

by Nancy Leigh DeMoss

- 1. Do you look down on those who are less educated, less affluent, less refined, or less successful than yourself?
- 2. Do you think of yourself as more spiritual than your mate, others in your church?
- 3. Do you have a judgmental spirit toward those who don't make the same lifestyle choices you do . . . dress standards, how you school your kids, entertainment standards, etc.?
- 4. Are you quick to find fault with others and to verbalize those thoughts to others? Do you have a sharp, critical tongue?
- 5. Do you frequently correct or criticize your mate, your pastor, or other people in positions of leadership (teachers, youth director, etc.)?
- 6. Do you give undue time, attention, and effort to your physical appearance—hair, makeup, clothing, weight, body shape, avoiding appearance of aging?
- 7. Are you proud of the schedule you keep, how disciplined you are, how much you are able to accomplish?
- 8. Are you driven to receive approval, praise, or acceptance from others?
- 9. Are you argumentative?
- 10. Do you generally think your way is the right way, the only way, or the best way?
- 11. Do you have a touchy, sensitive spirit? Easily offended? Get your feelings hurt easily?
- 12. Are you guilty of pretense? Trying to leave a better impression of yourself than is really true? (Would the people at church be shocked if they knew what you were like at home?)
- 13. Do you have a hard time admitting when you are wrong?
- 14. Do you have a hard time confessing your sin to God or others? (not just in generalities but specifics)

- 15. Do you have a hard time sharing your real spiritual needs/struggles with others?
- 16. Do you have a hard time praying aloud with others?
- 17. Are you excessively shy?
- 18. Do you have a hard time reaching out and being friendly to people you don't know at church?
- 19. Do you resent being asked or expected to serve your family, your parents, or others?
- 20. Do you become defensive when you are criticized or corrected?
- 21. Are you a perfectionist? Do you get irked or impatient with people who aren't?
- 22. Do you tend to be controlling—of your mate, your children, friends, those in your workplace?
- 23. Do you frequently interrupt people when they are speaking
- 24. Does your husband feel intimidated by your "spirituality"?
- 25. Does your husband feel like he can never measure up to your expectations of what it means to be a good husband, spiritual leader, etc.?
- 26. Do you often complain—about the weather, your health, your circumstances, your job, your church?
- 27. Do you talk about yourself too much?
- 28. Are you more concerned about your problems, needs, burdens than about others' concerns?
- 29. Do you worry about what others think of you? Too concerned about your reputation or your family's reputation?
- 30. Do you neglect to express gratitude for "little things"? To God? To others?
- 31. Do you neglect prayer and intake of the Word?
- 32. Do you get hurt if your accomplishments/or acts of service are not recognized or rewarded?
- 33. Do you get hurt if your feelings or opinions are not considered when your mate or your boss is making a decision or if you are not informed when a change or a decision is made?

- 34. Do you react to rules? Do you have a hard time being told what to do?
- 35. Are you self-conscious because of your lack of education or natural beauty, or your socio-economic status?
- 36. Do you avoid participating in certain events, for fear of being embarrassed or looking foolish?
- 37. Do you avoid being around certain people because you feel inferior compared to them/don't feel you measure up?
- 38. Are you uncomfortable inviting people to your home because you don't think it's nice enough or you can't afford to do lavish entertaining?
- 39. Is it hard for you to let others know when you need help (practical or spiritual)?
- 40. When is the last time you said these words to a family member, friend, or co-worker: "I was wrong; would you please forgive me?" (If it's been more than a month, mark it down!)
- 41. Are you sitting here thinking how many of these questions apply to someone you know? feeling pretty good that none of these things really apply to you?