

“The Four Sheets” you can use to prepare for “The Healing of Families” Seminar paralyurgy.

Sheet 1: Unforgiveness and Trauma – Childhood or Other

From Chapter 5 (p.113) & Appendix 1 (p.293) The Healing of Families by Fr. Yozefu – B. Ssemakula

Unforgiveness. (p.113) List all those situations where you feel unforgiveness is involved for you, and put down the names (or initials) of the people involved that you have to forgive.

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|-----------|-----------|
| 1. _____ | 17. _____ |
| 2. _____ | 18. _____ |
| 3. _____ | 19. _____ |
| 4. _____ | 20. _____ |
| 5. _____ | 21. _____ |
| 6. _____ | 22. _____ |
| 7. _____ | 23. _____ |
| 8. _____ | 24. _____ |
| 9. _____ | 25. _____ |
| 10. _____ | 26. _____ |
| 11. _____ | 27. _____ |
| 12. _____ | 28. _____ |
| 13. _____ | 29. _____ |
| 14. _____ | 30. _____ |
| 15. _____ | 31. _____ |
| 16. _____ | 32. _____ |

Childhood Trauma. (p. 116) List those situations where you experienced any kind of trauma – especially when you were a child. Just list them. Then try to identify where in the three categories of lies you ended up believing: 1) “I am worthless, unlovable, take up space for nothing.” 2) “That person is a bad person because he did that bad thing to me.” 3) “God is all those good things but somehow not for me.” Remember the more awareness you bring to this, the better.

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| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Fearful Events. (p.122) List any situations that you remember first affected you as fearful events or situations early in life, which may or may not be the same traumatic events. This is important especially if you have identified your life as being paralyzed by fear. The earlier you discover these to have been the better, as fear tends to have only a few main entry points in early life, and the rest simply builds on those primary ones. Dealing with the primary moments of fear from early life quite often gets rid of the whole built up nest over the years.

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| 1. _____ | 6. _____ |
| 2. _____ | 7. _____ |
| 3. _____ | 8. _____ |
| 4. _____ | 9. _____ |
| 5. _____ | 10. _____ |

Sheet 2: Unhealthy Relationships

From Chapter 6 (p.128) & Appendix 2 (p.295) The Healing of Families by Fr. Yozefu – B. Ssemakula

Negative spiritual relationships are bondages inhabited by the evil one which block the action, grace, and healing that God intends for us. Identifying and breaking them is essential for deep healing. Write down names of people as far as you can remember, with whom you feel now, or felt previously, was an unhealthy negative relationship – no matter if the unhealthy relationship was created by you or by them. We will use the list to cut you free from these unhealthy ties. Remember, we are not dealing here with just the sin, in case it still persists, but more especially with the consequences of the sin.

Manipulation, Control, Domination. List people who have manipulated, controlled, and dominated you or that you have manipulated, controlled, or dominated.

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|----------|----------|-----------|
| 1. _____ | 5. _____ | 9. _____ |
| 2. _____ | 6. _____ | 10. _____ |
| 3. _____ | 7. _____ | 11. _____ |
| 4. _____ | 8. _____ | 12. _____ |

Dependence or Control: List people you are overly dependent upon or excessively try to control you, e.g., spouse, parent-child, at work, friends, and groups (gangs, lodges, clubs, cults, etc.). Also list people that are overly dependent upon you or you excessively tried to control.

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|----------|----------|-----------|
| 1. _____ | 5. _____ | 9. _____ |
| 2. _____ | 6. _____ | 10. _____ |
| 3. _____ | 7. _____ | 11. _____ |
| 4. _____ | 8. _____ | 12. _____ |

Abuse: List people who may have abused you verbally, physically, sexually, or emotionally or that you may have abused verbally, physically, sexually, or emotionally.

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|----------|----------|-----------|
| 1. _____ | 5. _____ | 9. _____ |
| 2. _____ | 6. _____ | 10. _____ |
| 3. _____ | 7. _____ | 11. _____ |
| 4. _____ | 8. _____ | 12. _____ |

Illicit Sexual Union. List all sexual partners you ever had who were not your spouse. The sin of sins in relationships is the sin of illicit sexual union.

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| 1. _____ | 4. _____ | 7. _____ |
| 2. _____ | 5. _____ | 8. _____ |
| 3. _____ | 6. _____ | 9. _____ |

Pornography. Pornography strikes a relationship with the face of a person, even if virtual, that is distorted creating a negative spiritual relationship. List pornography viewed on the internet, magazines, Playboy pictures, TV or stage shows, books, topless bars, or X-rated movies.

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|----------|----------|-----------|
| 1. _____ | 5. _____ | 9. _____ |
| 2. _____ | 6. _____ | 10. _____ |
| 3. _____ | 7. _____ | 11. _____ |
| 4. _____ | 8. _____ | 12. _____ |

Grief: List all people who have died that you have held onto or are still holding onto even after a prolonged period of time.

- | | | |
|----------|----------|----------|
| 1. _____ | 3. _____ | 5. _____ |
| 2. _____ | 4. _____ | 6. _____ |

Sheet 3: Occult Involvement Questionnaire

From Chapter 7 (p.141) & Appendix 3 (p.296) The Healing of Families by Fr. Yozefu – B. Ssemakula

Prayer: Come, Holy Spirit. Please bring to my mind every involvement I have ever had with the occult. I choose to humble myself and allow You to guide, direct, and help me to be completely honest as I consider the questions. I submit myself to You. In Jesus' name. Amen.

Have there been any occult contacts or involvement in your personal life or family history? Please check those questions to which you answer in the affirmative. Consider the questions carefully, for they may be blocking you from hearing the Lord's voice clearly and may also be the doorway to your deliverance from occult oppression. To each question, answer Yes or No, and circle the issues that apply to you.

1. Have you ever visited a fortune-teller or psychic who used cards, tealeaves, palm reading, or a crystal ball? Y/N
2. Have you ever followed or read your horoscope or had a chart made to predict your future? Y/N
3. Have you ever had a tarot card reading or used cards to predict your future? Y/N
4. Has anyone ever hypnotized you? Y/N
5. Have you ever practiced yoga or done exercises related to yoga or practiced Transcendental Meditation? Y/N
6. Have you ever attended a séance, spiritualist meeting, or New Age seminar? Y/N
7. Have you ever had a life or reincarnate reading? Y/N
8. Have you ever played with a Ouija board or other fortune-telling "game"? Y/N
9. Have you ever consulted a medium or numerologist? Y/N
10. Have you ever acted as a channel or medium? Y/N
11. Have you ever practiced automatic writing? Y/N
12. Have you, or has anyone for you, practiced water witching, using a twig or pendulum? Y/N
13. Have you read or do you possess books on astrology, fortune telling, or New Age practices? Y/N
14. Have you played with occult games such as ESP, Telepathy, Kabala, Dungeons and Dragons? Y/N
15. Have you ever "thought" at a person or tried to make them call or write you by your thoughts? Y/N
16. Have you ever sought healing through magic, charms, or crystals, psychic healing, hypnosis, metaphysical healing, use of the pendulum or trance for diagnosis, or any other occult means? Y/N
17. Have you been to a chiropractor who treats through the use of ying and yang, the universal life forces in the spine? Y/N
18. Have you ever sought to locate missing objects or persons by consulting someone who has psychic, clairvoyant, second sight, or psychometric powers? Y/N
19. Have you practiced table-lifting or levitation? Y/N
20. Have you sought or communicated with apparitions that were not of God? Y/N
21. Have you worshiped in a pagan shrine or temple? Have you gone in any temple or building that was not Christian (Buddhist temple, Mormon temple, Masonic temple)? Y/N
22. Have you ever been given or worn an amulet, talisman, or charm for luck or protection? Y/N
23. Do you read or possess occult or spiritualist literature, e.g., books on astrology, interpretation of dreams, metaphysics, religious cults, self-realization, fortune telling, magic, ESP, clairvoyance, psychic phenomena? Y/N
24. Do you ever call the psychic hotlines or access psychic advice on the computer? Y/N
25. Do you have any object or book in your possession that may bring an evil presence or influence with it? Y/N
Has someone involved in the occult give you any amulet or other object? Y/N
26. Have you ever practiced any form of magic charming or ritual? Y/N
27. Do you possess any occult or pagan religious objects, relics, or artifacts which may have been used in pagan temples and religious rites, or in the practice of sorcery, magic, divination, or spiritualism? Y/N
28. Have you ever had your handwriting analyzed? Y/N

29. Have you ever listened to hard rock music for long periods of time? Do you have strong identification with a musician, dead or alive? Y/N
30. Do you have strong identification with a movie star or famous figure, dead or alive? Y/N
31. Have you or any family member, present or deceased, belonged to the Masons, DeMolay, Eastern Star, Rainbow Girls, Job's Daughters, Shriners? Have you been involved in a lodge or organization requiring rituals for membership? Y/N
32. Do you see auras? Y/N
33. Do you ever "feel" an evil presence? Y/N
34. Have you ever been visited by a demon or an evil spirit? Y/N
35. Have you ever been strong feelings of rage, a desire to commit suicide, or murder? Y/N
36. Have you ever cursed anyone or wished them dead? Y/N
37. Have you been involved in any group involved in rebellion, hatred, or terrorism? Y/N
38. Have you been involved in satan worship? Y/N
39. Have you been involved in white magic – doing good things through the control of psychic and supernatural power? Y/N
40. Have you been involved in black magic – psychic control through curses, use of the black arts, or any demon power for the purpose of harm? Y/N
41. Have you made any blood pacts? Y/N
42. Have you ever been involved in or attended meetings conducted by modern cults, such as: Theosophy, The Way, Children of God, Christian Science, Jehovah's Witness, Unitarian, Eckankar, Unity, Scientology, Worldwide Church of God? Y/N
43. To your knowledge have any of your parents, grandparents, or great grandparents ever been involved in any occult, cultic, or non-Christian religious practice? Y/N
44. Have you ever belonged to or attended a meeting of a coven? Y/N
45. Have you ever made a promise or pact with satan? Y/N
46. Have you ever made a blood pact with satan? Y/N
47. Are you a victim of Satanic Ritual Abuse (SRA)? Y/N
48. Have you attended witchcraft or voodoo services? Y/N
49. Have you been in an intimate relationship with someone involved in witchcraft? Y/N
50. Have you been involved in protracted or intense sinful or addictive activities that have led to your being oppressed by a spirit of sin, such as pornography? Y/N
51. Have you ever been on a drug trip that could have opened you up to an evil presence when your spirit was "out there" and unprotected? Y/N
52. Have you subjected yourself to literature or movies that are evil in nature? Y/N
53. Do you have a propensity towards superstition or fascination with evil? Y/N
54. Does the Holy Spirit bring anything else to mind? _____

Sins of the Flesh Questionnaire

1. Have you ever used LSD, marijuana, cocaine, crack cocaine, or any mind-expanding or mind-altering drugs? Y/N
Have you ever abused prescription drugs? Y/N
2. Have you viewed abstract art while under hallucinogenic stimulus? Y/N
3. Have you ever had a problem with alcohol? Y/N
4. Have you ever exposed yourself to pornography on the internet, in magazines, Playboy pictures, TV or stage shows, books, topless bars, or X-rated movies? Y/N
5. Have you ever had a problem with habitual masturbation? Y/N
6. Have you seen shows about sexual deviation, homosexuality, or lesbianism? Y/N
7. Have you been involved in group sex or bestiality? Y/N
8. Have you ever had sexual relations with a person who was not your legal spouse? Y/N (Recall them by first initial.)
9. Have you had an abortion, fathered a child who was aborted, been involved in abortion in any way (viewed/witnessed one, assisted in one, performed one, encouraged a friend to have one)? Y/N

Sheet 4: Family Bondage Identification

From Chapter 8 (p.158) & Appendix 4 (p.307) The Healing of Families by Fr. Yozefu – B. Ssemakula

Note Your Family Problem Areas & Patterns. Think of possible patterns of problem areas within your family bloodlines. Note repeated spiritual, emotional, and physical patterns of negativity. It doesn't really matter who did what in your family. It is more important to realize that the given situation is in your family; the one who carries it today is not so important because tomorrow it will be someone else of your same family carrying the same bondage. The following are some of the common areas of family bondage or sin that may help your thought:

Unusual and violent deaths or severe trauma in the family:

- Committed or attempted suicide
- Murdered or died in tragic ways (accidents or wars)
- Committed an abortion or participated in or sponsored an abortion
- Repeated miscarriages
- Died in a mental institution, nursing home, or prison
- Were not given a Christian burial
- Untimely deaths
- Severe trauma

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8. _____

Evidence of occult or demonic activity in the family:

- Superstitions
- Involved in witchcraft, astrology, spiritualism, divination
- Precognition or psychic abilities – opened oneself to powers of the spiritual realm
- Made a blood covenant with satan or involved in satanic worship
- Involved with a witch or other persons in the occult

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2. _____
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8. _____

Habitual patterns of sin in the family:

- Adultery/fornication
- Prostitution
- Homosexuality/lesbianism
- Incest
- Pornography
- Lust
- Sexual promiscuity
- Sexual perversions
- Sexual addictions
- Violence
- Abuse (physical, mental, emotional, spiritual)
- Incest
- Racial prejudice
- Anger
- Religious prejudice
- Murder
- Pride
- Greed
- Materialism
- Arrogance
- Hatred
- Unforgiveness
- Addictions (alcoholism, nicotine, drugs, food)
- Selfishness
- Judgments

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11. _____
12. _____

Destructive or abnormal patterns of relationships in the family:

- Divorces
- Abuse (emotional, mental, physical, spiritual)
- Hostility
- Control
- Manipulation
- Domination
- Revenge
- Unforgiveness
- Bitterness
- Anger
- Depression
- Labeling of family members as outcast, black sheep, scapegoat, or failures

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2. _____
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7. _____
8. _____

Diseases or predispositions to illness in the family:

- Arthritis
- Cancer
- Diabetes
- Depression
- Ulcers
- Fibromyalgia
- Headaches
- Heart trouble
- High blood pressure
- Skin problems
- Manic depressive disorders
- Mental retardation
- Mental disturbances
- Nervous breakdowns
- Respiratory issues

1. _____
2. _____
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7. _____
8. _____

Historical family connections:

- Involvement with events of great sin, evil, or trauma (massacres, plagues, slavery, conquests, etc.)
- Ethnic origin issues, negative traits, cultural evils, oppression, curses (European, Asian, African, Native American, Caribbean ancestry, etc.)

1. _____
2. _____

3. _____
4. _____

Religious history of the family: List all non-Judeo Christian religions in the family or ancestral history (e.g. Islam, Buddhism, African traditional religion, etc.)

1. _____
2. _____

3. _____
4. _____

In-utero wounding:

- Child conceived in lust or rape
- Illegitimacy
- Parent considered, or actually decided, handing child over to adoption before it was born
- Ambivalence or rejection from either parent
- Fears, anxiety (mother had difficulty carrying child to term)
- Attempted or failed abortion
- Loss of father
- Life-threatening illness of the mother or of the baby
- Mother had miscarriage(s) or abortion(s) before your conception

1. _____
2. _____
3. _____

4. _____
5. _____
6. _____