

Personalities & Temperaments

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Unity through diversity...

1CO 12:1 Now about spiritual gifts, brothers, I do not want you to be ignorant. 1CO 12:4 There are different kinds of gifts, but the same Spirit. There are different kinds of service, but the same Lord. There are different kinds of working, but the same God works all of them in all men. Now to each one the manifestation of the Spirit is given for the common good. To one there is given through the Spirit the message of wisdom, to another the message of knowledge by means of the same Spirit, to another faith by the same Spirit, to another gifts of healing by that one Spirit, to another miraculous powers, to another prophecy, to another distinguishing between spirits, to another speaking in different kinds of tongues, and to still another the interpretation of tongues. All these are the work of one and the same Spirit, and he gives them to each one, just as he determines. The body is a unit, though it is made up of many parts; and though all its parts are many, they form one body. So it is with Christ. For we were all baptized by one Spirit into one

body--whether Jews or Greeks, slave or free--and we were all given the one Spirit to drink.

1CO 12:14 Now the body is not made up of one part but of many. If the foot should say, "Because I am not a hand, I do not belong to the body," it would not for that reason cease to be part of the body. And if the ear should say, "Because I am not an eye, I do not belong to the body," it would not for that reason cease to be part of the body. If the whole body were an eye, where would the sense of hearing be? If the whole body were an ear, where would the sense of smell be? But in fact God has arranged the parts in the body, every one of them, just as he wanted them to be. If they were all one part, where would the body be? As it is, there are many parts, but one body.

1CO 12:21 The eye cannot say to the hand, "I don't need you!" And the head cannot say to the feet, "I don't need you!" On the contrary, those parts of the body that seem to be weaker are indispensable, and the parts that we think are less honorable we treat with special honor. And the parts that are unpresentable are treated with special modesty, while our presentable parts need no special treatment.

But God has combined the members of the body and has given greater honor to the parts that lacked it, [25] so that there should be no division in the body, but that its parts should have equal concern for each other. [26] If one part suffers, every part suffers with it; if one part is honored, every part rejoices with it.

1CO 12:27 Now you are the body of Christ, and each one of you is a part of it. [And in the church God has appointed first of all apostles, second prophets, third teachers, then workers of miracles, also those having gifts of healing, those able to help others, those with gifts of administration, and those speaking in different kinds of tongues. Are all apostles? Are all prophets? Are all teachers? Do all work miracles? Do all have gifts of healing? Do all speak in tongues? Do all interpret? But eagerly desire the greater gifts.

Rom. 12 [4] Just as each of us has one body with many members, and these members do not all have the same function, so in Christ we who are many form one body, and each member belongs to all the others. We have different gifts, according to the grace given us. If a man's gift is prophesying, let him use it in proportion to his faith. If it is serving, let him serve; if it is teaching, let him teach; if it is encouraging, let him encourage; if it is contributing to the needs of others, let him give generously; if it is leadership, let him govern diligently; if it is showing mercy, let him do it cheerfully.

*** STOP !**

Take the spiritual gift survey which covers 96 questions to determine your most active spiritual gifts. There are at least 26 personal gifts mentioned in the Bible. Each person and each church has a special combination of gifts in use. Now you can continue with the rest of this study guide.

There is a fine line we must not cross when learning to have a **"healthy self image"**. On one side you have the self mutilating martyr, who is not worthy of attention, recognition, or reward of any kind. They live in depression and dwell on guilt and shame. The other extreme is pride that causes egotistical narcissism; thinking that the world owes them something and must certainly revolve around no one else. Both extremes are self destructive. **We must learn to see ourselves as God sees us.**

SELF-ACCEPTANCE

Elizabeth Elliot, in her book , records the story of Gladys Aylward unable to accept the looks God had given her. Ms. Aylward told how when she was a child she had two great sorrows. One, that while all her friends had beautiful golden hair, hers was black. The other, that while her friends were still growing, she had stopped. She was about four feet ten inches tall. But when at last she reached the country to which God had called her to be a missionary, she stood on the wharf in Shanghai and looked around at the people to whom He had called her. "Every single one of them" she said, "had black hair. And every one of them had stopped growing when I did." She was able to look to God and exclaim, "Lord God, You know what You're doing!"

SELF AWARENESS

At age 20 we worry about what others think of us. At 40 we don't care what they think of us. At 60 we discover they haven't been thinking of us at all.

[Ann Landers,](#)

In this Age of Self, the language is filled with phrases that glorify personal choice above all other values: self-determination, self-knowledge, self-esteem, self-help even do-it-yourself. In this climate, no doctrine is safe, no dictate accepted without scrutiny....The touchstone of belief today is the individual, not the institution. Priests., like precinct captains, have lost authority. The same voters who talk back to their political leaders on call-in shows and town meetings are talking back to their religious leaders at parish council meetings and Communion breakfasts. While 85 percent of American Catholics look up to the pope as a moral leader, 4 out of 5 say they follow their own conscience, rather than papal authority, on moral questions...The phrase "cafeteria Catholics" describes those who pick and choose among church teachings. But in religion, as in politics, the more appropriate analogy for modern mores is to fast food rather than to cafeterias; as the slogan for one hamburger chain puts it: "Have it your way."...How do leaders lead when followers don't want to be led?

Steven V. Roberts, "Leading the Faithful in an Age of Dissent,"

Another poll sheds light on this paradox of increased religiosity and decreased morality. According to sociologist Robert Bellah, 81 percent of the American people also say they agree that "an individual should arrive at his or her own religious belief independent of any church or synagogue." Thus the key to the paradox is the fact that those who claim to be Christians are arriving at faith on their own terms -- terms that make no demands on behavior. A woman named Sheila, interviewed for Bellah's *Habits of the Heart*, embodies this attitude. "I believe in God," she said. "I can't remember the last time I went to church. But my faith has carried me a long way. It's 'Sheila-ism.' Just my own little voice."

SELF-CENTERED

From an unknown source comes an article titled, "How To Be Miserable." It says, "Think about yourself. Talk about yourself. Use "I" as often as possible. Mirror yourself continually in the opinion of others. Listen greedily to what people say about you. Expect to be appreciated. Be suspicious. Be jealous and envious. Be sensitive to slights. Never forgive a criticism. Trust nobody but yourself. Insist on consideration and respect. Demand agreement with your own views on everything. Sulk if people are not grateful to you for favors shown them. Never forget a service you have rendered. Shirk your duties if you can. Do as little as possible for others."

Daily Walk, June 29, 1993.

The trouble with some self-made men is that they worship their creator.

Bits & Pieces, October, 1989, p. 9.

When Roy DeLamotte was chaplain at Paine College in Georgia, he preached the shortest sermon in the college's history. However, he had a rather long topic: "What does Christ Answer When We Ask, "Lord, What's in Religion for Me?" The complete content of his sermon was in one word: "Nothing." He later explained that the one-word sermon was meant for people brought up on the 'gimme-gimme' gospel. When asked how long it took him to prepare the message, he said, "Twenty years."

God sends no one away empty except those who are full of themselves. **D. L. Moody.**

Come over here and sit next to me, I'm dying to tell you all about myself. **Oscar Wilde.**

When Mother Teresa was passing through a crowd in Detroit a woman remarked, "Her secret is that she is free to be nothing. Therefore God can use her for anything."

The smallest package in the world is a person wrapped up in himself.

SELF—DENIAL

John the Baptist said, "I must decrease, so that He might increase". We must learn to let Christ live through us.

Only when we understand our personal nature and characteristics, can we really "die to ourselves", and "crucify the flesh"

If our enemies have to point out our faults, we don't have very good friends!

SELF-ABSORPTION

At a party: "My husband and I have managed to be happy together for 20 years. I guess this is because we're both in love with the same man."

The most pleasurable journey you take is through yourself...the only sustaining love involvement is with yourself...When you look back on your life and try to figure out where you've been and where you're going, when you look at your work, your love affairs, your marriages, your children, your pain, your happiness--when you examine all that closely, what you really find out is that the only person you really go to bed with is yourself...The only thing you have is working to the consummation of your own identity. And that's what I've been trying to do all my life.

[Shirley MacLaine](#).

Inadequacy

Romans 9:20-21

But who are you, O man, to talk back to God? Shall what is formed say to him who formed it, 'Why did you make me like this?' Does not the potter have the right to make out of the same lump of clay some pottery for noble purposes and some for common use?"

Inadequate means "insufficient; not able; incapable." Often our desire to measure up, to meet the standards, to improve performance, to count for something, degenerates into nervousness and fear of failure.

Statements of persons who feel inadequate:

_____ **My production does not measure up to others**

- _____ I say things I don't mean
- _____ I'm unable to express myself clearly
- _____ I'm depressed much of the time
- _____ My investments are far below that of my peer group
- _____ I wear my feelings on my sleeve
- _____ My personality falls below the norm
- _____ My public performance leaves much to be desired
- _____ My personal appearance is far from attractive
- _____ I'm grossly overweight
- _____ My nose is too prominent
- _____ My legs are short and stubby
- _____ My home is not as luxurious as my freinds
- _____ I always think the worst about everything
- _____ I start more things than I can finish
- _____ I cannot delegate responsibility
- _____ I dislike housework
- _____ I never know what to say
- _____ Children make me nervous
- _____ I cannot lead--only follow
- _____ I have no self discipline
- _____ My work is shoddy
- _____ I'm irresponsible
- _____ I forget appointments
- _____ My verbal contribution is inferior and of little impact
- _____ I'm forever losing things
- _____ I can't remember things, names, and such
- _____ I cannot work as fast as others
- _____ I speak before my mind is in gear
- _____ I cannot tolerate error in myself or others.
- _____ My education is insufficient
- _____ I get discouraged easily
- _____ I teeter between constant struggle and failure
- _____ I seem to have to run in order to keep up
- _____ The things I want to do, I don't do
- _____ The attitudes I don't want to have, I seem to have
- _____ My parents didn't want me
- _____ My dad said I'd never amount to anything. he's right
- _____ I've made dumb mistakes
- _____ I am unhappy in my job / school
- _____ My children have messed up their lives
- _____ My spouse is not as intelligent as my friends' spouses
- _____ My family's reputation is a drawback
- _____ I have nothing to show for taking up space and oxygen
- _____ I'm single --no one wants me
- _____ I have to work so hard to even pass
- _____ Total _____

Inside / Out ?

Introverts

A man of knowledge uses words with restraint.

Proverbs 17:27

When words are many, sin is not absent, but he who holds his tongue is wise. Proverbs 10:19

Introverts tend to focus on their own inner world of ideas and experiences. they direct their energy and attention inward and receive energy from their internal thoughts, feelings, and reflections.

Characteristics of Most introverts:

- _____ Drawn to their inner worlds
- _____ Prefer to communicate by writing
- _____ Learn best by reflection, mental "practice"
- _____ Depth of interest
- _____ Tend to reflect before acting or speaking
- _____ Private and contained
- _____ Focus readily
- _____ Like quiet for concentration
- _____ Tend not to mind working on one project for a long time uninterruptedly
- _____ Are interested in Facts/ideas behind their work
- _____ Develop ideas by reflection
- _____ Like working alone
- _____ Learn new tasks by reading and reflecting
- _____ Tend to be pessimistic

Extroverts

From the fruit of his lips a man is filled with good things as surely as the work of his hands rewards him.

Proverbs 12:14

Extroverts tend to focus on the outer world of people and external events. They direct their energy and attention outward and receive energy from external events, experiences, and interactions.

Characteristics of Most Extroverts:

- _____ Attuned to external environment
- _____ Prefer to communicate by talking
- _____ Breadth of interests
- _____ Tend to speak first, reflect later
- _____ Sociable and expressive
- _____ Generally speak before or while they think
- _____ Talking a lot about themselves comes easily

- _____ Needs a lot of people
- _____ Tolerates and enjoys noise
- _____ Prefers a fast/full pace
- _____ Fairly optimistic and confident
- _____ Like variety and action
- _____ Impatient with long slow jobs
- _____ Interested in their activities at work
- _____ Develop ideas by discussion
- _____ Learn new tasks by talking and doing

What are some of the problems with the tendencies of introverts?

“ “ extroverts ?

Self image & Acceptance

(Self) Image - a reproduction, in the likeness of, concept, opinion, mental picture

Col. 3:10 - you have taken off your old self with its practices [10] and have put on the new self, which is being renewed in knowledge in the image of its Creator. (renew your self -image)

Design - to conceive, create, or fashion in the mind, to form, intended for a particular purpose

Accept - to admit, agree, receive with favor, regarded as correct

Inferiority - lower than something else in quality or value, below or beneath in rank or status

God's Design - JER 1:5 "Before I formed you in the womb I knew you, before you were born I set you apart;

Gen. 1:27 So God created man in his own image, in the image of God he created him; male and female he created them.

Isa. 64:8 ISA 64:8 Yet, O LORD, you are our Father. We are the clay, you are the potter; we are all the work of your hand.

Jer. 18:1 - 6 JER 18:1 This is the word that came to Jeremiah from the LORD: "Go down to the potter's house, and there I will give you my message." So I went down to the potter's house, and I saw him working at the wheel. [But the pot he was shaping from the clay was marred in his hands; so the potter formed it into another pot, shaping it as seemed best to him. Then the word of the LORD came to me: "O house of Israel, can I not do with you as this potter does?" declares the LORD. "Like clay in the hand of the potter, so are you in my hand"

Strengths

Sanguine

__animated

__playful

Choleric

__adventurous

__persuasive

Melancholy

__analytical

__persistent

Phlegmatic

__adaptable

__peaceful

<input type="checkbox"/> sociable	<input type="checkbox"/> strong-willed	<input type="checkbox"/> self-sacrificing	<input type="checkbox"/> submissive
<input type="checkbox"/> convincing	<input type="checkbox"/> competitive	<input type="checkbox"/> considerate	<input type="checkbox"/> controlled
<input type="checkbox"/> refreshing	<input type="checkbox"/> resourceful	<input type="checkbox"/> respectful	<input type="checkbox"/> reserved
<input type="checkbox"/> spirited	<input type="checkbox"/> self-reliant	<input type="checkbox"/> sensitive	<input type="checkbox"/> satisfied
<input type="checkbox"/> promoter	<input type="checkbox"/> positive	<input type="checkbox"/> planner	<input type="checkbox"/> patient
<input type="checkbox"/> spontaneous	<input type="checkbox"/> sure	<input type="checkbox"/> scheduled	<input type="checkbox"/> shy
<input type="checkbox"/> optimistic	<input type="checkbox"/> outspoken	<input type="checkbox"/> orderly	<input type="checkbox"/> obliging
<input type="checkbox"/> funny	<input type="checkbox"/> forceful	<input type="checkbox"/> faithful	<input type="checkbox"/> friendly
<input type="checkbox"/> delightful	<input type="checkbox"/> daring	<input type="checkbox"/> detailed	<input type="checkbox"/> diplomatic
<input type="checkbox"/> cheerful	<input type="checkbox"/> confident	<input type="checkbox"/> cultured	<input type="checkbox"/> consistent
<input type="checkbox"/> inspiring	<input type="checkbox"/> independant	<input type="checkbox"/> idealistic	<input type="checkbox"/> inoffensive
<input type="checkbox"/> demonstrative	<input type="checkbox"/> decisive	<input type="checkbox"/> deep	<input type="checkbox"/> dry humor
<input type="checkbox"/> mixes easily	<input type="checkbox"/> mover	<input type="checkbox"/> musical	<input type="checkbox"/> mediator
<input type="checkbox"/> talker	<input type="checkbox"/> tenacious	<input type="checkbox"/> thoughtful	<input type="checkbox"/> tolerant
<input type="checkbox"/> lively	<input type="checkbox"/> leader	<input type="checkbox"/> loyal	<input type="checkbox"/> listener
<input type="checkbox"/> cute	<input type="checkbox"/> chief	<input type="checkbox"/> chartmaker	<input type="checkbox"/> contented
<input type="checkbox"/> popular	<input type="checkbox"/> productive	<input type="checkbox"/> perfectionist	<input type="checkbox"/> permissive
<input type="checkbox"/> bouncy	<input type="checkbox"/> bold	<input type="checkbox"/> behaved	<input type="checkbox"/> balanced

Totals ___

Weaknesses

<input type="checkbox"/> brassy	<input type="checkbox"/> bossy	<input type="checkbox"/> bashful	<input type="checkbox"/> blank
<input type="checkbox"/> undisciplined	<input type="checkbox"/> unsympathetic	<input type="checkbox"/> unforgiving	<input type="checkbox"/> unenthusiastic
<input type="checkbox"/> repeticious	<input type="checkbox"/> resistant	<input type="checkbox"/> resentful	<input type="checkbox"/> reticent
<input type="checkbox"/> forgetful	<input type="checkbox"/> frank	<input type="checkbox"/> fussy	<input type="checkbox"/> fearful
<input type="checkbox"/> interupts	<input type="checkbox"/> impatient	<input type="checkbox"/> insecure	<input type="checkbox"/> indecisive
<input type="checkbox"/> unpredictable	<input type="checkbox"/> unaffectionate	<input type="checkbox"/> unpopular	<input type="checkbox"/> uninvolved
<input type="checkbox"/> haphazard	<input type="checkbox"/> headstrong	<input type="checkbox"/> hard to please	<input type="checkbox"/> hesitant
<input type="checkbox"/> permissive	<input type="checkbox"/> proud	<input type="checkbox"/> pessimistic	<input type="checkbox"/> plain
<input type="checkbox"/> angered easily	<input type="checkbox"/> argumentative	<input type="checkbox"/> alienated	<input type="checkbox"/> aimless
<input type="checkbox"/> naive	<input type="checkbox"/> nervy	<input type="checkbox"/> negative attitude	<input type="checkbox"/> nonchalant
<input type="checkbox"/> wants credit	<input type="checkbox"/> work a holic	<input type="checkbox"/> with drawn	<input type="checkbox"/> worrier
<input type="checkbox"/> talkative	<input type="checkbox"/> tactless	<input type="checkbox"/> too sensitive	<input type="checkbox"/> timid
<input type="checkbox"/> disorganized	<input type="checkbox"/> domineering	<input type="checkbox"/> depressed	<input type="checkbox"/> doubtful
<input type="checkbox"/> inconsistant	<input type="checkbox"/> intolerant	<input type="checkbox"/> introvert	<input type="checkbox"/> indifferent
<input type="checkbox"/> messy	<input type="checkbox"/> manipulative	<input type="checkbox"/> moody	<input type="checkbox"/> mumbles
<input type="checkbox"/> show off	<input type="checkbox"/> stubborn	<input type="checkbox"/> skeptical	<input type="checkbox"/> slow
<input type="checkbox"/> loud	<input type="checkbox"/> lord over others	<input type="checkbox"/> loner	<input type="checkbox"/> lazy
<input type="checkbox"/> scatter brained	<input type="checkbox"/> short tempered	<input type="checkbox"/> suspicious	<input type="checkbox"/> sluggish
<input type="checkbox"/> restless	<input type="checkbox"/> rash	<input type="checkbox"/> revengeful	<input type="checkbox"/> reluctant
<input type="checkbox"/> changeable	<input type="checkbox"/> crafty	<input type="checkbox"/> critical	<input type="checkbox"/> compromising

Totals ___

Temperaments:

Sanguine
(actors, salesmen, speakers)

Melancholy
(artists, musicians, teachers)

outgoing, talkative
optimistic, personable
friendly
compassionate
restless
week willed
emotionally unstable
egotistical

gifted, sensitive
perfectionist, analytical
faithful friend
self sacrificing
self centered, unsociable
pessimistic, impractical
moody, critical
revengeful

Choleric

(producers, builders, leaders)
technicians)

strong will / power
practical, productive
leader, decisive, determined
optimistic, confident
hot temper, domineering
cruel, inconsiderate
self sufficient

Phlegmatic

(diplomats, accountants,

witty, calm, easy going
dependable, practical efficient
slow and lazy, stingy
tease, selfish, spectator
stubborn, unmotivated
indecisive, fearful

Temperament:

Habitual inclination or tendency. A disposition that comes from the process of tempering.
(like steel)

Contributing factors:

1. Birth orders
2. Family backgrounds, influence
3. Environment
4. Education
5. Trauma, experiences
6. Age, maturity

Character:

The complex of mental and ethical traits a person possesses; reputation, moral excellence.

"Character is what you are in the dark"

"Character is what you stand for, reputation is what you fall for!"

Personality

The expression of a person character through behavior and emotion. Personal and individual social traits. Our personality is the appearance of how we think people should live, our character is how we really live.

Important Footnotes:

1. NO one is temperament is better than another

2. Everyone has traits from all categories
3. Your tendencies are not an excuse for your weaknesses
4. Don't stereotype or criticize someone's tendencies
5. Any combination is compatible with another
6. Surround yourself with other temp. to compliment you
7. Any temperament is subject to change
8. The more we walk in the spirit, our flesh will diminish

Biblical Personalities / characters

Gal. 5:19 - 23 Fruit of the Spirit, character change!

Matt. 12:33 - 35 / 7:15 - 20 Personality is on the outside,
Character is on the inside.

Character is mandatory!

Matt. 23:25 - 28 Clean up the inside and the outside will take care of
itself

1 Cor. 12 Each person has a unique expression and is
different

1SA 16:7 . The LORD does not look at the things man looks at. Man looks at the outward appearance, but the LORD looks at the heart."

2CO 4:16 Therefore we do not lose heart. Though outwardly we are wasting away, yet inwardly we are being renewed day by day.

1 Peter 3:[3] Your beauty should not come from outward adornment, ... [4] Instead, it should be that of your inner self,

Who is the most influential character in my life?

(family member, boss, friend, teacher, ect)
Why? How?

What is my favorite biblical character?
How are they like me?

Peter (Sanguine)

impulsive, uninhibited, outspoken,
egotistical, self seeking, braggart
weak willed, inconsistent

Moses (Melancholy)

Gifted, self sacrificing, anger,
Self depreciating, depression,
perfectionist, loyal

Paul (Choleric)

cruel, strong willed, hostile,
self sufficient, dynamic, practical
crusading, controversial, independent

Abraham (Phlegmatic)

Cautious, peaceable,
Reliable, passive, fearful, supportive,
diplomatic, Balanced, tolerant

Unchangeable Influences-

1. Parents - economic level, spiritual condition, successes & failures
2. Time in history - spiritual dispensation, technology
3. Race, national heritage - stereo types, prejudices, history
4. Gender - designed responsibilities, limitations, emotions
5. Birth Order - my position in the family, tenancies
6. Siblings / bro's & sisters - natural, adopted, influences

7. Physical features - nose, ears, feet, complexion, hair, size

8. Aging & death - wrinkles, weakness, loss of hair, sight, hearing, mind

Personal Evaluation / Inventory

1. Did God determine the details of my physical appearance before I was born?

2. Are birth defects and deformities the results of Adams sin or mine?

3. Does the major cause of infirmities come from physical characteristics?

4. Is rejecting myself the same as rejecting God?

5. Can I cover up my self-rejection with money, accomplishment, or personality?

6. Do my clothes indicate a measure of self-acceptance?

7. Does God give spiritual gifts that often compensate others areas?

8. Can it be a problem to "love our neighbor as we love ourselves"?

Assertive character (definitions)

Foundation - We are the head and not the tail, above and not below (Duet. 28:13) a chosen generation, a royal priesthood

(1 Peter 2:9)... "proper self - image"

* the following terms are also known as the "strong willed" and "compliant" nature found in children.

Assertive - To state or express positively, to affirm

- To defend or maintain a position

- To put oneself forward boldly, to make your opinion known

Aggressive - Inclined to behave in a hostile fashion

- Extreme intensity to gain control of a situation or a person, A Tinent

Passive - Receiving or subjecting oneself to an action or opinion without responding
- Accepting or submitting without personal consideration
- Overtly complaint, not to be confused with peaceful

Passive / Aggressive - secret, indirect, covert, yellow, "behind your back", underhanded, manipulation. Someone who avoids conflict, but still expresses anger, sarcastic, lives in denial, (this is adolescent behavior even at 60 yrs. Old) - procrastinates, sulks, irritable, protests without justification, avoids obligations, resentful, unreasonable, critical, often scorns people in authority, unstable self-image

Assertive Character (examples)

Assertive - **ME > YOU** **Jesus**

Aggressive - **ME > YOU** **Saul**

Passive- **ME > YOU** **Pilot**

Passive / Agg. - **ME > YOU**
Judas Arron Absalom Deliliah

_____ "I win" / loud, bossy, dominant, abusive

_____ "win - win" situation / honest, direct, confident

_____ "nobody wins" / no boundaries, no moral principles

_____ "you win" / feel used, unimportant,

Meet my friends:

Augusta Aggressive

I'm loud, bossy and pushy. I dominate and intimidate people.

I violate other's rights.I "get my way" at anyone's expense.
I "step" on people.I react instantly.

Abby Assertive

I'm firm, direct and honest.I respect the rights of others
and recognize the Importanceof having my needs and rights respected. I speak clearly and to the
point. I'm confident about who I am. I realize I have choices about my life.

Patsy passive

I'm unable to speak up for my rights.(I don't even know what my rights are!)I get "stepped on"
often over accommodating.

Petey Passive

I talk softly and give "cold-fish"handshakes. I don't stand up for my rights. I tend to avoid
conflicts and disagreements. People take advantage of me! I have trouble saying "no," and then
I'm angry and resentful.

Adam Assertive

I am an effective communicator,able to express my needs and
thoughts. I'm honest, direct and confident. I make good eye-contact and speak with a firm voice!

Angus Aggressive

I often violate others by using my power, position and language. I always get my way, even if I
need to step on people to get there. I speak in a loud voice and don't care where or when I "Blast"
someone. I can be abusive. I give vice-like handshakes. I like to get even!

Can you remember "marks of ownership" of bible characters?

Match each "unchangeable" feature with the correct man on the next page.

___ 1. "If I could change one thing about myself, it would be the circumstances of my birth.
My mother was a harlot; consequences, I was rejected by my whole family."

___ 2. "I had an unchangeable physical feature which resulted in public mocking. I also
contracted an incurable sickness from which I died."

___ 3. "My 'mark of ownership' was a halting limp. It was caused by the shrinking of the
sinew upon the hollow of my thigh."

___ 4. "If I could have selected the members of my family, I would have chosen different

brothers. The ones I had were very wicked and treated me cruelly

___5. "I pleaded with the Lord three times to remove my infirmity. Finally, God explained that it was my 'mark of ownership.' "

___6. "My 'unchangeable' physical feature was my size. I was very short of stature. I experienced situations which were difficult because of it."

___7. "Even though I had special training, I felt very inferior and inadequate because of a speech problem which I had throughout my life."

___8. "I lost my father as I was growing up. This caused me to need extra reassurance when I was given a task that I thought was too big for me."

A. Jacob
Gen. 32:31

B. Paul
II Cor. 12:7

C. Moses
Exodus 4:10

D. Zacchaeus
Luke 19:3

E. Timothy
II Tim. 1:5

F. Elisha
2 Kings 2:23,
2 Kings 13:14

G. Jephthah
Judges 11:1

H. Joseph
Gen. 37:4

