



## Getting To Know Yourself

### Symptoms Showing Improvement Needed in Self Image

#### Check if answer is yes

1. \_\_\_\_\_ Are you unattractive or opposed to attractive?
2. \_\_\_\_\_ Are you too short or oppose to too tall?
3. \_\_\_\_\_ Are you too skinny or opposed to too heavy?
4. \_\_\_\_\_ Are you sloppy as opposed to neat?
5. \_\_\_\_\_ Are you content to rock along as opposed to ambitious?
6. \_\_\_\_\_ Are you fearful as opposed to confident?
7. \_\_\_\_\_ Are you insecure as opposed to being sincere?
8. \_\_\_\_\_ Are you bored as opposed to being enthusiastic?
9. \_\_\_\_\_ Are you immature as opposed to being mature?
10. \_\_\_\_\_ Are you not so intelligent as opposed to being intelligent?
11. \_\_\_\_\_ Are you unimaginative as opposed to being creative?
12. \_\_\_\_\_ Are you haphazard as opposed to being diligent?
13. \_\_\_\_\_ Are you inefficient as opposed to being efficient?
14. \_\_\_\_\_ Are you rude as opposed to being courteous?
15. \_\_\_\_\_ Are you usually late as opposed to being punctual?
16. \_\_\_\_\_ Are you rebellious and opposed to being respectful?
17. \_\_\_\_\_ Are you loud as opposed to being quiet?
18. \_\_\_\_\_ Are you outgoing as opposed to being withdrawn?
19. \_\_\_\_\_ Are you a follower as opposed to being a leader?
20. \_\_\_\_\_ Are you inconsistent as opposed to being consistent?
21. \_\_\_\_\_ Are you undisciplined as opposed to being disciplined?
22. \_\_\_\_\_ Are you selfish as opposed to be generous?
23. \_\_\_\_\_ Are you well not always opposed to being honest?
24. \_\_\_\_\_ Are you proud as opposed to being humble?
25. \_\_\_\_\_ Do you have a fear of failure?
26. \_\_\_\_\_ Do you have the appearance of being weak or inadequate?
27. \_\_\_\_\_ Do you need to always try to improve one self?
28. \_\_\_\_\_ Do you put other people down?
29. \_\_\_\_\_ Do you need reassurance?



30. \_\_\_\_\_ Do you have the feeling of worthlessness?
31. \_\_\_\_\_ Do you hate yourself?
32. \_\_\_\_\_ Do you reject yourself?
33. \_\_\_\_\_ Do you overcompensate?
34. \_\_\_\_\_ Do you have to be right?
35. \_\_\_\_\_ Do you have the feeling of not being able to meet standards or expectations?
36. \_\_\_\_\_ Do you get angry when you don't meet expectations?
37. \_\_\_\_\_ Do you have a provocative lifestyle? (Behavior that provokes rejection?)
38. \_\_\_\_\_ Is your behavior unacceptable?
39. \_\_\_\_\_ Do you anticipate rejection?
40. \_\_\_\_\_ Do you ever really try hard? (Rejected, therefore, for poor performance or actions rather than for being who you are.)
41. \_\_\_\_\_ Do you feel inadequate in many areas?
42. \_\_\_\_\_ Are you unable to receive love?
43. \_\_\_\_\_ Are you unable to give love?
44. \_\_\_\_\_ Do you have a lack of trust in people? (Distrust of people?)
45. \_\_\_\_\_ Do you feel that others are out to take advantage of you?
46. \_\_\_\_\_ Do you have feelings of guilt?
47. \_\_\_\_\_ Do you believe that morals are relative?
48. \_\_\_\_\_ Do you lack God's purpose and direction for your life?
49. \_\_\_\_\_ Do you feel inferior?
50. \_\_\_\_\_ Is there known disobedience and rebellion in one's life?
51. \_\_\_\_\_ Do you try to impress others?
52. \_\_\_\_\_ Do you have the feeling of poor performance?
53. \_\_\_\_\_ Do you rely heavily on what others think of you?
54. \_\_\_\_\_ Do you know what your spiritual gift is?
55. \_\_\_\_\_ Do you have a spiritual ministry?
56. \_\_\_\_\_ Are you developing your spiritual gift?
57. \_\_\_\_\_ Do you feel physical dimensions have a bearing on spiritual dimensions?
58. \_\_\_\_\_ Do you basically like yourself?
59. \_\_\_\_\_ Are you successful as a mother or father?
60. \_\_\_\_\_ Are you a success in your work?
61. \_\_\_\_\_ Are you a success in your schooling?
62. \_\_\_\_\_ Have you been embarrassed by your home or family?



- 63. \_\_\_\_\_ Have you been ashamed of your parents?
- 64. \_\_\_\_\_ Do you love, really love your parents and mate?
- 65. \_\_\_\_\_ Do you tend to feel lonely and isolate?
- 66. \_\_\_\_\_ Are you a loner?
- 67. \_\_\_\_\_ Do you become possessive and cling to certain people?
- 68. \_\_\_\_\_ Do you feel second class?
- 69. \_\_\_\_\_ Do you battle depression?
- 70. \_\_\_\_\_ Do you lack the assurance of your salvation?
- 71. \_\_\_\_\_ Do you tend to overemphasize clothes-latest styles?
- 72. \_\_\_\_\_ Is the gathering of material things important to you?
- 73. \_\_\_\_\_ Do you try to be someone else?
- 74. \_\_\_\_\_ Are you regularly ridiculed by your peers?
- 75. \_\_\_\_\_ Are you extremely conscious of your mistakes?
- 76. \_\_\_\_\_ Are you more conscience of your mistakes rather than others mistakes?
- 77. \_\_\_\_\_ Were your parents, relatives, teachers or friends overly critical of you?
- 78. \_\_\_\_\_ Do you have some program of overcoming your weakness?
- 79. \_\_\_\_\_ Do you people treat you with disrespect?