



Saint Anastasia
CATHOLIC CHURCH
ONE • HOLY • CATHOLIC • APOSTOLIC CHURCH

Are You Bound?

- I drink ... too much ... and I can't stop. **I'm bound.**
 - I spend what I don't have. I'm in deep debt. **I'm bound.**
 - I work too much. I have to pay for "all this." **I'm bound.**
 - I look at pornography ... and I can't stop. **I'm bound.**
 - I had plastic surgery. I have to look younger. **I'm bound.**
 - I smoke ... and I can't stop. **I'm bound.**
 - I have to be right. All the time. **I'm bound.**
 - I refuse to forgive. "I won't let them win." **I'm bound.**
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- I will never tell anyone. I can't. **I'm bound.**
 - I have to please everyone **I'm bound.**
 - I contracept. "now and have a right to." **I'm bound.**
 - I'm irritated that contraception is on this list. **I'm bound.**
 - I'm mad that you just named my irritation. **I'm bound.**
 - I am having an affair because I'm unhappy. **I'm bound.**
 - I get physically abusive. "It's 'their' fault." **I'm bound.**
 - I neglect my children. I need "my time." **I'm bound.**
 - I have to have more, at least more than them. **I'm bound.**
 - I will never let (person) into my heart again. **I'm bound.**
 - I gamble ... and I can't stop. **I'm bound.**
 - I eat in excess. I can't stop the gluttony. **I'm bound.**
 - My phone. I itch to check. I cannot not look. **I'm bound.**
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- I neglect my aging parents. It's "my life." **I'm bound.**
 - If people only knew what I've done. **I'm bound.**
 - I'm angry at (person) and I have a right to be. **I'm bound.**
 - I'm mad that you imply I have to forgive. **I'm bound.**
 - I don't like it when someone calls me a sinner. **I'm bound.**
 - Being a Christian is "to be a nice person." **I'm bound.**
 - I hate that I have to admit that something on this list is true about me.
I hate that part of me. I can't make it go away. **I'm bound.**
And, I hate that I'm bound.