

united church of christ

EMOTIONALLY HEALTHY SPIRITUALITY WEEK 2: THE PROBLEM OF THE FALSE SELF JULY 17, 2022

Personal Inventory

SAUL PRETENDS TO BE SOMEONE ON THE OUTSIDE THAT HE IS NOT ON THE INSIDE, (I.E., A FALSE SELF).

USE THE FOLLOWING SYMPTOMS OF A FALSE SELF TO GET AN IDEA OF WHERE YOU ARE RIGHT NOW.
NEXT TO EACH STATEMENT WRITE DOWN THE NUMBER THAT BEST DESCRIBES YOUR RESPONSE.

Use the following scale:

- 5 = Always true of me
- 4 = Frequently true of me
- 3 = Occasionally true of me
- 2 = Rarely true of me
- 1 = Never true of me

1. I compare myself a lot to other people. _____
2. I often say "yes" when I prefer to say "no." _____
3. I often don't speak up to avoid the disapproval of others. _____
4. People close to me would describe me as defensive and easily offended. _____
5. I have a hard time laughing at my shortcomings and failures. _____
6. I avoid looking weak or foolish in social situations. _____
7. I am not always the person I appear to be. _____
8. I struggle with taking risks because I could fail or look foolish. _____
9. My sense of worth/well-being comes from what I have (possessions), what I do (accomplishments), or what others think of me (popularity). _____
10. I often act like a different person when in different situations and with different people. _____

What stands out to you the most while taking this assessment?
If you have time, share with your table. If you do not have enough time,
talk through these with your triad or a trusted spiritual companion.