



Self-Analysis Tool Introduction

In lieu of quiz questions, this lesson includes a self-analysis tool. This analytical tool is intended to:

- Be completed individually. It should not be shared in a group setting, but assigned as a personal exercise.
- Facilitate introspective analysis—thereby providing an opportunity to learn more about ourselves.
- Identify areas of causticity that may hinder spiritual growth.
- Spiritually benefit the user.

If possible, it is beneficial to seek the assistance of a trusted friend who:

- Will maintain strict confidentiality.
- Knows you well and can be truthfully honest in verifying your selection for each analytical variable.
- Note: My wife assisted me in completing the tool. I had to change a couple of my selections after she “lovingly challenged” a few of my choices.

“As iron sharpens iron, so a man sharpens the countenance of his friend.” Proverbs 27:17

Instructions

Take time to reflect upon each analytical variable to determine often, sometimes, rarely, or never. Be honest with yourself when you determine a numeric value for each variable, because this tool is for your benefit.

Enter the corresponding numeric value into the right column for each analytical variable.

If using a computer, you need to download Adobe Reader from Play Store. Open the PDF file with Adobe Reader. Click the cell in the right column, enter the value, use the tab key to advance to the next cell. Your total is summed at the bottom.

If using a cell phone, you need to download Adobe Reader from Play Store. Open the PDF file with Adobe Reader. Select the cell in the right column, enter the value, and select the next cell. Your total is summed at the bottom.

It is important to recognize the individual scores change from analytical variable to variable.

Note: There are two additional exercises on the last page.

Self-Analysis Tool

| Analytical Variable | Often | Sometimes | Rarely | Never | Score |
|--|-------|-----------|--------|-------|-------|
| I experience conflict or strife with others | 1 | 3 | 5 | 7 | |
| I easily get along with others | 7 | 5 | 3 | 1 | |
| I become defensive when constructively criticized | 1 | 3 | 5 | 7 | |
| I seek ways to make things more positive for others | 7 | 5 | 3 | 1 | |
| I have trusted intimate friends | 7 | 5 | 3 | 1 | |
| I see stupid people | 1 | 3 | 5 | 7 | |
| I think others should listen to my opinion | 1 | 3 | 5 | 7 | |
| I gossip | 1 | 3 | 5 | 7 | |
| I see souls who are lost in sin and darkness | 7 | 5 | 3 | 1 | |
| I like to get even when wronged | 1 | 3 | 5 | 7 | |
| I find it difficult to maintain friendships | 1 | 3 | 5 | 7 | |
| I appreciate constructive criticism | 7 | 5 | 3 | 1 | |
| I seek to manipulate and control situations | 1 | 3 | 5 | 7 | |
| I like to bless others by doing more than what is expected | 7 | 5 | 3 | 1 | |
| I am demeaning / condescending | 1 | 3 | 5 | 7 | |
| I am envious of others | 1 | 3 | 5 | 7 | |
| I perceive it is all about God and not me | 7 | 5 | 3 | 1 | |
| I seek to forgive those who harm me | 7 | 5 | 3 | 1 | |
| I am easily provoked | 1 | 3 | 5 | 7 | |
| I think evil thoughts | 1 | 3 | 5 | 7 | |
| I like it when one has bad consequences for their wrongdoings | 1 | 3 | 5 | 7 | |
| I am blessed when I see God's truth | 7 | 5 | 3 | 1 | |
| I can "feel" someone's pain | 7 | 5 | 3 | 1 | |
| I speak foul language | 1 | 3 | 5 | 7 | |
| I seek to mirror Jesus Christ in all aspects of my life | 7 | 5 | 3 | 1 | |
| I have unforgiveness in my heart | 1 | 3 | 5 | 7 | |
| I actively listen to how other people think | 7 | 5 | 3 | 1 | |
| I consider my cost when helping someone else in need | 1 | 3 | 5 | 7 | |
| I am prideful | 1 | 3 | 5 | 7 | |
| I am unwilling to deal with another person's problems | 1 | 3 | 5 | 7 | |
| I am an obedient servant of God | 7 | 5 | 3 | 1 | |
| I demand respect from others | 1 | 3 | 5 | 7 | |
| I don't like being interrupted | 1 | 3 | 5 | 7 | |
| I speak words that may harm others | 1 | 3 | 5 | 7 | |
| I pray for others | 7 | 5 | 3 | 1 | |
| I focus on someone's faults instead of their positive attributes | 1 | 3 | 5 | 7 | |
| I am blessed when I lift others up | 7 | 5 | 3 | 1 | |
| Total Score | | | | | |

A lower total number = higher causticity
 A higher total number = greater agape



No one will get a perfect score because we all fall short of the glory of God. (Romans 3:23)
 However, this exercise provides us with insight into the spiritual status of our soul.

Additional exercise: Given the different terms provided in the lesson below, identify one term that best describes caustic and one term that best describes agape.

Terms for caustic:

| | | | | |
|---------|----------|------------|--------|---------------|
| Unkind | Bitter | Scathing | Biting | Sarcastic |
| Hateful | Vicious | Vitriolic | Cruel | Hurtful |
| Nasty | Spiteful | Vindictive | Mean | Self-centered |

Terms for agape:

| | | | | | |
|--------|-------------|---------------|-------------|-------------|------------|
| Caring | Sympathetic | Empathetic | Concerned | Benevolence | Charitable |
| Gentle | Thoughtful | Compassionate | Kindhearted | Considerate | Selfless |

Additional exercise: Identify at least:

- One thing you discovered about yourself from this lesson.
- One thing you need to improve by:
 - Praying.
 - Seeking God's word.
 - Obeying the guidance of the Holy Spirit.
 - Note: Review analytical variables scored with 3 or less.