

PROUD AND DEFENSIVE

1. I am guarded and protective about my imperfections and flaws.
2. I focus on the “*positive,*” strong, successful parts of myself.
3. I am highly “*offend able*” and defensive.
4. I naturally focus first on the flaws, mistakes, and sins of others.
5. I give my opinion a lot, even when I am not asked.
6. I don’t get close to people.
7. I keep people from really seeing what is going on inside of me.
8. I like to control most situations.
9. I have to be right in order to feel strong and good.
10. I blame others.
11. I often hold grudges and rarely ask forgiveness.
12. When I’m offended, I write people off.
13. I deny, avoid, or withdraw from painful realities.
14. I give answers and explanations to those in pain, hoping to fix or change them.
15. I have to prove I am right when wronged.
16. I am demanding.
17. I am highly self-conscious and concerned about how others perceive me.
18. I see people as resources to be used for God.

BROKEN AND VULNERABLE

1. I am transparent and weak; I disclose myself to appropriate others.
2. I am aware of the weak, needy, limited parts of who I am, and I freely admit failure.
3. I am approachable and open to input.
4. I am aware of my own brokenness. I have compassion and am slow to judge others.
5. I am slow to speak and quick to listen.
6. I am open, soft, and curious about others.
7. I delight in showing vulnerability and weakness, that Christ’s power may be seen.
8. I can let go and give people opportunity to earn my trust.
9. I understand that God’s strength reveals itself in admitting mistakes, weakness, and statements that “*I was wrong.*”
10. I take responsibility for myself and speak mostly in the “*I*” not the “*You*” or “*They*”
11. I don’t hold people in debt to me, and am able to ask others for forgiveness as needed.
12. When I’m offended, I ask questions to explore what happened.
13. I honestly look at the truth underneath the surface, even when it hurts.
14. I am present with people in their pain, and am comfortable with mystery and with saying, “*I don’t know.*”
15. I can let things go.
16. I assert myself respectfully and kindly.
17. I am more aware of God and others than the impression I am making.
18. I see people as gifts to be loved and enjoyed.