reset

Put one hand on your heart and pray:

“Jesus, I release what is not mine to carry.

Show me the truth, fill me with peace, and retrain my heart.”

Take one slow breath and sit for a moment.

6. Optional Closing Declaration

Speak one aloud:

- “My heart is grounded in Your peace.”
- “I am safe because You are with me.”
- “The truth is setting me free.”
- “I release control and receive rest.”