



## Daily Attitude Check Commentary Positive & Negative Attitudes

### **Serenity**

This is the "peace of God, which passes all understanding that guards our hearts and our minds in Christ Jesus."

### **Humility**

Accepting our limitations and personal defects without trying to justify them; absence of pride; not self-centered.

### **Worth**

Realizing who we are as God's redeemed children. Confidence with humility.

### **Being a Giver**

Having the desire to "put in" more than we "take out." Being grateful for what we have received, and to the people through whom God gave it to us.

### **Honesty**

Being truthful, open and frank. Genuine. Admission of problems is the first step toward healing.

### **Self-Pity**

Sulking, being moody and silent, using physical means to transmit the feelings. Strong sense of not being liked. Feeling sorry for yourself.

### **Self-Righteousness**

Excusing ourselves of any wrong behavior or attitudes, while judging and condemning other for the very same things.

### **Self-Condernation**

Showing a low self-image "by succumbing to guilt, thus declaring ourselves unfit or unworthy of God's grace. This is false humility and unbelief.

### **Being a Taker**

Taking more than we give. In all of our relationships. Demanding instant gratification for all our needs or wants, and whining when others do not meet our expectations.

### **Lying**

Not being truthful or trustworthy. Cheating. Telling lies of omission. Lying breeds fear, kills peace of mind and separates us from God, or real personality and others. Denial of a problem and projection of blame are the most common forms of lying.

Philippians 4:7

I Kings 19:4  
John 21:3

Philippians 2:4-7

Matthew 23:1-3  
Romans 2:1-3

I Timothy 1:12-15

2 Corinthians 4:7

Ephesians 5:18-20

Ephesians 4:25



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| <p><b>Patience</b><br/>Demonstrating a quiet, uncomplaining endurance under distress or annoyance. Being tolerant, tender and forbearing.</p> <p><b>Gratitude</b><br/>Being grateful to God and other people for what we have and where we are.</p> <p><b>Forgiveness</b><br/>To give up resentment when someone has wronged us. To repent from bitterness and surrender the right to get even.</p> <p><b>Admittance</b><br/>Admittance motivates us to build a new lifestyle.</p> <p><b>Trust</b><br/>Being able to believe and relax in the promises that have been made to us by God and others. Not trying to be a "lone ranger" in the body of Christ.</p> <p><b>Working on the Program</b><br/>Putting forth a determined effort to change. Applying Scriptural principles in all areas of our lives.</p> | <p><b>Impatience</b><br/>Annoyance because you don't get what you want, when you want it.</p> <p><b>Complaining</b><br/>Continually talking about the negative aspects of something over which we have no control. Failure to proactive the principles contained in the Serenity Prayer."</p> <p><b>Resentment and Bitterness</b><br/>Refusing to forgive, which forms a mental chain that binds us to the person or thing that we hate.</p> <p><b>Denial</b><br/>Blindness to our own problems. Not facing reality. Denial allows us to harbor the mistaken idea that our lives previously were not all that bad.</p> <p><b>Worry</b><br/>The inability to trust God or men to do what they have promised. Failure to share the load with other members of the body of Christ.</p> <p><b>Complying</b><br/>Doing enough to get by, but not exerting any honest motivation to change. Doing only what is expected or required, but to having any honest motivation.</p> | <p>Galatians 6:9</p> <p>Philippians 4:11-13,19</p> <p>Matthew 6:14,14</p> <p>I John 1:8-10</p> <p>Matthew 6:31-33</p> <p>Philippians 4:4-8</p> <p>Romans 12:2</p> |
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### **Accepting Responsibility**

Being accountable for both my attitudes and my actions, and not being a “victim” of circumstances, environment or other peoples’ behavior.

### **Doing Things on Time**

Is actively working to accomplish tasks, whether it be something large or small. It is being punctual and prepared.

### **Being Real**

Not worrying about what other people think about you. Being honest and open in expressing inner feelings.

### **Positive Thinking**

Knowing and trusting God the Father and our relationship to Him through His Son, Jesus Christ.

### **High Minded, Clean, Spiritual Thinking**

Keeping our hearts fixed on Jesus Christ. Thinking thoughts which are true, honest just, pure, lovely and of good report.

### **Projection**

A defense that excuses our own wrong behavior by accusing others for being the source of the problem: “If you didn’t nag...I wouldn’t drink,” etc.

### **Procrastination**

It is natural for everyone to have the following symptoms once in a while, but when they become chronic they cause real trouble:

- ❖ Tardiness
- ❖ Putting things off
- ❖ Loafing
- ❖ Shirking responsibility
- ❖ Lack of growth or change
- ❖ Sloppiness
- ❖ Passing the buck
- ❖ Apathy
- ❖ Dullness (mental, physical and spiritual)

### **Being Phony**

Trying to impress others.

### **Negative Thinking**

Consistently believing that bad things will happen or that people will reject you.

### **Vulgar, Immoral, Trashy Thinking**

Dwelling on memories of past immoralities or fantasies.

Luke 15:17-19

Proverbs 6:5-11

Matthew 23:27,28

Romans 8:28,29

James 1:5-8

Philippians 4:8  
2 Corinthians 10:3-5

Romans 1:28-31  
Ephesians 4:29  
2 Timothy 2:22



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| <b>Accepting Forgiveness</b><br>Believing that God will keep His promises regarding repentance of sin.                  | <b>False Guilt About the Past</b><br>Believing that our sins are just too much for God to be able to forgive.                               | I John 1:9<br>Philippians 3:13,17 |
| <b>Temperance</b><br>Balance in the consumption of food, sweets, drinks.  | <b>Gluttony</b><br>Compulsive over-eating and over-indulging.   | Proverbs 23:21                    |
| <b>Concentration</b><br>Keeping your mind and body together in the present.   | <b>Daydreaming</b><br>Living in a fantasy world of the future, or reliving the unchangeable events in the past.                             | Proverbs 4:23<br>James 1:5-8      |
| <b>Communion with God</b><br>Realizing that God loves you and desires a close relationship with you all day, every day. | <b>Forgetting God</b><br>Going through the day with hardly a thought of the loving God who created you and desires a relationship with you. | I John 1:3<br>Jeremiah 29:11      |