

Personal Pride Assessment

Adapted from the "The Emotionally Healthy Church" by Peter Scazzero

Proud & Defensive	Broken & Vulnerable
1. Guarded and protective of flaws and imperfections.	1. Transparent about flaws and weakness; disclose to appropriate others.
2. Focus on the "positive", strong, successful parts.	2. Aware of the weak, needy, limited parts of who I am, and admit failure.
3. Highly offendable and defensive.	3. Approachable and open to input.
4. Focus first on the flaws and sins of others.	4. Aware of own brokenness. Have compassion and am slow to judge others.
5. Give opinions a lot, even when not asked.	5. Slow to speak, quick to listen.
6. I don't get close to people.	6. Open, soft, and curious about others.
7. Keep people from seeing what is going on inside of me.	7. Delight in showing vulnerability and weakness that Christ's power might be seen in me.
8. Like to control most situations.	8. Can let go and give people a chance to earn my trust.
9. Have to be right in order to feel strong and good.	9. Understand that God's strength reveals itself in admitting mistakes and weakness.
10. Blame others.	10. Take responsibility for myself. Speak mostly in the "I" not the "You" or "They".
11. Hold grudges and rarely ask forgiveness.	11. Don't hold people in debt, able to ask others for forgiveness as needed.
12. When I'm offended, I write people off.	12. When I'm offended, I ask questions to explore what happened.
13. Deny, avoid, or withdraw from painful realities.	13. Honestly look at the truth underneath the surface even when it hurts.
14. Quick to give answers and explanations to those in pain, hoping to fix or change them.	14. Able to be present with people in pain, comfortable with mystery and with saying "I Don't know."
15. Have to prove I am right when wronged.	15. I can let things go.
16. Demanding	16. Assert myself kindly and respectfully.
17. Highly self conscious and concerned about how others perceive me.	17. More aware of God and others than what people think of me.
18. See people as resources to be used for God.	18. See people as gifts to be loved and enjoyed.

