

# Step 1: Identifying Undesirable Behaviors

*The examples below are representative, not exhaustive. Ask God to show you what he wants you to see.*

## Chapter 4: Examples of *Self-Righteous* Behaviors:

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|--|--|
| <input type="checkbox"/> I decide for myself what is right                 | <input type="checkbox"/> I'm sarcastic (I put others down so I'm up) |
| <input type="checkbox"/> I explain myself or argue (to prove I'm right)    | <input type="checkbox"/> I have unrealistic expectations             |
| <input type="checkbox"/> I'm driven by the pressure to perform             | <input type="checkbox"/> I'm compulsive (I can't stop myself)        |
| <input type="checkbox"/> I'm manipulative (controlling)                    | <input type="checkbox"/> I find it hard to relax (I'm always busy)   |
| <input type="checkbox"/> I'm perfectionistic (I can't accept imperfection) | <input type="checkbox"/> I'm critical of myself and/or others        |
| <input type="checkbox"/> I'm legalistic (I focus on following rules)       | <input type="checkbox"/> I resent being interrupted or corrected     |
| <input type="checkbox"/> I'm a workaholic (I'm always working)             | <input type="checkbox"/> I withdraw from risks (to avoid failure)    |
| <input type="checkbox"/> I'm burned out (from doing too much)              | <input type="checkbox"/> I procrastinate (I put things off)          |
| <input type="checkbox"/> I'm neglectful of relationships                   | <input type="checkbox"/> I'm defensive (I'm guarded around others)   |
| <input type="checkbox"/> I'm competitive (to be the best / be first / win) | <input type="checkbox"/> I compare myself to others                  |

## Chapter 5: Examples of *Idolatrous* Behaviors:

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|--|--|
| <input type="checkbox"/> I listen to other people rather than God        | <input type="checkbox"/> I withdraw from others (isolate myself)       |
| <input type="checkbox"/> I focus on things or activities instead of God  | <input type="checkbox"/> I'm guarded around others (defensive)         |
| <input type="checkbox"/> I focus on my own plans, desires, or dreams     | <input type="checkbox"/> I'm hyper-sensitive to the opinions of others |
| <input type="checkbox"/> I attempt to please others at any cost          | <input type="checkbox"/> I lack sensitivity to others                  |
| <input type="checkbox"/> I try to fix or rescue others (I enable others) | <input type="checkbox"/> I let myself be a doormat                     |
| <input type="checkbox"/> I try to make myself wanted, loved, or needed   | <input type="checkbox"/> I have a hard time saying no (or yes)         |
| <input type="checkbox"/> I manipulate others (I'm controlling)           | <input type="checkbox"/> I have superficial relationships              |
| <input type="checkbox"/> I'm easily manipulated (controlled)             | <input type="checkbox"/> I'm a chameleon (to fit in)                   |

## Chapter 6: Examples of *Guilt-Based* Behaviors:

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|---|--|
| <input type="checkbox"/> I blame God, others, or myself           | <input type="checkbox"/> I'm compliant (to avoid conflict)           |
| <input type="checkbox"/> I punish God, others, or myself          | <input type="checkbox"/> I'm passive (so I won't be punished)        |
| <input type="checkbox"/> I focus on the faults of others          | <input type="checkbox"/> I'm always apologizing (or never apologize) |
| <input type="checkbox"/> I'm blind to (or focus on) my own faults | <input type="checkbox"/> I have problems dealing with authority      |
| <input type="checkbox"/> I set myself up as Judge and Jury        | <input type="checkbox"/> I withdraw from God and/or others           |
| <input type="checkbox"/> I engage in black and white thinking     | <input type="checkbox"/> I see myself as a victim                    |
| <input type="checkbox"/> I'm harsh with myself and/or others      | <input type="checkbox"/> I'm dismissive (of other people / ideas)    |

## Chapter 7: Examples of *Shame-Based* Behaviors:

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|--|--|
| <input type="checkbox"/> I run away from God and/or others                 | <input type="checkbox"/> I hide who I am (pretend, wear a mask)      |
| <input type="checkbox"/> I undermine my own efforts (self-sabotage)        | <input type="checkbox"/> I have trouble enjoying life                |
| <input type="checkbox"/> I'm secretive (unwilling to be transparent)       | <input type="checkbox"/> I engage in self-destructive behavior       |
| <input type="checkbox"/> I despise myself (my appearance, abilities, etc.) | <input type="checkbox"/> I isolate myself (withdraw from God/others) |
| <input type="checkbox"/> I allow myself to be a scapegoat                  | <input type="checkbox"/> I feel sorry for myself (I pity myself)     |
| <input type="checkbox"/> I talk negatively about myself                    | <input type="checkbox"/> I dwell on past mistakes and failures       |
| <input type="checkbox"/> I'm passive (I lack motivation)                   | <input type="checkbox"/> I make the same mistakes over and over      |
| <input type="checkbox"/> I shut down (to protect myself from pain)         | <input type="checkbox"/> I overcompensate (to prove myself)          |
| <input type="checkbox"/> I'm easily offended (hurt, angered)               | <input type="checkbox"/> I don't talk (or I talk too much)           |

Search me, God, and know my heart; test me and know my anxious thoughts.

See if there is any offensive way in me . . .

**Psalms 139:23-24a**