

I'm becoming more critical than I used to be; I don't have a lot of compassion for others.	1	2	3	4	5
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I don't lean into others for help or support even though I could and should.	1	2	3	4	5
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I am not actively involved in renewing my mind to God's truth (through reading his Word, meditating on it, memorizing).	1	2	3	4	5
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The areas with 4's and 5's indicate there may be reason for concern, so you should explore them further. This is not to score or grade yourself. It's to help you see what's going on within your soul.

THINGS TO REMEMBER

As you go through this, God may bring to mind a step you need to take (a person you need to reconcile with, a habit you need to confess, a lie you need to confront). If this happens, plan ahead of time and be ruthless about saying yes and committing to obedience.

Never stop the process of self-examination with a list of what you're doing wrong. The psalmist says the purpose of self-examination is never to beat yourself up or to feel shame. The purpose is to lead you in the way everlasting. Always end with taking whatever time you need to allow God to remind you that you are forgiven and cleansed. Pause and remember the promises of Scripture, the truth about God's love for you, and your security in him.

Finally, invite others in to what God has shown you. Don't try to move forward alone. Remember, just as God helps us grow in self-awareness through the practice of self-examination, so others can help us through the process of accountability. Below are a few questions that will help you take this step:

What are the issues God has surfaced in this process?

Do you have any action steps you need to take in response to what God has shown you?

If so, what are they?

Who are a couple of people you can invite into your inner world?

When will you contact them?

SELF-EXAMINATION ASSESSMENT

*Search me, O God, and know my heart;
Test me and know my anxious thoughts.
See if there be any offensive way in me,
And lead me in the way everlasting.*

PSALM 139:23-24

Below is a list of statements to help you begin the process of self-examination. When you read them, answer based upon this scale:

1. Disagree
2. Somewhat Disagree
3. Neither Agree nor Disagree
4. Somewhat Agree
5. Agree

I no longer think about God throughout my day, or if I do, it is coupled with feelings of guilt.	1	2	3	4	5
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What I desire and enjoy is increasingly out of line with what God wants for me (I find my desires increasingly centering around what will please me, rather than God).	1	2	3	4	5
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It is becoming more infrequent for me to pray for concerns in my life or for those whom I love and care about.	1	2	3	4	5
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I find myself thinking negative and critical thoughts about others and myself.	1	2	3	4	5
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I find myself more at ease with not investing in personal devotions—I reason that it's not as necessary since I'm a pretty mature believer and have lots of Christian conversations and regular teaching from a great communicator.	1	2	3	4	5
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I avoid spending time with God, or when I do, I am restless and unable to be still.	1	2	3	4	5
My confidence in God is diminishing.	1	2	3	4	5
When evaluating my walk with God, I think of it in terms of my quiet time, church attendance, or area of service. I gauge it based on how I'm performing, not on who I'm becoming.	1	2	3	4	5
I miss the things I need to be paying attention to because my mind is consumed with all the "stuff" I have going on.	1	2	3	4	5
When I think about God, I think he is angry, disappointed, or upset with me.	1	2	3	4	5
My self-talk is critical, and I find myself dwelling upon it and starting to believe it.	1	2	3	4	5
I struggle with "image maintenance"—wanting others to think I've got it all together.	1	2	3	4	5
I find myself thinking about how to control outcomes, manage others, and manipulate circumstances in order to feel like things are going the way they should.	1	2	3	4	5
I have a lot of fearful, anxious thoughts.	1	2	3	4	5
There are things I find myself wanting more than God right now.	1	2	3	4	5
I am preoccupied with thinking about myself.	1	2	3	4	5
The people I love have become my emotional "punching bags."	1	2	3	4	5

It doesn't take much to stir up feelings of resentment, annoyance, and anger in me.	1	2	3	4	5
I find that I am more easily discouraged than I used to be.	1	2	3	4	5
Sin has become more attractive to me.	1	2	3	4	5
I am becoming more fearful about money, my job, or what other people think of me.	1	2	3	4	5
I don't share my feelings with others because I don't want them to know how I'm really doing and what I'm really feeling.	1	2	3	4	5
I am more sensitive than I used to be; I take things more personally.	1	2	3	4	5
I struggle with being real, because I don't want others to judge me or think I'm not as spiritual.	1	2	3	4	5
I'm finding it difficult to authentically forgive people.	1	2	3	4	5
I find myself handling my anger in ways that are not healthy or productive (I "attack" others; I avoid out of fear; I withdraw in coldness).	1	2	3	4	5
I have no clear sense of boundaries between others and myself.	1	2	3	4	5
There is no one in my life that knows what's going on with me—no one to hold me accountable or ask me hard questions about my choices and activities.	1	2	3	4	5
The people in my life whom I have acknowledged as priorities would no longer be able to tell that they are.	1	2	3	4	5
My feelings are determining reality for me (being emotionally driven), and I find myself making decisions out of those unhealthy emotions.	1	2	3	4	5