

Don Dickerman's Oppression Groupings and Gateways

Abandonment

Isolation	Not feeling wanted
Not belonging Victim	Loneliness
Not belonging	

Addictions

Alcohol	Dependencies
Cocaine	Food
Marijuana	Non-prescription drugs
Pornography	Street Drugs
Tranquilizers	Caffeine
Downers/uppers	Escape
Gambling	Prescription drugs
Sports	Television
Video games	

Anger

Frustration	Resentment
Tantrums	Hatred rage
Temper	Spoiled little boy/girl

Anxiety

Burden	Fatigue
Nervousness	Weariness
False Responsibility	Heaviness
Restlessness	

Bitterness

Blaming	Critical judging
Murmuring	Unforgiveness
Complaining	Gossiping
Ridicule	Irrational condemnation

Competition

Driving	Possessiveness
Jealousy	Pride
Striving	

Confusion

Indecision	ADD/ADHD
OCD	Memory lapse
Perception problems	Thought interruption
Lack of focus	Disconnected thoughts

Deception

Confusion
Lying

Self-deception

Depression

Despondency
Insomnia
Suicide fantasies
Hopelessness
Suicide attempt

Discouragement
Self-pity
Despair
Oversleeping
Withdrawal

Escape

Fantasy
Procrastination
Passivity

Lethargy
Forgetfulness
Withdrawal

Fears

Anxiety
Heaviness
Phobias
Failure
Punishment
Rejection
Infirmities
Heart attack
Being a victim
Irrational concerns

Burdens
Superstition
Authority
Man
Death
Oversensitivity
Cancer
Diabetes
Horror Movies
Worry

Financial patterns

Compulsive shopping
Job failure
Stinginess
Irresponsible spending
Poverty

Inability to plan and save
Poor financial decisions
Greed
Job loss

Greed

Cheating
Misrepresentation
Stealing

Idolatry
Covetousness
Fraud

Grief

Loss
Sadness

Sorrow
Suffering

Infirmities/disease

Accidents (car, falls etc.)
Cancer
Arthritis
Diabetes
Fibromyalgia
Mental illness
Skin rashes/diseases
Miscarriage
Premature death

Asthma
Family history/disease
Barrenness
Fatigue
Hypertension
Physical abnormalities
Heart disease
Migraines

Mental illness

Craziness
Hysteria
Disorder
Shock treatment
Hallucinations
Paranoid schizophrenia
Mental anguish

Confusion
Obsessive-compulsive
Senility
Compulsions
Insanity
Institutionalized

Occult

Astrology
Casting a spell or hex, chanting
Magic 8 ball
Freemasonry
Levitation
Necromancy
Non-Christian exorcism
Pendulum
Seen any horror movies
Clairvoyance
Divination
Fraternities
Hypnosis
Blood oath or vow
New Age
Past-life readings
Science fantasy
Seances
Sorcery
Tea leaves
Voodoo
Spirit guide
Transcendental meditation
Water witching

Black Magic
Dispatching demons
Fortune-telling
Horoscopes
Made a blood pact
Owned occult jewelry
Palm reading
Read occult/witchcraft books
Automatic writing
Crystal ball
ESP
Handwriting analysis
Mental Telepathy
Heavy metal music
Ouija board
Psychic healing
Seen any science fantasy
Sororities
Spiritism
Visited pagan temples
White magic
Tarot cards
Visited Indian burial ground
Yoga

Sexual sins

Demonic sex
Homosexuality
Lust masturbation
Rape
Exposure
Incest
Pornography
Seduction

Fornication
Lesbianism
Premarital sex
Sexual abuse
Frigidity
Lust/fantasy
Prostitution/harlotry
Masturbation

Shame

Condemnation
Self-disgust/reproach
Self-accusation

Guilt
Embarrassment

Pride

Arrogance
Self-importance

Vanity
False self-worth

Rebellion

Insubordination
Lying

Stubbornness
Undermining

Rejection

Perceived rejection
Perfectionism

Self-rejection

Religion

Antichrist
Cults

Legalism/rules
Tradition

Strife

Arguing
Disagreement
Dissension

Cursing
Bickering
Mocking

Surgeries

Anesthetized
C-section

Difficult birth
Epidurals

Trauma

Accident
Sexual abuse
Emotional abuse
Verbal abuse

Loss
Violence
Physical abuse

Unbelief

Doubt
Unbelief
Skepticism

Rationalism
Disbelief

Unworthiness

Inferiority
Self-hate

Self-condemnation
Self-mutilation

Violence

Feuding
Retaliation
Murder

Threats
Physical harm
Torture