

| PROUD & DEFENSIVE | BROKEN & VULNERABLE |
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| 1. I am guarded and protective about my imperfections and flaws. | 1. I am transparent and weak; I disclose myself to appropriate others. |
| 2. I focus on the "positive," strong, successful parts of myself. | 2. I am aware of the weak, needy, limited parts of who I am, and I freely admit failure. |
| 3. I am highly "offendable" and defensive. | 3. I am approachable and open to input. |
| 4. I naturally focus first on the flaws, mistakes, and sins of others. | 4. I am aware of my own brokenness. I have compassion and am slow to judge others. |
| 5. I give my opinion a lot, even when I am not asked. | 5. I am slow to speak and quick to listen. |
| 6. I don't get close to people. | 6. I am open, soft, and curious about others. |
| 7. I keep people from really seeing what is going on inside of me. | 7. I delight in showing vulnerability and weakness, that Christ's power may be seen. |
| 8. I like to control most situations. | 8. I can let go and give people opportunity to earn my trust. |
| 9. I have to be right in order to feel strong and good. | 9. I understand that God's strength reveals itself in admitting mistakes, weakness, and statements that "I was wrong." |
| 10. I blame others. | 10. I take responsibility for myself and speak mostly in the "I," not the "you" or "they." |
| 11. I often hold grudges and rarely ask forgiveness. | 11. I don't hold people in debt to me, and am able to ask others for forgiveness as needed. |
| 12. When I am offended, I write people off. | 12. When I am offended, I ask questions to explore what happened. |
| 13. I deny, avoid, or withdraw from painful realities. | 13. I honestly look at the truth underneath the surface, even when it hurts. |
| 14. I give answers and explanations to those in pain, hoping to fix or change them. | 14. I am present with people in their pain, and am comfortable with mystery and with saying, "I don't know." |
| 15. I have to prove I am right when wronged. | 15. I can let things go. |
| 16. I am demanding. | 16. I assert myself respectfully and kindly. |
| 17. I am highly self-conscious and concerned about how others perceive me. | 17. I am more aware of God and others than the impression I am making. |
| 18. I see people as resources to be used for God. | 18. I see people as gifts to be loved and enjoyed. |