

304 – History Taking and Assessments

I. The Flesh

A. Definition of Flesh:

Two types:

- a. Good Looking flesh (Positively programed)
- b. Yucky flesh (Negatively programed)

B. Structuring the Flesh

1. Methods to Identify Flesh

- a. History
- b. Diagraming Flesh
- c. Belief System Test
- d. Manifestations of the Flesh
- e. Search for Significance Fear Tests

C. The person must see his or her _____

- 1. Pointing out their flesh will _____.
- 2. _____ as opposed to giving answers.

II. History Taking Process

A. Why take a History

B. History Taking

1. Follows the historical _____ of events
2. Mentors use "TELL ME ABOUT" and _____ until they uncover a rejective event or they have shared all they can remember.
3. Use some method of _____ your discovery of a person's feelings, beliefs and fleshly coping mechanisms.
4. Listen for _____ (for example, rejection, trauma) in the events described. Some questions you might ask the counselee about those deficits:
5. Ask the counselee how he _____ with a particular deficit. What did he do at the time? Look for connections between a fleshly coping mechanism **then** and fleshly coping mechanisms **now**.
6. Discover which _____ of their parents they see in themselves.
7. When you find no rejections, ask:
8. When taking the person's history use _____ such as:
9. Pursue _____ responses.
10. Remember that in taking a person's history you can only _____ that has been given to you. God through His Spirit has to illumine the person to the reality of what you share.
11. To help someone else discover their fleshly coping mechanisms, it is vital that _____.

12. Sample:

Social History					
Age	Significant Person	Event	Feeling	Belief	Coping
5	Father	Drink and get angry	Scared	Not safe	Hide in roo
8	Mother	Buy new dress	Happy	Loved me	Please her

(fill in other two rows)

III. Structuring the Flesh

A. Purpose

1. To help the person discover their _____ and the needs they have been trying to meet by using them.
2. To discover their inability to _____ or the needs of others in their own fleshly strength.

B. The Flesh Diagrams

1. Listing feelings, beliefs, and coping

Sample:

The Flesh Based on Your History

Name _____

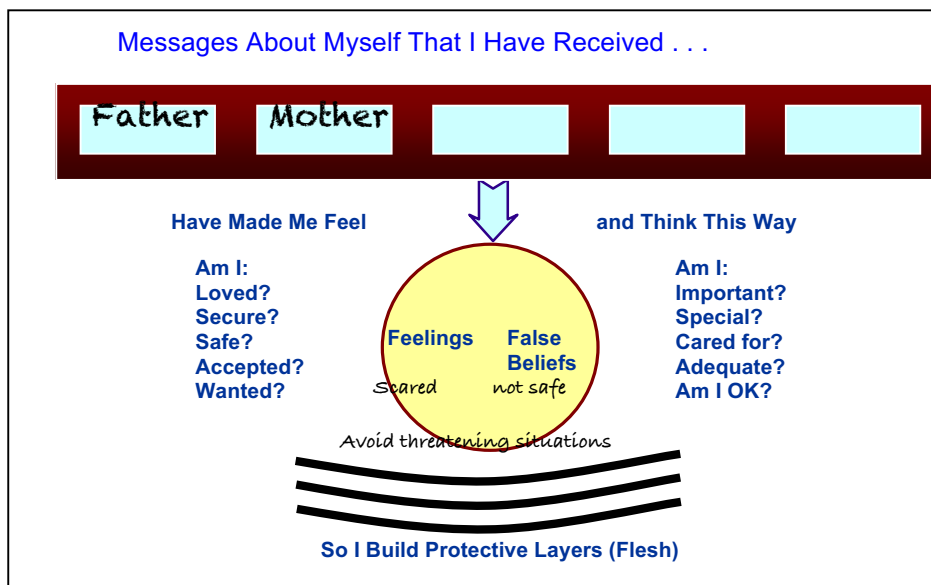
Date _____

Feeling	Belief	Coping
Scared happy	Not safe Mom loved me	Hide in room Please

2. Messages Received

- a. The flesh diagram is a _____ based on the messages received from events in the life of the person.
- b. These _____ helped to shape the person's feelings and beliefs (self-image).
- c. The flesh diagram also shows just how the person has learned to _____ themselves and meet their needs apart from God.

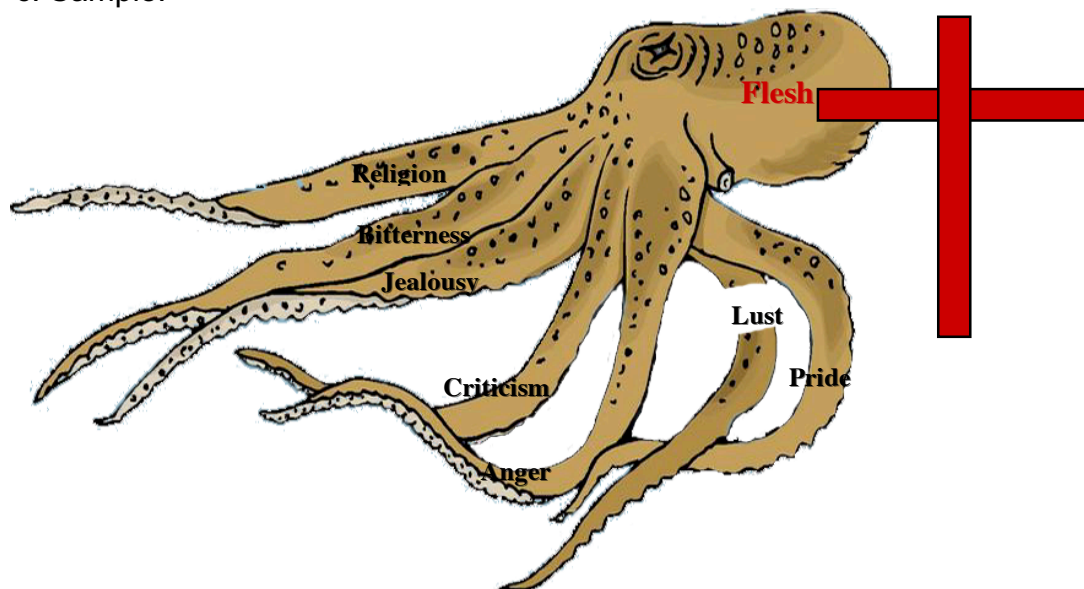
d. Sample:



3. Octopus Illustration

- a. Flesh is like an _____. If you try to cut it off, the other flesh (coping mechanisms) get stronger and eventually it will grow back.
- b. Flesh must be dealt with by being _____.

c. Sample:



C. Recording Information on the Diagram

1. It may be better to draw the the flesh diagram _____ than to pull out a diagram from your notes. You may fill it in from your history notes or as you are taking the history.
2. As you are recording on the Flesh Diagram, talk the person back through the history. For instance, you might say, "You said...Now I understood you to say..." Occasionally you may end with, "...is that correct?"
3. Enter _____ on the Flesh Diagram first, then, fill in the fleshly patterns.
4. After entering the person's feelings and his belief systems on the Flesh Diagram, you might say:
"Are these feelings popular to talk about or tell around?"
"How did you hide them or protect yourself to keep others or even yourself from seeing them?"
"How did you cope with these problems?"
5. The purpose in structuring the flesh is to tie in the person's self-concept with how they have _____ or overcome unwanted self-concepts through the use of fleshly coping mechanisms. The person must _____ and see that he is trying to meet his needs apart from God.

D. How Feelings Become Belief Systems

1. Children initially determine their _____ by feelings produced from the feedback of others.
 - a. Teasing or name-calling
 - b. _____ rejection
 - c. _____ rejection
2. Children are the best recorders of this feedback but the worst _____ of this information.
3. Given time, feelings become _____.
4. We all have basic, God-given needs for love, acceptance, and a sense of worth. It is God Himself who wants to fill those needs.

IV. Structure David's Flesh

I Sam. 16:1,6,8-11, 23

I Sam. 17: 11-12, 28-29

I Sam. 18:18, 23

I Sam. 19:10, 18

I Sam. 20:1, 24

I Sam. 21:13

I Sam 26: 18

I Sam. 29:8

II Sam. 11:1

II Samuel 11:14-15

Social History

Age	Significant Person	Event	Feeling	Belief	Coping

V. Assessment Tools

1. Beliefs Inventory
2. Search for Significance Fear Tests
3. Personality tests
4. Emotional Health Inventory
5. Relationship Questionnaire for Codependency (other Lecture)
6. Pre-Marriage Questionnaire (other Lecture)
7. Other tools

Beliefs Inventory

- It is not necessary to think over any item very long. Mark your answer quickly and go on to the next statement.
- Be sure to mark how you **actually** think about the statement, **not** how you think you **should** think.

Dis-	Agree	agree	Score	
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	1. It is important to me that others approve of me.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	2. I dislike failing at anything.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	3. People who do wrong deserve what they get.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	4. I usually accept what happens philosophically.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	5. If a person wants to, he can be happy under almost any circumstance.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	6. I have a fear of some things that often bother me.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	7. I usually put off important decisions.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	8. Everyone needs someone he can depend on for help and advice.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	9. "A zebra cannot change his stripes."
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	10. I prefer quiet leisure above most things.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	11. I like the respect of others, but I don't have to have it.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	12. I avoid things I cannot do well at.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	13. Too many evil persons escape the punishment they deserve.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	14. Frustrations seldom upset me.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	15. People are disturbed not by situations but by their view of them.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	16. I feel little anxiety over unexpected dangers or future events.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	17. I try to go ahead and get irksome tasks behind me when they come up.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	18. I try to consult an authority on important decisions.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	19. It is almost impossible to overcome the influences of the past.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	20. I like to have a lot of irons in the fire.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	21. I would like everyone to like me.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	22. I don't mind competing in activities in which others are better.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	23. Those who do wrong deserve to be blamed.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	24. Things should be different from the way they are.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	25. I cause my own moods.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	26. I often can't get my mind off some concern.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	27. I avoid facing my problems.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	28. People need a source of strength outside themselves.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	29. Just because something strongly affected your life doesn't mean it will in the future.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	30. I'm most fulfilled when I have lots to do.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	31. I can like myself even when many others don't.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	32. I like to succeed at something, but I don't feel I have to.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	33. Immorality should be strongly punished.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	34. I often get disturbed over situations I don't like.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	35. People who are miserable have usually made themselves that way.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	36. If I can't keep something from happening, I don't worry about it.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	37. I usually make decisions as promptly as I can.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	38. There are certain people I depend on greatly.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	39. People usually over value the influence of the past.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	40. I most enjoy throwing myself into a creative project.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	41. If others dislike me, I see it as their problem, not mine.
•	<input type="checkbox"/>	<input type="checkbox"/>	_____	42. It is important to me to be successful in everything I do.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	43. I seldom blame people for their wrongdoings.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	44. I usually accept things the way they are, even If I don't like them.
⊖	<input type="checkbox"/>	<input type="checkbox"/>	_____	45. A person won't stay angry or blue long unless he keeps himself that way.

- ☐ ☐ _____ 46. I dislike taking chances.
- ☐ ☐ _____ 47. Life is too short to spend a lot of time doing unpleasant tasks.
- ⊖ ☐ ☐ _____ 48. I like to stand on my own two feet.
- ☐ ☐ _____ 49. If I had had different experiences I could be more like I want.
- ☐ ☐ _____ 50. I'd like to retire and quit working entirely.
- ☐ ☐ _____ 51. I find it hard to go against what others think.
- ⊖ ☐ ☐ _____ 52. I enjoy activities for their own sake, no matter how good I am at them.
- ☐ ☐ _____ 53. The fear of punishment helps people be good.
- ⊖ ☐ ☐ _____ 54. If things annoy me, I just ignore them.
- ☐ ☐ _____ 55. The more problems a person has the less happy he will be.
- ⊖ ☐ ☐ _____ 56. I am seldom anxious over the future.
- ⊖ ☐ ☐ _____ 57. I seldom put things off.
- ⊖ ☐ ☐ _____ 58. I seldom think of past experiences as affecting me now.
- ⊖ ☐ ☐ _____ 59. I'm the only one who can really understand and face my problems.
- ⊖ ☐ ☐ _____ 60. Too much leisure time is boring.
- ⊖ ☐ ☐ _____ 61. Although I like approval, it's not a real need for me.
- ☐ ☐ _____ 62. It bothers me when others are better than I am at something.
- ⊖ ☐ ☐ _____ 63. Everyone is basically good.
- ⊖ ☐ ☐ _____ 64. I do what I can to get what I want and then don't worry about it.
- ⊖ ☐ ☐ _____ 65. Nothing is upsetting in itself – only in the way you interpret it.
- ☐ ☐ _____ 66. I worry a lot about certain things in the future.
- ☐ ☐ _____ 67. It is difficult for me to do unpleasant chores.
- ⊖ ☐ ☐ _____ 68. I dislike for others to make my decisions for me.
- ☐ ☐ _____ 69. We are slaves to our personal histories.
- ☐ ☐ _____ 70. I sometimes wish I could go to a tropical island and just lie on the beach forever
- ☐ ☐ _____ 71. I often worry about how much people approve of and accept me.
- ☐ ☐ _____ 72. It upsets me to make mistakes.
- ☐ ☐ _____ 73. It's unfair that "the rain falls on both the just and the unjust".
- ⊖ ☐ ☐ _____ 74. I am fairly easygoing about life.
- ⊖ ☐ ☐ _____ 75. More people should face up to the unpleasantness of life.
- ☐ ☐ _____ 76. Sometimes I can't get a fear off my mind.
- ⊖ ☐ ☐ _____ 77. A life of ease is seldom very rewarding.
- ☐ ☐ _____ 78. I find it easy to seek advice.
- ☐ ☐ _____ 79. Once something strongly affects your life, it probably always will.
- ☐ ☐ _____ 80. I love to lie around with not much to do.
- ☐ ☐ _____ 81. I have considerable concern with what people are feeling about me.
- ☐ ☐ _____ 82. I often become quite annoyed over little things.
- ⊖ ☐ ☐ _____ 83. I usually give someone who has wronged me a second chance.
- ⊖ ☐ ☐ _____ 84. People are happiest when they have challenges and problems to overcome.
- ⊖ ☐ ☐ _____ 85. There is seldom any reason to remain sorrowful for very long.
- ⊖ ☐ ☐ _____ 86. I very seldom think of such things as death or atomic war.
- ☐ ☐ _____ 87. I dislike responsibility.
- ⊖ ☐ ☐ _____ 88. I dislike having to depend on others.
- ☐ ☐ _____ 89. People never change basically
- ☐ ☐ _____ 90. Most people work too hard and don't get enough rest.
- ⊖ ☐ ☐ _____ 91. It is annoying but not upsetting to be criticized.
- ⊖ ☐ ☐ _____ 92. I'm not afraid to do things which I cannot do well.
- ⊖ ☐ ☐ _____ 93. No one is evil, even though his deeds may be.
- ⊖ ☐ ☐ _____ 94. I seldom become upset over the mistakes of others.
- ⊖ ☐ ☐ _____ 95. Man makes his own hell within himself.
- ☐ ☐ _____ 96. I often find myself planning what I would do in different, dangerous, situations.

- ⊖ ☐ ☐ _____ 97. If something is necessary, I do it even if it is unpleasant.
- ⊖ ☐ ☐ _____ 98. I've learned not to expect someone else to be very concerned about my welfare.
- ⊖ ☐ ☐ _____ 99. I don't look upon the past with any regrets.
- ☐ ☐ _____ 100. I can't feel really content unless I'm relaxed and doing nothing.

SCORE THE BELIEFS INVENTORY

- SINGLE DOT ITEMS

If the item has one dot • and you checked the “agree” box, give yourself one point in the space provided next to the item.

- LINE IN DOT ITEMS

If the item has a line dot ⊖ and you checked the “disagree” box, give yourself a point in the space provided next to the item.

- ADD UP YOUR POINTS FOR ITEMS:

1, 11, 21, 31, 41, 51, 61, 71, 81 and 91, and enter the total here: _____.

The higher the total, the greater your agreement with the irrational idea that it is an absolute necessity for an adult to have love and approval from peers, family and friends.

2, 12, 22, 32, 42, 52, 62, 72, 82 and 92, and enter the total here: _____.

The higher the total, the greater your agreement with the irrational idea that you must be unfailingly competent and almost perfect in all you undertake.

3, 13, 23, 33, 43, 53, 63, 73, 83 and 93, and enter the total here: _____.

The higher the total, the greater your agreement with the irrational idea that certain people are evil, wicked and villainous and should be punished.

4, 14, 24, 34, 44, 54, 64, 74, 84 and 94, and enter the total here: _____.

The higher the total, the greater your agreement with the irrational idea that it is horrible when things are not the way you would like them to be.

5, 15, 25, 35, 45, 55, 65, 75, 85 and 95, and enter the total here: _____.

The higher the total, the greater your agreement with the irrational idea that external events cause most humans misery – people simply react as events trigger their emotions.

6, 16, 26, 36, 46, 56, 66, 76, 86 and 96, and enter the total here: _____.

The higher the total, the greater your agreement with the irrational idea that you should feel fear or anxiety about anything that is unknown, uncertain or potentially dangerous.

7, 17, 27, 37, 47, 57, 67, 77, 87 and 97, and enter the total here: _____.

The higher the total, the greater your agreement with the irrational idea that it is easier to avoid than to face life difficulties and responsibilities.

8, 18, 28, 38, 48, 58, 68, 78, 88 and 98, and enter the total here: _____.

The higher the total, the greater your agreement with the irrational idea that you need something other or stronger or greater than yourself to rely on.

9, 19, 29, 39, 49, 59, 69, 79, 89 and 99, and enter the total here: _____.

The higher the total, the greater your agreement with the irrational idea that the past has a lot to do with determining the present.

10, 20, 30, 40, 50, 60, 70, 80, 90, and 100, and enter the total here: _____.

The higher the total, the greater your agreement with the irrational idea that happiness can be achieved by inaction, passivity and endless leisure

1. FEAR OF FAILURE TEST

Read each of the following statements. Then choose the term from the top of the test which best describes your response. Put the number above that term in the blank beside each statement.

1	2	3	4	5	6	7
Always	Very Often	Often	Sometimes	Seldom	Very Seldom	Never

- _____ 1. Because of fear, I often avoid participating in certain activities.
- _____ 2. When I sense that I might experience failure in some important area, I become nervous and anxious.
- _____ 3. I worry.
- _____ 4. I have unexplained anxiety.
- _____ 5. I am a perfectionist.
- _____ 6. I am compelled to justify my mistakes.
- _____ 7. There are certain areas in which I feel I must succeed.
- _____ 8. I become depressed when I fail.
- _____ 9. I become angry with people who interfere with my attempts to succeed, and as a result, make me appear incompetent.
- _____ 10. I am self-critical.
- _____ Total (Add up the numbers you have placed in the blanks.)

1. Fear of Failure Test: Interpretation of Score

57-70

God has apparently given you a very strong appreciation for His love and unconditional acceptance. You seem to be freed from the fear of failure that plagues most people. (Some people who score this high are either greatly deceived, or have become callous to their emotions as a way to suppress pain.)

47-56

The fear of failure controls your responses rarely, or only in certain situations. Again, the only exceptions are those who are not honest with themselves.

37-46

When you experience emotional problems, they may relate to a sense of failure or to some form of criticism. Upon reflection, you will probably relate many of your previous decisions to this fear. Many of your future decisions will also be affected by the fear of failure unless you take direct action to avoid it.

21-36

The fear of failure forms a general backdrop to your life. There are probably few days that you are not affected in some ways by this fear. Unfortunately, this robs you of the joy and peace your salvation is meant to bring.

0-26

Experiences of failure dominates your memory, and you probably have suffered a great deal of depression as a result of them. These problems will remain until some definitive action is taken. In other words, this condition will not simply disappear; time alone cannot heal your pain. You need to experience deep healing in your self-concept, in your relationship with God, and in your relationship with others.

2. FEAR OF REJECTION TEST

Read each of the following statements. Then choose the term from the top of the test which best describes your response. Put the number above that term in the blank beside each statement.

1	2	3	4	5	6	7
Always	Very Often	Often	Sometimes	Seldom	Very Seldom	Never

_____ 1. I avoid certain people.

_____ 2. When I sense that someone might reject me, I become nervous and anxious.

_____ 3. I am uncomfortable around those who are different from me.

_____ 4. It bothers me when someone is unfriendly to me.

_____ 5. I am basically shy and unsocial.

_____ 6. I am critical of others.

_____ 7. I find myself trying to impress others.

_____ 8. I become depressed when someone criticizes me.

_____ 9. I always try to determine what people think of me.

_____ 10. I don't understand people and what motivates them.

_____ Total (Add up the numbers you have placed in the blanks.)

2. Fear of Rejection Test: Interpretation of Score

57-70

God has apparently given you a very strong appreciation for His love and unconditional acceptance. You seem to be freed from the rejection that plagues most people. (Some people who score this high are either deceived, or have become callous to their emotions as a way to suppress pain.)

41-56

The fear of rejection controls your responses rarely, or only in certain situations. Again, the only exceptions are those who are not honest with themselves.

37-46

When you experience emotional problems, they may relate to a sense of rejection. Upon reflection, you will probably relate many of your previous decisions to this fear. Many of your future decisions will also be affected by the fear of rejection unless you take direct action to overcome it

27-36

The fear of rejection forms a general negative backdrop to your life. There are probably few days that you are not affected in some ways by this fear. Unfortunately, this robs you of the joy and peace your salvation is meant to bring.

0-26

Experiences of rejection dominate your memory, and you probably have suffered a great deal of depression a result of them. These problems will persist until some definitive action is taken. In other words, this condition will not simply disappear; time alone cannot heal your pain. You need to experience deep healing in your self-concept, in your relationship with God, and in your relationship with others.

3. FEAR OF PUNISHMENT / PUNISHING OTHERS TEST

Read each of the following statements. Then choose the term from the top of the test which best describes your response. Put the number above that term in the blank beside each statement.

1	2	3	4	5	6	7
Always	Very Often	Often	Sometimes	Seldom	Very Seldom	Never

_____ 1. I fear what God might do to me.

_____ 2. After I fail, I worry about God's response.

_____ 3. When I see someone in a difficult situation, I wonder what he or she did to deserve it.

_____ 4. When something goes wrong, I have a tendency to think that God must be punishing me.

_____ 5. I am very hard on myself when I fail.

_____ 6. I find myself wanting to blame people when they fail.

_____ 7. I get angry with God when someone who is immoral or dishonest prospers.

_____ 8. I am compelled to tell others when I see them doing wrong.

_____ 9. I tend to focus on the faults and failures of others.

_____ 10. God seems harsh to me.

_____ Total (Add up the numbers you have placed in the blanks.)

3. Fear of Punishment / Punishing Others Test: Interpretation of Score

57-70

God has apparently given you a very strong appreciation for His love and unconditional acceptance. You seem to be freed from the punishment that plagues most people. (Some people who score this high are either greatly deceived, or have become callous to their emotions as a way to suppress pain.)

47-56

The fear of punishment and the compulsion to punish others control your responses rarely, or only in certain situations. Again, the only major exceptions are those who are not honest with themselves.

37-46

When you experience emotional problems, they may relate to a fear of punishment or to an inner urge to punish others. Upon reflection, you will probably relate many of your previous decisions to this fear. Many of your future decisions will also be affected by the fear of punishment and/or the compulsion to punish others unless you take direct action to overcome it.

27-36

The fear of punishment forms a general negative backdrop to your life. There are probably few days that you are not affected in some ways by the fear of punishment and the propensity to blame others. Unfortunately, this robs you of the joy and peace your salvation is meant to bring.

0-26

Experiences of punishment dominate your memory, and you probably have suffered a great deal of depression as a result of them. These problems will persist until some definitive action is taken. In other words, this condition will not simply disappear; time alone cannot heal your pain. You need to experience deep healing in your self-concept, in your relationship with God, and in your relationship with others.

4. SHAME TEST

Read each of the following statements. Then choose the term from the top of the test which best describes your response. Put the number above that term in the blank beside each statement.

1	2	3	4	5	6	7
Always	Very Often	Often	Sometimes	Seldom	Very Seldom	Never

_____ 1. I often think about past failures or experiences or rejection.

_____ 2. There are certain things about my past which I cannot recall without experiencing strong, painful emotions (i.e. guilt, shame, anger, fear)

_____ 3. I seem to make the same mistakes over and over again.

_____ 4. There are certain aspects of my character that I want to change, but I don't believe I can ever successfully do so.

_____ 5. I feel inferior.

_____ 6. There are aspects of my appearance that I cannot accept.

_____ 7. I am generally disgusted with myself.

_____ 8. I feel that certain experiences have basically ruined my life.

_____ 9. I perceive of myself as an immoral person.

_____ 10. I feel that I have lost the opportunity to experience a complete and wonderful life.

_____ Total (Add up the numbers you have placed in the blanks.)

4. Fear of Shame: Interpretation of Score

57-10

God has apparently given you a very strong appreciation for His love and unconditional acceptance. You seem to be freed from the shame that plagues most people. (Some people who score this high are either greatly deceived, or have become callous to their emotions as a way to suppress pain.)

47-56

Shame controls your responses rarely, or only in certain situations. Again, the only major exceptions are those who are not honest with themselves.

37-46

When you experience emotional problems, they may relate to a sense of shame. Upon reflection, you will probably relate many of your previous decisions to feelings of worthlessness. Many of your future decisions will also be affected by low self-esteem unless you take direct action to overcome it

27-36

Shame forms a general negative backdrop to your life. There are probably few days that you are not affected in some ways by shame. Unfortunately, this robs you of the joy and peace your salvation is meant to bring.

0-26

Experiences of shame dominate your memory, and you probably have suffered a great deal of depression as a result of them. These problems will remain until some definitive action is taken. In other words, this condition will not simply disappear; time alone cannot heal your pain. You need to experience deep healing in your self-concept, in your relationship with God, and in your relationship with others.

Life Ministries Personality Test

Use the following scale to mark each personality trait. The highest total score will be your dominant personality type.

0= Never 1= Sometimes 2= Usually 3= Always

Lion

- ☐ Likes control
- ☐ Decisive
- ☐ Takes charge
- ☐ Likes a challenge
- ☐ Task-oriented
- ☐ Gets results
- ☐ Goal-oriented
- ☐ Bold
- ☐ Direct
- ☐ Confident
- ☐ Competitive
- ☐ Independent
- ☐ Purposeful
- ☐ Reacts quickly
- ☐ Confronts easily
- ☐ Risk-taker
- ☐ Persistent
- ☐ Assertive
- ☐ Problem solver
- ☐ **Total**

Otters

- ☐ People-oriented
- ☐ Entertaining
- ☐ Inspirational
- ☐ Likes to talk
- ☐ Loves crowds
- ☐ Risk-taker
- ☐ Popular
- ☐ Seeks fun
- ☐ Enthusiastic
- ☐ Optimistic
- ☐ Spontaneous
- ☐ Disorganized
- ☐ Dreamer
- ☐ Energetic
- ☐ Influential
- ☐ Motivational
- ☐ Friendly
- ☐ Likes variety
- ☐ Needs Acceptance
- ☐ **Total**

Retrievers

- ☐ Very relational
- ☐ Sensitive
- ☐ Calm
- ☐ Loyal
- ☐ Dislikes confronting
- ☐ Accommodating
- ☐ Peacemaker
- ☐ Tolerant
- ☐ Sympathetic
- ☐ Merciful
- ☐ Patient
- ☐ Nurturing
- ☐ Cautious
- ☐ Indecisive
- ☐ Enjoys routine
- ☐ Thoughtful
- ☐ Seeks security
- ☐ Great listener
- ☐ Not in a hurry
- ☐ **Total**

Beavers

- ☐ Rule-follower
- ☐ Consistent
- ☐ Predictable
- ☐ Practical
- ☐ Factual
- ☐ Perfectionist
- ☐ Task-oriented
- ☐ Critical
- ☐ Prepared
- ☐ Cautious
- ☐ High standards
- ☐ Controlled
- ☐ Discerning
- ☐ Accurate
- ☐ Reserved
- ☐ Analytical
- ☐ Inquisitive
- ☐ Serious
- ☐ Relishes time alone
- ☐ **Total**

(Adapted from a test by Smalley Relationship Center,
<http://www.smalleyonline.com/assessments/personalitytest.html>)

ADVICE TO OTTER

Be sensitive to other's interests; learn to listen.
Enter a room quietly.
Think before speaking.
Let someone else talk and don't interrupt.
Don't always try to be the center of attention.
Tone down your approach; don't be so noisy.
Try to remember people's names.
Try to discipline yourself and be dependable.
Condense your comments, especially to a Choleric.
Get priorities in order.
Don't accept more than you can do.
Schedule your time.
Make a list of daily tasks and follow through.
You need quiet time.

HOW TO LIVE WITH AN OTTER

Remember they have trouble finishing a task.
Realize they get bored easily.
Thoroughness is not essential to the Sanguine.
Help them to say "no" to extra responsibilities.
Don't assume they will remember appointments or be on time.
Remember they are instant responders to circumstances around them.
Bring them presents; they LOVE surprises!
Give them credit and praise as much as possible.
Realize they mean well.
Be thankful you have a happy Sanguine and enjoy life with them!

ADVICE TO LION

Don't be quick to give advice or opinions.
Soften your approach; be tactful.
Don't misjudge the quiet temperaments as being weak.
Work on patience with those who react more slowly.
Keep your accomplishments to yourself.
Don't continue to remind others of their mistakes.
Learn to give compliments.
Remember that humility is an asset, not a sign of weakness.
Learn to laugh at yourself.
Admit mistakes.
Schedule quiet time for self-reflection.

HOW TO LIVE WITH A LION

Realize they are success-oriented.
Recognize they are born leaders.
Two-way communication is vital and difficult.
Be direct, speak out, given an opinion.
Realize that Cholerics are not compassionate.
Don't whine, complain, or shed tears to get their attention.
Know they do not mean to hurt; they just speak straight.
Understand they deal in the practicalities of life.
Don't be hurt if they are not sentimental or romantic.
Be grateful they are so capable and hard-working.

ADVICE FOR A BEAVER

Realize that no one likes to be around depressed people continually.
Don't take everything so personally and don't take life so seriously.
Learn to enjoy.
Practice living in the present.
Practice smiling.
Keep your eyes on the positive.
Don't review past mistakes.
Force yourself to meet and talk to people.
Learn to accept imperfect people as they are.
Don't expect everyone to think as you do.
Learn to give feedback; others need it more than you do.
Be flexible and open to doing things on the spur of the moment.

HOW TO LIVE WITH A BEAVER

Don't raise your voice at them; they're sensitive and get hurt easily.
Realize they are programmed with a pessimistic attitude.
Encourage them to express themselves.
Encourage them to think more positively.
Remember they feel comfortable being entertained.
Add humor to their lives.
Compliment them sincerely and lovingly.
Know that they are insecure about other's love for them.
Accept that they need time alone.
Try to be neat and organized as this is important to them.
Encourage their involvement in the arts.
Be grateful they are deeply sensitive and emotional.

ADVICE TO A RETRIEVER

Force yourself to participate.
Practice making decisions.
Try to get enthused over what others do.
You need physical exercise.
Don't sleep so much.
Find a project, hobby, or sport to keep you moving mentally and physically.
Do not procrastinate.
Don't be selfish when making a decision; think of pleasing others.
Get involved in service to others.
Keep the house clean and attractive.

HOW TO LIVE WITH A RETRIEVER

Don't wait for them to volunteer.
Realize they need direct motivation.
Compliment them for their efforts.
Help them set goals.
Do not expect enthusiasm.
Bring fun and excitement into their lives.
Force them to make decisions.
Encourage them to accept responsibilities.
Appreciate and don't take advantage of their even disposition.

Emotional Health Inventory

Scoring	
1 =	Not very true
2 =	Sometimes true
3 =	Mostly true
4 =	Very true

Part A: General Formation and Discipleship

1. I feel confident of my adoption as God's son/daughter and rarely, if ever, question His acceptance of me. _____
 2. I love to worship God by myself as well as with others. _____
 3. I spend quality regular time in the Word of God and in prayer. _____
 4. I sense the unique way God has gifted me individually and am actively using my spiritual gifts for His service. _____
 5. I am a vital participant in a community with other believers. _____
 6. It is clear that my money, gifts, time, and abilities are completely at God's disposal and not my own. _____
 7. I consistently integrate my faith in the marketplace and the world. _____
- Total** _____

Part B: Emotional Components of Discipleship

Principle 1: Look Beneath the Surface

1. It's easy for me to identify what I am feeling inside. (John 11:33-35; Luke 19:41-44) _____
 2. I am willing to explore previously unknown or unacceptable parts of myself, allowing Christ to more fully transform me. (Rom 7:21-25; Col 3: 5-17) _____
 3. I enjoy being alone in quiet reflection with God and myself. (Mark 1:35; Luke 6:12) _____
 4. I can share freely about my emotions, sexuality, joy, and pain. (Ps 22; Prov 5:18-19; Luke 10:21) _____
 5. I am able to experience and deal with anger in a way that leads to growth in others and myself. (Eph 4:25-32) _____
 6. I am honest with myself (and a few significant others) about the feelings, beliefs, doubts, pains, and hurts beneath the surface of my life. (Ps 73; 88; Jer 20:7-18) _____
- Total** _____

Principle 2: Break the Power of the Past

7. I resolve conflict in a clear, direct, and respectful way, not as I might have learned growing up in my family, such as painful put-downs, avoidance, escalating tensions, or going to a third party directly. (Matt 18:15-18) _____
8. I am intentional at working through the impact of significant "earthquake" events that shaped my present, such as death of a family member, an unexpected pregnancy, divorce, addictions, or major financial disaster. (Gen 50:20; Ps 51) _____

9. I am able to thank God for all my past life experiences, seeing how He has used them to uniquely shape me into who I am. (Gen 50:20; Rom 8:28-30) _____
10. I can see how certain "generational sins" have been passed down to me through my family history, including character flaws, lies, secrets, ways of coping with pain, and unhealthy tendencies in relating to others. (Ex 20:5; cf. Gen 20:2; 26:7; 27:19; 37:1-33) _____
11. I don't need approval from others to feel good about myself. (Prov 29:25; Gal 1:10) _____
12. I take responsibility and ownership for my past life rather than blaming others. (John 5:5-7) _____
- Total _____

Principle 3: Live in Brokenness and Vulnerability

13. I often admit I'm wrong, readily asking forgiveness from others. (Matt 5:23-24) _____
14. I am able to speak freely about my weaknesses, failures, and mistakes. (2 Cor 12:7-12) _____
15. Others would easily describe me as approachable, gentle, open, and transparent. (Gal 5:22-23) _____
16. Those close to me would say that I am not easily offended or hurt. (Matt 5:39-42) _____
17. I am consistently open to hearing and applying constructive criticism and feedback that others might have for me. (Prov 10:17; 17:10; 25:12) _____
18. I am rarely judgmental or critical of others. (Matt 7:1-5) _____
19. Others would say that I am slow to speak, quick to listen, and good at seeing things from their perspective. (James 1:19-20) _____
- Total _____

Principle 4: Receive the Gift of Limits

20. I've never been accused of "trying to do it all" or of biting off more than I can chew. (Matt 4:1-11) _____
21. I am regularly able to say "no" to requests and opportunities that risk overextending myself. (Mark 6:30-32) _____
22. I recognize situations where my unique, God-given personality can be either a help or hindrance in responding appropriately. (Ps 139; Rom 12:3; 1 Peter 4:10) _____
23. It's easy for me to distinguish the difference between when to help carry someone else's burden (Gal 6:2) and when to let it go so they can carry their own burden. (Gal 6:5) _____
24. I have a good sense of my emotional, relational, physical, and spiritual capacities, intentionally pulling back to rest and fill my "gas tank" again. (Mark 1:21-39) _____
25. Those close to me would say that I am good at balancing family, rest, work, and play in a biblical way. (Ex 20:8) _____
- Total _____

Principle 5: Embrace Grieving and Loss

26. I openly admit my losses and disappointments. (Ps 3:1-8; 5:1-12) _____
27. When I go through a disappointment or a loss, I reflect on how I'm feeling rather than pretending that nothing is wrong. (2 Sam 1:4, 17-27; Ps 51:1-17) _____
28. I take time to grieve my losses as David and Jesus did. (Ps 69; John 11:35; 12:27) _____
29. People who are in great pain and sorrow tend to seek me out because it's clear to them that I am in touch with the losses and sorrows in my own life. (2 Cor 1:3-6) _____
30. I am able to cry and experience depression or sadness, explore the reasons behind it, and allow God to work in me through it. (Ps 42; Matt 26:36-46) _____
- Total _____

Principle 6: Make Incarnation your Model for Living Well

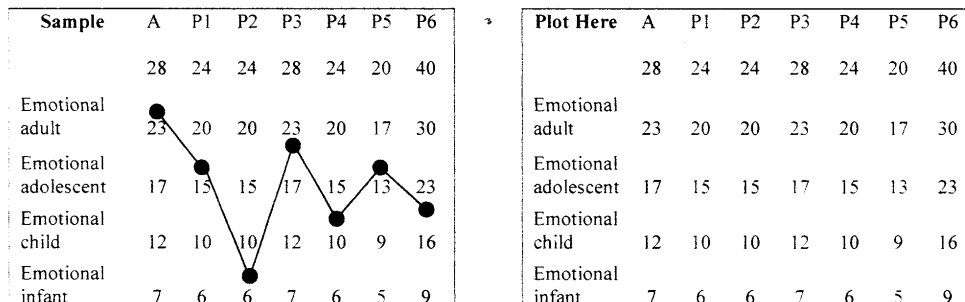
31. I am regularly able to enter into other peoples' world and feelings, connecting deeply with them and taking time to imagine what it feels like to live in their shoes. (John 1:1-14; 2 Cor 8:9; Phil 2:3-5) _____
32. People close to me describe me as a responsive listener. (Prov 29:11; James 1:19) _____
33. I have a healthy sense of who I am, where I've come from, and what are my values, likes, passions, dislikes, and so on. (John 13:3) _____
34. I am able to accept myself just the way I am. (John 13:1-3; Rom 12:3) _____
35. I am able to form deep relationships with people from different backgrounds, cultures, races, and educational and economic classes. (John 4:1-26; Acts 10-11) _____
36. People close to me would say that I suffer with those who suffer and rejoice with those who rejoice. (Rom 12:15) _____
37. I am good at inviting people to adjust and correct my previous assumptions about them. (Prov 20:5; Col 3:12-14) _____
38. When I confront someone who has hurt or wounded me, I speak more in the first person ("I" and "me") about how I am feeling rather than speak in blaming tones ("you" and "they") about what was done. (Prov 25:11; Eph 4:29-32) _____
39. I rarely judge others quickly but instead am a peacemaker and reconciler. (Matt 7:1-5) _____
40. People would describe me as someone who makes "loving well" my number-one aim. (John 13:34-35; 1 Cor 13) _____
- Total _____

Inventory Results

For each group of questions above:

1. Add your answers to get the total for that group. Write your totals below on the appropriate lines.
2. Next, plot your answers and connect the dots to create a graph.
3. Finally, see the interpretation guide for your level of emotional health in each other. What patterns do you discern?

Part A	General Formation and Discipleship	1-7	_____
Part B	Principle 1 - <i>Look Beneath the Surface</i>	1-6	_____
	Principle 2 - <i>Break the Power of the Past</i>	7-12	_____
	Principle 3 - <i>Live in Brokenness and Vulnerability</i>	13-19	_____
	Principle 4 - <i>Receive the Gift of Limits</i>	20-25	_____
	Principle 5 - <i>Embrace Grieving and Loss</i>	26-30	_____
	Principle 6 - <i>Make Incarnation your Model for Living Well</i>	31-40	_____



Interpretation Guide

Emotional infant: Like a physical infant, I look for other people to take care of me more than I look to care for them. I often have difficulty in describing and experiencing my feelings in healthy ways and rarely enter the emotional world of others. I am consistently driven by a need for instant gratification, often using others as objects to meet my needs, and am unaware of how my behavior is effecting/hurting them. People sometimes perceive me as inconsiderate, insensitive, and self-centered.

Emotional children: Like a physical child, when life is going my way and I am receiving all the things I want and need, I am content and seem emotionally well-adjusted. However, as soon as disappointment, stress, tragedy, or anger enter the picture, I quickly unravel inside. I interpret disagreements as a personal offense and am easily hurt by others. When I don't get my way, I often complain, throw an emotional tantrum, withdraw, manipulate, drag my feet, become sarcastic, or take revenge. I have difficulty calmly discussing with others what I want and expect from them in a mature loving way.

Emotional adolescents: Like a physical adolescent, I know the right ways I should behave in order to "fit in" mature, adult society. I can feel threatened and alarmed inside when I am offered constructive criticism, quickly becoming defensive. I subconsciously keep records on the love I give out, so I can ask for something in return at a later time. When I am in conflict, I might admit some fault in the matter, but I will insist on demonstrating the guilt of the other party, proving why they are more to blame. Because of my commitment to self-survival, I have trouble really listening to another person's pain, disappointments, or needs without becoming preoccupied with myself.

Emotional adults: I can respect and love others without having to change them or becoming critical and judgmental. I don't expect anyone to be perfect in meeting my relational needs, whether it be my spouse, parents, friends, boss, or pastor. I love and appreciate people for who they are as whole individuals, the good and the bad, and not for what they can give me or how they behave. I take responsibility for my own thoughts, feelings, goals, and actions. When under stress, I don't fall into a victim mentality or a blame game. I can state my own beliefs and values to those who disagree with me—without becoming adversarial. I am able to accurately self-assess my limits, strengths, and weaknesses and freely discuss them with others. Deeply in tune with my own emotions and feelings, I can move into the emotional worlds of others, meeting them at the place of their feelings, needs, and concerns. I am deeply convinced that I am absolutely loved by Christ, that I have nothing to prove.

Life Ministries
Relationship Questionnaire

(If you are not in a relationship at this time, just refer to your most recent past relationship.)

Yes	Mid	No	
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	1. Do you meet your partner's needs at the expense of your own?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	2. Have you ever struck or been struck by your spouse or partner?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	3. Are you afraid to express to your spouse or partner when your feelings are hurt?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	4. Does your spouse or partner tell you how to dress?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	5. Do you smile or laugh even though you're angry?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	6. Do you have difficulty saying "no" and sticking to it?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	7. Is it difficult to express your true feelings to your spouse or partner?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	8. Do you feel anxious and uncomfortable when alone?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	9. Do you feel rejected or jealous when your spouse or partner is spending time with friends?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	10. Do you feel shame when your spouse or partner makes a mistake?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	11. Do you give into sex when you don't want to?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	12. Do you withhold sex to get even?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	13. Do you feel that your spouse or partner's opinions is worth more than your own?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	14. Do you depend on your spouse or partner to make the most of the decisions in the relationship?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	15. Do you feel very upset when your spouse or partner does not follow your plan?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	16. Are you afraid to let your spouse or partner really know what you are feeling inside?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	17. Do you keep silent in order to avoid upsetting others?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	18. Do you feel as though you "give and give" and get nothing in return?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	19. Do you freeze up when in conflict with your spouse or partner?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	20. Are you generally dissatisfied with your friendships?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	21. Do you often say "it's not that bad" or "it could be worse"?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	22. Do you often feel trapped in your relationship?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	23. Do you generally try to control your emotions?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	24. Do you lose control of your emotions during conflict?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	25. Do you feel that your relationship would fall apart without your constant effort to maintain it?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	26. Do you often feel used and unappreciated by your spouse or partner?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	27. Do you daydream of what it would be like to find someone who really loved you and appreciated you since you have so much to give in a relationship?
<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	28. Do you sometimes feel so hopeless that life doesn't feel worth living?

Total number of Yes answers _____ X 2 = _____

Total number of Mid answers _____

Yes + Mid = _____

History Taking Sequence

1. Family
 - Birth Order*
 - Divorce or Deaths*
2. Mom & Dad's Relationship
 - Fights*
 - Who Dominant*
 - Affection and Communication*
3. Mother (Father) start with the one most painful
 - Rejections*
 - Personality*
 - Attention: Together, Interest in Activities, Communication*
 - Affection*
 - Expectations: What would please*
4. Early years
 - Describe yourself*
 - Trauma and pain*
5. School
 - Grades: Mom & Dad's reaction*
 - Social: Loner, leader, follower, many, one*
6. Dating
 - Broken hearts*
 - Fears, rejections*
 - Sexual issues*
7. Work
 - Authority*
 - Job changes: Fear of failure*
8. Marriage
 - Hurts and rejections*
 - Problems*
 - Divorce*
9. Traumas
 - Sexual Abuse*
 - Abortion*
10. Spiritual History

HISTORY TAKING SUGGESTIONS

Questions about Dad & Mom

1. Were you loved unconditionally? Did Mom/Dad tell you they loved you? Were they affectionate toward you?
2. Did Mom/Dad accept you unconditionally?
3. As far as you know, were you “planned” for?
4. If you brought home a test score of “100”, would they commend you for it? What if you made a “0”, what would their reaction be?
5. What is the greatest memory you have of Mom/Dad?
6. What is the worst memory you have of Mom/Dad?
7. Did Mom/Dad ever embarrass you in front of friends?
8. Did Mom/Dad give you a nickname?
9. Did Mom/Dad ever provoke you?
10. Did Mom/Dad ever slap you?
11. Were they strict disciplinarians?
12. Did Mom/Dad approve of your friends or dates?
13. Were Mom/Dad involved in your school activities?
14. Did Mom/Dad fight, drink, or abuse drugs?
15. Christians?
16. Treat you any differently than they did your siblings?
17. Approve of your marriage?
18. Physically or sexually abuse you?

Note: Ask these questions separately about Mom/Dad. Whenever the counselee gives you a negative response to these questions ask them, “How did this make you “FEEL”?”

What did you “BELIEVE” about yourself? (ex. Failure, rejected, unloved, etc). Use your Feeling Word List to help them with feelings. Record what they say, not what you think! It is also good to ask at what age did this event take place. Remember, you are more concerned with the first eighteen years of their life.

THEN ASK QUESTIONS ABOUT THEIR
RELATIONSHIP WITH SIBLINGS AND
GRANDPARENTS. (Do each one individually)

1. How well did you get along with them?
2. Abusive? Nickname that upset you?
3. Sexual abuse?

TALK ABOUT THE COUNSELEE

1. First day of class in school, you are given the opportunity to select your desk for the year. Which desk would you select and why? (Do this for 5th grade, 8th grade, and 12th grade)
2. Did you ever have a teacher to embarrass you in front of other students?
3. How did you feel if a teacher asked a question and you did not know the answer?
4. Did a teacher harass you or make sexual advances toward you?
5. Did you have a classmate embarrass you or pick on you?
6. Did you ever have someone you dated dump you?
7. Were you sexually active? Drugs? Alcohol?
8. Abortions? Date Rape? Rape?

9. What is the greatest hurt that you ever experienced? ^(or pain)
10. What was your nickname in school?
11. Sports? Were you good at it?

Remember, you are mainly interested in first 18 years. You can ask questions about their marriage and problems they are experiencing. Don't forget to ask about "feelings" and "beliefs" on all negative responses!

History taking usually takes at least 2-4 sessions depending on number of events in their life. After session, give them a copy of "Manifestations of the Flesh" handout for homework and bring back at next session. It is also good to ask "How did you cope with the pain of during history taking?."

Definition of the Flesh

The flesh (self-life) is the condition (mind-set, attitude, strategy) of living,

Where my focus is primarily on myself (even if it is "good looking" self, "well-adjusted" self, or "socially acceptable" self),

Where I am living out of my own resources (such as heritage, education, IQ, personality, sense of humor, looks, talents, abilities, etc.)

In order to:

- Cope/ Deal with life
- Solve my problems
- Meet my needs, and
- Become a success

Manifestations of the Flesh

(Strategies of Living)

Below is a list of words and phrases which may portray you much of the time when you are under pressure.

To cope when things aren't going right or going my way, I tend to ...

become self-absorbed (self-consumed) by:

- becoming overly introspective
- feeling sorry for myself
- engaging in self-pity
- getting depressed by stuffing my anger and frustrations
- beating up on myself (hating myself)
- focusing on my suffering and trials to get attention and sympathy
- playing the role of a victim/martyr

withdraw (isolate myself) by:

- becoming aloof (pulling away)
- going into a shell
- running and hiding (escaping)
- distancing myself from others
- avoiding others (becoming a loner)
- becoming unapproachable
- being overly introverted
- retreating to the silent treatment
- not communicating

become obsessed with:

- accomplishments
- recognition
- status
- how I look
- what others think of me
- my physical health
- the past (especially past hurts and past failures)
- a devotion to a cause
- structure, order, rules, regulations

escape pain/pressure through:

- carousing
- drugs/alcohol
- staying busy
- television
- athletics
- hobbies/games
- computers
- pornography
- entertainment
- overeating
- religious activity and service
- becoming a workaholic
- working (career, business, job)
- gloom & doom thinking (refusing to see the positive)
- sex
- talking
- school
- sleep
- religion
- reading
- fantasy
- movies

become self-disciplined (self-reliant) by:

- becoming a perfectionist
- overcompensating by trying even harder so as not to fail
- becoming legalistic
- living "by the book"
- living by rules (have to's, should's, must's, ought's)
- becoming too hard and strict on myself and others
- setting unrealistic standards for myself and others
- basing acceptance (of self and others) on performance
- fearing making mistakes

become self-indulgent (self-gratifying) by:

- becoming impulsive (hasty)
- buying things to feel better

- assuming "if it feels good, do it"
- becoming compulsive (lacking self-control)
- lusting (craving) for:
 - alcohol
 - drugs
 - caffeine
 - sex
 - sugar
 - junk food
 - cigarettes

become anxious (worry and fret) by:

- becoming fearful (apprehensive)
- lacking peace and rest
- becoming paralyzed (going numb)
- becoming paranoid (overly suspicious)
- seeking astrology, horoscopes, fortune telling (tarot cards, palm reading, ouija boards, etc.) and/or the occult for guidance and strength

become dominant by:

- becoming dictatorial (bossy)
- becoming demanding (pushy)
- becoming overbearing (controlling)
- becoming manipulative
- intimidating others
- demanding my rights

try to stay in control through:

- blackmailing (making threats)
- manipulating (using coercion)
- using profanity (swearing)
- giving the silent treatment
- being passive (playing helpless)
- not eating (anorexia/bulimia)
- using guilt
- showing favoritism

To cope when things aren't going right or going my way, I tend to ...

come across as

insensitive, uncaring, indifferent, unconcerned, and/or unsympathetic

become complacent (nonchalant) by:

- saying things like, "It doesn't matter...it's okay"

challenge others by:

- resisting authority
- becoming uncooperative (unteachable)
- causing dissension (strife)
- irritating (aggravating) others
- becoming argumentative, rigid, inflexible, closed-minded, stubborn, obstinate, unreasonable, or unyielding

become pessimistic by:

- lacking confidence and optimism
- becoming skeptical (suspicious)
- distrusting others, myself, God, church, and/or government
- expecting the worst
- assuming the worst-case scenario to protect myself from disappointment and pain
- seldom being satisfied or content
- seldom being pleased with self/others
- becoming jealous of others' success and happiness

develop a critical attitude by:

- finding fault with others, myself, and everything around me

- nit-picking things to death
- becoming judgmental (opinionated)
- becoming prejudiced (intolerant)
- complaining a lot (becoming negative)

become hostile (vent my anger) by:

- becoming unfriendly (cynical)
- becoming hateful (malicious)
- becoming harsh (cruel and brutal)
- becoming sarcastic (caustic)
- having a quick temper

become self-assured (self-confident) by:

- depending on myself instead of God
- becoming proud (haughty)
- becoming egocentric (acting pompous)
- bragging (being boastful)
- becoming arrogant (cocky)
- having a superior attitude (saying in effect:
I must always be right ...
I must always win ...
I must always be the best)
- pretending that I know it all
- becoming conceited (smug)
- having difficulty asking for help

become self-righteous (self-justifying) by:

- becoming defensive
- making excuses (rationalizing)
- covering up and hiding mistakes
- assuming I am never the problem
- pointing to someone or something else as the problem
- avoiding taking responsibility for failure or problems
- becoming critical of others (blaming others)

- having difficulty:
 - admitting I was wrong
 - apologizing
 - asking for forgiveness
 - expressing gratitude

become tense (nervous and agitated) by:

- finding it hard to relax
- becoming restless (high-strung)
- becoming impatient

become emotionally insulated by:

- keeping people at a distance
- becoming inhibited (bottling up emotions)
- avoiding intimacy
- denying feelings; having difficulty expressing feelings and opinions openly and honestly
- becoming unable to express love in a meaningful way

deny reality by:

- ignoring problems and hoping they will go away
- denying anything is bad or wrong
- lying (misleading)
- deceiving others and myself
- exaggerating (overstating matters)
- playing games to hide real intent
- conning people to get what I want

hold a grudge (be resentful) by:

- becoming moody (sulky)
- harboring bitterness
- becoming unforgiving
- keeping a scorecard of wrongs done to me or by me
- trying to get even (seeking revenge)
- wanting others to fail or get hurt
- punishing myself or others

*To cope when things
aren't going right or
going my way,
I tend to ...*

**fight unfairly
(take cheap shots) by:**

- becoming slanderous (misrepresenting the actual situation)
- gossiping (talking behind others' backs)
- engaging in passive-aggressive behavior (i.e. using humor to hide real feelings, becoming sarcastic, refusing to communicate, becoming passive, forgetting things, procrastinating, being late, etc.)

put up a front (not being real) by:

- faking it (hiding what I really think and feel)
- putting on a show (performing) to get attention and impress others
- becoming pretentious (phony, unreal)
- becoming superficial (plastic)
- becoming gushy (too sentimental)

lack compassion, kindness, understanding, gentleness, and love

live by my feelings by:

- becoming too subjective (believing that truth is only what I feel)
- believing I'm okay only when I feel okay
- becoming too sensitive to criticism
- becoming hypersensitive
- taking things too personally
- reading in rejection when it isn't there, or setting things up to bring about rejections
- becoming touchy (irritable)
- being controlled by anger, doubts, emotions, fear, etc.

**become a pleaser
(being nice) by:**

- trying to be all things to all people
- trying to do the "proper or correct" thing
- trying to keep everyone happy
- trying to keep peace at all cost
- avoiding conflict at all cost
- becoming a doormat (letting others take advantage of me)
- expressing to others what I think they want to hear
- giving in to others too easily
- becoming controlled by others
- having difficulty:
 - saying no
 - setting boundaries
 - standing up for myself
- becoming overly compliant
- becoming too submissive

**become passive
(lacking initiative) by:**

- quitting too easily (giving up)
- not taking chances
- playing it safe (pulling back and waiting)
- waiting for someone to tell me what to do and how to think
- depending on others instead of God
- vacillating (becoming too changeable)
- becoming indecisive (not making decisions)
- wanting someone else to make the decision for me
- avoiding failure at all cost
- procrastinating (putting things off)
- becoming irresponsible (becoming unreliable)
- becoming lazy, apathetic, lethargic

**become self-deprecating
(self-condemning; self-critical) by:**

- assuming I am always the problem
- becoming overly apologetic
- becoming too hard on myself
- having difficulty:
 - receiving love
 - receiving compliments
 - receiving forgiveness
 - forgiving myself
- clinging (becoming a leech) to those who finally accept me
- becoming uncomfortable with success

**become a caretaker
(rescuer) by:**

- becoming over-protective
- taking responsibility for others' feelings (becoming overly responsible)
- making decisions for others
- giving unsolicited advice
- trying to prevent others' failure
- becoming possessive (selfish)
- becoming a busybody (becoming too involved in others' affairs)
- becoming preachy (lecturing others)
- trying to find someone who needs me and who I can rescue
- nagging (badgering)
- talking too much and listening poorly

**become too intense
(overly serious) by:**

- becoming stoical (unemotional)
- having trouble dealing with feelings
- becoming overly analytical
- becoming stern (solemn/formal)
- lacking joy or life
- not being fun to be with

Bibliography

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