



EVIDENCES OF **FEAR** CHECKLIST



Please check the statements that characterize your life.

FEAR OF REJECTION stems from having the wrong view of God and your relationship to Him.

- Believing God does not love and accept me unconditionally
- Not trusting God to be my major source of security, fulfillment and significance
- Not accepting God's will for my life
- Not believing God can empower me to go through human rejection while being secure in His love and grace
- Not believing God can sustain me emotionally when others reject or fail me
- Believing God does not love me because He doesn't give me what I want

FEAR MAY LEAD TO:

Being insecure, which may be manifested in the following ways:

- Striving for others' approval, affirmation, love, acceptance
- Being aggressive
- Being obnoxious
- Being sarcastic
- Making "light" of serious situations
- Being a "clown"
- Seeking to draw attention to myself
- Being very timid, shy
- Being a crisis-causer
- Being promiscuous
- Dressing provocatively to call attention to my body
- Compromising, making unbiblical decisions
- Enabling others to sin
- Intervening to prevent consequences to others' sins
- Having a sinful dependency on others
- Being jealous or possessive in relationships
- Demanding that others make me feel secure
- Being a "know-it-all"
- Controlling conversations

EVIDENCES OF FEAR

Having difficulty forming and/or maintaining close, meaningful relationships

- Being selfish, self-centered, self-absorbed
- Blaming others for problems in my relationships, while rarely accepting responsibility for my own sin
- Not submitting to human authority
- Being negative, critical, condemning and/or judgmental
- Alienating the people I don't want to reject me, through sinful attitudes/behaviors
- Not loving/accepting others unconditionally
- Requiring others to perform to receive my love
- Being overly sensitive and easily hurt by how people respond to/interact with me
- Rejecting others before they reject me
- Exchanging marriage roles: wife makes decisions and husband submits
- Being self-pitying; viewing myself as a victim or a martyr
- Being a perfectionist in my demands of self and/or others
- Fearing loving others; fear of being loved by others; fear of being hurt by others
- Being nasty, contentious
- Being depressed
- Believing people exist to make me happy
- Unforgiving; carrying grudges
- Setting my own standards of how others are to love me

Fearing your sins and weaknesses will be exposed; unwilling to be accountable for dealing with your sin

- Hiding behind an "image" (being different at home than I am outside my home)
- Maintaining superficial relationships, so no one gets to know me well
- Focusing on others' faults rather than my own
- Shifting blame to others
- Trying to ignore, excuse, deny or rationalize my sin
- Equating criticism with rejection; being very defensive when confronted
- Unwilling to admit my sin to others and to seek forgiveness
- Not being teachable
- Discrediting those who admonish me

EVIDENCES OF FEAR

Trying to control others by the use of

- Intimidation
- "Guilt trips"
- Martyrdom; self-pity, whining
- Manipulation
- Temper outbursts
- Physical threats; other threats
- Withdrawal, emotionally or physically
- Escapes
- Irresponsibility
- Demands
- Sarcasm
- Suicide threats/attempts

Being a people-pleaser

- Living to please others instead of obeying God
- "Giving" by trying to please others with a hidden purpose of getting what I want from them in return and/or making my circumstances more comfortable
- Not admonishing others when it is needed
- Ignoring, minimizing, excusing others' sins; seeing them through rose-colored glasses
- Unwilling to say "no" to someone else's requests when it means getting my own priorities out of order and/or breaking prior commitments
- Suppressing or ignoring painful realities
- Being a "chameleon;" acting one way with some people and differently with others

Comparing yourself to others and thereby, feeling superior or inferior

- Being concerned and/or preoccupied with developing self-esteem
- Analyzing frequently how others are relating, responding to me
- Being self-conscious about appearance, what you say, how others view you
- Focusing on inadequacies rather than seeking my adequacy in Christ
- "Rating" people as inferior or superior to me
- Being jealous, envious, discontent
- Having a haughty, judgmental attitude toward others

EVIDENCES OF FEAR

Substituting sinful behaviors for a meaningful relationship with God/others

- ___ Retreating into fantasy to avoid facing painful realities
- ___ Reading or watching pornography; involvement with sexually explicit material
- ___ Escaping by excessive time spent watching TV, involvement on the Internet or social media, reading, working, eating, sleeping, etc.
- ___ Excessive involvement with sports, hobbies, vacations, ministry, etc.
- ___ Escaping with irresponsible behaviors such as use of illegal drugs, drunkenness, illicit sex, laziness, violence, greediness, gluttony, etc.