

Am I Under the Influence of a Jezebel Spirit?

A Personal Assessment Tool

This self-assessment helps you evaluate whether you may be in a relationship with someone operating under a Jezebel spirit. Answer honestly based on your experiences. Mark each statement that applies to your situation.

Emotional Warning Signs

In this relationship, I often experience:

- Confusion about what is true or what really happened
- Walking on eggshells to avoid conflict or their anger
- Feeling guilty for things that are not my fault
- Exhaustion from constant drama or emotional chaos
- Loss of confidence in my own judgment and decisions
- Fear of expressing my true thoughts or feelings
- Isolation from friends and family who express concern
- A sense that I am never good enough no matter what I do

Behavioral Patterns I Have Observed

The person in question regularly:

- Twists my words or denies saying things I clearly remember
- Uses charm or flattery to get what they want, then withdraws it
- Creates conflict between me and others close to me
- Refuses to accept responsibility or apologize sincerely
- Punishes me with silence, withdrawal, or passive aggression
- Makes me feel responsible for their emotions and reactions
- Lies or exaggerates to make themselves look better
- Uses spiritual language or authority to control situations

Impact on My Life and Relationships

Since being in this relationship:

- I have lost touch with people who care about me
- I doubt my own perceptions and memories regularly
- I have given up hobbies, interests, or goals I once valued
- I find myself defending this person to concerned others
- I feel trapped but unable to explain exactly why

- My physical health has declined (sleep, appetite, stress)
- I have compromised my values or beliefs to keep peace
- I feel like a shell of who I used to be

Understanding Your Results

0 to 5 items checked: Healthy caution. Continue monitoring the relationship.

6 to 12 items checked: Significant concern. Consider seeking support from a trusted pastor or counselor.

13 to 24 items checked: Strong indicators of manipulation. Professional help is strongly recommended.

Recommended Next Steps

- Document specific incidents in a private journal
- Share your concerns with a trusted friend, pastor, or counselor
- Read "Breaking Free from the Jezebel Spirit" for deeper understanding
- Begin establishing small boundaries and observe the response
- Consider professional Christian coaching or counseling

From "Breaking Free from the Jezebel Spirit" by Dr. Johnathan Hines, DCC | breakingfreefromjezebel.com