

Generational Patterns Assessment

What follows is the body of the assessment, organised into twelve categories drawn from the patterns most commonly encountered in generational ministry.

Each category begins with a brief description of what that pattern looks like, followed by a series of questions you will score from 0 to 3. After each category, take a moment to total your score and note any specific impressions, memories, or reactions that arose.

Use a separate notebook for your scores and reflections. The book in your hands is the map; the journey itself happens on the page where you write what God shows you.

Category A — Rejection, Abandonment & Orphan Spirit

This pattern manifests as a deep, often-unconscious sense of being unwanted, unworthy, or fundamentally on one's own. It often originates in actual rejection or abandonment in earlier generations: illegitimacy, adoption, abandoned children, fatherlessness, divorce, parental absence, or babies lost through miscarriage or abortion that were never grieved. It produces what some traditions call an orphan spirit: a way of moving through the world as if no one is for you, even when people are.

1. I struggle to believe deep down that I am genuinely loved and wanted, even by people who tell me I am. Score: 0 / 1 / 2 / 3
2. I have a pattern of feeling like an outsider or 'extra' even in groups where I am clearly included. Score: 0 / 1 / 2 / 3
3. I find it very hard to accept gifts, compliments, help, and affection without feeling defensive or guilty. Score: 0 / 1 / 2 / 3
4. There is a thread of fatherlessness, abandonment, or absent parents running through my family line. Score: 0 / 1 / 2 / 3
5. I tend to anticipate rejection and pre-emptively withdraw from people before they can leave me. Score: 0 / 1 / 2 / 3
6. I struggle to depend on others and, even subtly, pride myself on 'not needing anyone'. Score: 0 / 1 / 2 / 3
7. Adoption, illegitimacy, or unknown paternity exists in my immediate or near family. Score: 0 / 1 / 2 / 3
8. Miscarriages, stillbirths, or abortions exist in my family line that were never properly grieved or named. Score: 0 / 1 / 2 / 3
9. I have a pervasive sense that I have to 'earn my place' wherever I go.

Score: 0 / 1 / 2 / 3

10. I struggle, more than other believers I know, to experience God as a present, attentive, affectionate Father. Score: 0 / 1 / 2 / 3

Category B — Shame, Self-Hatred & Unworthiness

This pattern manifests as a chronic, often-unconscious sense that something is fundamentally wrong with you. It is different from guilt over particular actions; it is shame over your existence. It often runs through bloodlines marked by abuse, scapegoating, harsh religious culture, sexual trauma, or sustained verbal cruelty across generations.

1. I have an inner voice that speaks to me more harshly than I would ever speak to another person. Score: 0 / 1 / 2 / 3
2. I struggle to look at myself in the mirror with anything other than criticism.
Score: 0 / 1 / 2 / 3
3. I have thoughts of self-harm, self-punishment, or wishing I did not exist, even if I would never act on them. Score: 0 / 1 / 2 / 3
4. Shame-based, performance-based, or harshly punitive religion exists in my family history. Score: 0 / 1 / 2 / 3
5. Verbal cruelty, scapegoating, or chronic public humiliation was a feature of my family of origin. Score: 0 / 1 / 2 / 3
6. Sexual abuse, sexual shaming, or sexual scandal exists in my known or suspected family history. Score: 0 / 1 / 2 / 3
7. I find it very hard to celebrate my own successes or to take pleasure in my own gifts.
Score: 0 / 1 / 2 / 3
8. I assume, by default, that other people will not approve of me unless I prove myself worthy. Score: 0 / 1 / 2 / 3
9. I struggle to receive forgiveness, even from God, even when I have repented.
Score: 0 / 1 / 2 / 3
10. There is a part of me that believes, at a level beneath argument, that I deserve to suffer. Score: 0 / 1 / 2 / 3

Category C — Fear, Anxiety & Hyper-Vigilance

This pattern manifests as a chronic state of low-grade or high-grade alarm, the nervous system braced for catastrophe even when nothing in the present warrants it. It often runs through bloodlines that experienced war, sustained violence, refugee dislocation, severe

poverty, or chronic instability across generations.

1. I have struggled with anxiety, panic, or chronic worry for as long as I can remember.
Score: 0 / 1 / 2 / 3
2. I have specific phobias whose origins I cannot account for in my own experience.
Score: 0 / 1 / 2 / 3
3. I have a strong fear of death, of bad news, or of imminent disaster.
Score: 0 / 1 / 2 / 3
4. War, violence, refugee experience, or severe persecution exist in my recent family history. Score: 0 / 1 / 2 / 3
5. Both of my parents were, or one of them was, a chronically anxious person.
Score: 0 / 1 / 2 / 3
6. I struggle to relax in my body even when my circumstances are objectively safe.
Score: 0 / 1 / 2 / 3
7. Sleep difficulties — falling asleep, staying asleep, nightmares — run in my family.
Score: 0 / 1 / 2 / 3
8. I have a strong fear of abandonment or of being left, sometimes disproportionate to the situation. Score: 0 / 1 / 2 / 3
9. I have a pattern of catastrophising, assuming the worst-case scenario as the likely outcome. Score: 0 / 1 / 2 / 3
10. My nervous system feels, much of the time, like it is bracing for something that is about to go wrong. Score: 0 / 1 / 2 / 3

Category D — Addiction, Compulsion & Bondage

This pattern manifests as repetitive, often-secretive behaviours that the person genuinely wishes they could stop and cannot. The substances or behaviours vary, alcohol, drugs, food, pornography, gambling, work, screens, shopping, but the pattern is consistent: a compelling pull toward something that brings shame and damage. It frequently runs through generations in modified forms (the alcoholic father producing the workaholic son producing the food-addicted daughter, all of them masking the same underlying vulnerability).

1. I have a pattern of compulsive behaviour around a particular substance or activity that I struggle to stop. Score: 0 / 1 / 2 / 3
2. Alcoholism or drug addiction runs through my immediate or extended family.
Score: 0 / 1 / 2 / 3

3. Sexual compulsion, pornography use, or sexual addiction runs through my family line.
Score: 0 / 1 / 2 / 3
4. Workaholism or compulsive achievement-seeking is a feature of my family.
Score: 0 / 1 / 2 / 3
5. Eating disorders, food compulsion, or chronic dieting/restriction are features of my family. Score: 0 / 1 / 2 / 3
6. Gambling, financial impulsivity, or compulsive spending runs in my family.
Score: 0 / 1 / 2 / 3
7. I use a particular behaviour or substance to manage emotion in a way I cannot easily stop. Score: 0 / 1 / 2 / 3
8. There are 'addictive personalities' running through multiple generations of my family.
Score: 0 / 1 / 2 / 3
9. When I think about giving up the behaviour I struggle with, I notice fear or rage rising.
Score: 0 / 1 / 2 / 3
10. I have tried, more than once, to stop a compulsive pattern through sheer willpower and have failed. Score: 0 / 1 / 2 / 3

Category E — Sexual Sin, Perversion & Defilement

This pattern includes generational involvement in adultery, incest, sexual abuse, prostitution, sexual immorality, abortion, or sexual perversions of any kind. It is one of the heavier categories in generational ministry because Scripture treats sexual sin as uniquely defiling — it touches the body, the soul, and the spirit at once. Patterns in this category frequently produce both compulsive sexual behaviour and its mirror, sexual shutdown or aversion.

1. Sexual abuse, including incest, occurred in my immediate or extended family.
Score: 0 / 1 / 2 / 3
2. Adultery has been a recurring pattern across generations in my family.
Score: 0 / 1 / 2 / 3
3. Pornography use is, or has been, a serious struggle for me or for close family members. Score: 0 / 1 / 2 / 3
4. Compulsive sexual behaviour, sexual addiction, or 'serial' relationships run in my line.
Score: 0 / 1 / 2 / 3
5. Abortion has occurred in my immediate family, and was not deeply grieved or repented of. Score: 0 / 1 / 2 / 3

6. Children born outside of marriage or to unknown fathers exist in my family history.
Score: 0 / 1 / 2 / 3
7. I struggle with sexual intimacy in a context (e.g. marriage) where intimacy should feel safe. Score: 0 / 1 / 2 / 3
8. I have specific sexual struggles or temptations that feel disproportionate to my actual experience. Score: 0 / 1 / 2 / 3
9. There is sexual shame in my family that is rarely or never spoken about.
Score: 0 / 1 / 2 / 3
10. I sometimes feel the presence of something dark or oppressive, specifically around my sexuality. Score: 0 / 1 / 2 / 3

Category F — Violence, Rage & Bloodshed

This pattern includes a generational involvement with murder, domestic violence, war crimes, abortion, or chronic physical violence. It often produces, in descendants, either expressed rage that surprises them with its intensity, or its opposite, a chronic shutdown of healthy assertiveness. Bloodshed in a line creates particular spiritual claims, and Scripture treats it with particular seriousness (Genesis 4:10, Numbers 35:33).

1. I struggle with rage that feels disproportionate to its triggers.
Score: 0 / 1 / 2 / 3
2. Domestic violence has occurred in my immediate or extended family.
Score: 0 / 1 / 2 / 3
3. There has been involvement in war combat in my recent generations.
Score: 0 / 1 / 2 / 3
4. There are stories of murder, manslaughter, or violent deaths in my family history.
Score: 0 / 1 / 2 / 3
5. I have struggled with intrusive violent thoughts or images that distress me.
Score: 0 / 1 / 2 / 3
6. Premature deaths, accidents, or unexplained tragedies cluster in my family line.
Score: 0 / 1 / 2 / 3
7. Abortion has occurred in my line, particularly multiple abortions.
Score: 0 / 1 / 2 / 3
8. I either explode with anger or I cannot access healthy anger at all (the two extremes are connected). Score: 0 / 1 / 2 / 3

9. I have, at times, had to fight off thoughts of harming myself or others.

Score: 0 / 1 / 2 / 3

10. There is a sense, in my family, of 'something dark' associated with our line that no one speaks about. Score: 0 / 1 / 2 / 3

Category G — Poverty, Lack & Financial Bondage

This pattern manifests as a recurring inability to retain wealth, recurring financial collapse, generational debt, vows of poverty made by religious ancestors, dishonest gain in the line, or theft. It often surfaces as a 'glass ceiling' on income or a self-sabotaging pattern around money that resists every breakthrough. Curses in this area sometimes have specific verbal origins ('we are not the kind of people who...').

Poverty, severe financial lack, or persistent struggle with money runs through my family line. Score: 0 / 1 / 2 / 3

I have a pattern of self-sabotage around money that resists my best efforts.

Score: 0 / 1 / 2 / 3

Financial scandals, theft, or dishonest dealings exist in my family history.

Score: 0 / 1 / 2 / 3

Vows of poverty made by religious ancestors (monks, nuns, priests) exist in my known history. Score: 0 / 1 / 2 / 3

Financial agreements were broken, debts left unpaid, or people defrauded by my ancestors. Score: 0 / 1 / 2 / 3

I feel deep guilt or shame around having or pursuing money, even legitimately.

Score: 0 / 1 / 2 / 3

I tend to lose income through inexplicable circumstances (theft, broken contracts, illness, etc.). Score: 0 / 1 / 2 / 3

There is a generational sense that 'we are not the kind of people who succeed financially'.

Score: 0 / 1 / 2 / 3

I have a pattern of impulsive spending or financial self-sabotage I cannot account for.

Score: 0 / 1 / 2 / 3

Despite hard work and ability, I cannot seem to break through to genuine financial stability.

Score: 0 / 1 / 2 / 3

Category H — Sickness, Disease & Premature Death

This pattern manifests as recurring illnesses or conditions that cluster in particular families,

often beyond what a strict genetic explanation accounts for. Cancer, heart disease, autoimmune conditions, mental illness, or specific organs failing in successive generations may have both genetic and spiritual components. Premature death, people in your family dying significantly younger than would be expected, is a particular flag.

1. Specific illnesses (cancer, heart disease, diabetes, autoimmune, etc.) cluster heavily in my family. Score: 0 / 1 / 2 / 3
2. People in my family tend to die younger than the general population.
Score: 0 / 1 / 2 / 3
3. Mental illness — depression, bipolar, schizophrenia — runs through my family line.
Score: 0 / 1 / 2 / 3
4. Suicide has occurred in my family history. Score: 0 / 1 / 2 / 3
5. I have a chronic illness or condition that has not responded to standard treatment.
Score: 0 / 1 / 2 / 3
6. Specific body parts or systems seem 'cursed' across generations (e.g. women's reproductive issues). Score: 0 / 1 / 2 / 3
7. I feel a sense that something physical is going to 'get me' the way it got my parents/grandparents. Score: 0 / 1 / 2 / 3
8. There are unexplained deaths or 'accidents' in my family history.
Score: 0 / 1 / 2 / 3
9. I have ongoing health issues that began without obvious cause.
Score: 0 / 1 / 2 / 3
10. Doctors have told me that something I struggle with is 'in my genes' or 'family history'.
Score: 0 / 1 / 2 / 3

Category I — Occult, Idolatry & Ancestral Spiritual Involvement

This pattern is one of the most important to identify accurately, because occult involvement in a bloodline establishes some of the strongest legal claims against descendants. It includes freemasonry, witchcraft (including 'white magic', wicca, neopaganism), divination of any kind (tarot, palmistry, astrology, ouija), false religions (including New Age, Eastern religions, animism, ancestral worship), blood pacts, secret societies, and any deliberate covenant with non-Christian spiritual entities. Even seemingly innocent involvements, a grandmother who 'just read tea leaves', an uncle in the Freemasons, a great-grandparent who was a spiritualist, can establish ground that affects descendants.

1. Freemasonry, the Eastern Star, the Shriners, or any related lodge involvement exists in my family history. Score: 0 / 1 / 2 / 3

2. Witchcraft, wicca, neopaganism, or similar practices exist in my family history.
Score: 0 / 1 / 2 / 3
3. Divination: tarot, palmistry, astrology, mediums, fortune-telling, has been used in my family. Score: 0 / 1 / 2 / 3
4. Ancestor worship or veneration of the dead is part of my family's cultural or religious heritage. Score: 0 / 1 / 2 / 3
5. Eastern religions (Buddhism, Hinduism, etc.) or New Age practices are part of my family history. Score: 0 / 1 / 2 / 3
6. I or someone in my family has personally engaged with the occult, even casually.
Score: 0 / 1 / 2 / 3
7. There are cult or high-control religious group involvements in my family history.
Score: 0 / 1 / 2 / 3
8. I experience inexplicable spiritual blockage when I try to pray or read Scripture.
Score: 0 / 1 / 2 / 3
9. I have been visited by spiritual entities, had dreams of being attacked, or experienced sleep paralysis. Score: 0 / 1 / 2 / 3
10. My family's heritage includes shamanic, animist, or 'traditional' religious practices.
Score: 0 / 1 / 2 / 3

Category J — Word Curses, Inner Vows & Pronouncements

Words have spiritual weight. Repeated declarations spoken over a person, especially by parents, authority figures, or the person themselves, establish frameworks that can shape an entire life. Inner vows ('I will never be like my father', 'I will never trust a man', 'I will never need anyone') are particularly strong because they were sworn by you, often in moments of pain. Curses spoken by others ('you'll never amount to anything', 'you'll be just like your mother') can attach themselves to a person and operate for decades.

1. I was repeatedly told negative things about myself by my parents or significant authority figures. Score: 0 / 1 / 2 / 3
2. There are specific phrases I remember being said over me that I have never been able to shake. Score: 0 / 1 / 2 / 3
3. I have made internal vows ('I'll never...', 'I always have to...') that I now suspect have shaped my life. Score: 0 / 1 / 2 / 3
4. Curses or strong negative declarations have been spoken over my family by people who knew us. Score: 0 / 1 / 2 / 3

5. I find myself living out predictions or pronouncements made about me.
Score: 0 / 1 / 2 / 3
6. I have spoken curses over myself, declarations of failure, worthlessness, or unworthiness. Score: 0 / 1 / 2 / 3
7. I struggle with self-fulfilling prophecies that mirror what I was told as a child.
Score: 0 / 1 / 2 / 3
8. Words spoken in anger by parents during my childhood still echo in my head as adult truth. Score: 0 / 1 / 2 / 3
9. I have inner vows around marriage, parenting, or relationships that I now want to renegotiate. Score: 0 / 1 / 2 / 3
10. There are 'family sayings' that pronounce limitation or failure that get repeated as identity. Score: 0 / 1 / 2 / 3

Category K — Covenants, Pacts & Soul Ties

Covenants are formal spiritual agreements, often entered into unconsciously, that bind a person, or a bloodline, to particular spiritual realities. They include sexual covenants formed outside marriage, blood-oath organisations, cult or high-control religious memberships, ancestral covenants entered with ethnic or territorial spirits, marriage covenants with abusive or unbelieving partners, and pacts of any kind. Soul ties are the relational bonds that form between people, particularly through sexual intimacy or sustained intense relationships, that can transmit spiritual influence.

1. I have had multiple sexual partners outside of marriage and have not formally renounced those soul ties. Score: 0 / 1 / 2 / 3
2. My ancestors or I have been members of organisations involving oaths or blood pacts (lodges, fraternities, certain orders). Score: 0 / 1 / 2 / 3
3. My ancestors or I have been members of cults or high-control religious systems.
Score: 0 / 1 / 2 / 3
4. Marriage to an abusive, controlling, or deeply spiritually incompatible partner exists in my line. Score: 0 / 1 / 2 / 3
5. I feel inexplicably tied to a particular former relationship that I cannot 'shake'.
Score: 0 / 1 / 2 / 3
6. There are dedications of children to non-Christian deities or practices in my family history. Score: 0 / 1 / 2 / 3
7. I or my ancestors have lived in lands with strong territorial/ancestral spiritual covenants

(e.g. specific tribes, regions, peoples). Score: 0 / 1 / 2 / 3

8. I have had recurring dreams or thoughts about a person from my past that feel unnatural in their persistence. Score: 0 / 1 / 2 / 3
9. Significant relationships in my life have ended badly and left me feeling spiritually 'unfinished'. Score: 0 / 1 / 2 / 3
10. I sense, when I think about it honestly, that something is spiritually attached to me from a relationship I have left. Score: 0 / 1 / 2 / 3

Category L — Inherited Trauma, Grief & Loss

This pattern includes ungrieved tragedy, sudden loss, severe accidents, unaddressed traumatic events, or what is sometimes called 'frozen grief' running through generations. Trauma that is never named tends to propagate, often in symbolic forms. The descendants of a great-grandfather who lost his entire family in a war may inherit unexplained terror around abandonment, a fear of celebration, or an inability to fully embrace life.

1. Severe trauma: war, genocide, catastrophic accidents, sudden deaths, exists in my recent family history. Score: 0 / 1 / 2 / 3
2. There are stories my family does not tell, or speaks about only in whispers. Score: 0 / 1 / 2 / 3
3. I have an unexplained heaviness, sadness, or grief that does not match my own experience. Score: 0 / 1 / 2 / 3
4. Major events in my family (births, deaths, wars) are accompanied by strange patterns or 'curses'. Score: 0 / 1 / 2 / 3
5. I feel grief for situations or people I never personally knew. Score: 0 / 1 / 2 / 3
6. Trauma was 'pushed down' rather than processed in my family of origin. Score: 0 / 1 / 2 / 3
7. I have had dreams or impressions that seem to relate to ancestors' experiences. Score: 0 / 1 / 2 / 3
8. There are 'anniversaries' in my year, particular dates, that come with unexplained heaviness. Score: 0 / 1 / 2 / 3
9. Migration, displacement, or refugee experience exists in my recent family history and was not deeply grieved. Score: 0 / 1 / 2 / 3
10. I sense my family is carrying something that nobody has been willing to name and grieve. Score: 0 / 1 / 2 / 3