

Fleshly Living Patterns Evaluation

Fleshly living patterns are the ways we try to meet our God-given needs without God or cope with problems in our lives apart from the Holy Spirit. Synonyms for “Fleshly Living Patterns” are “Coping Skills” or “Survival Skills.” In Galatians 5:19-21 they are called “the Works of the Flesh.” Hebrews 12:1 calls them the “sin that doth so easily beset us.”

This evaluation is designed to help identify the default responses we demonstrate when we are under pressure, face problems, or when things do not go our way. To cope when things are not going right or when I feel out of control, I tend to . . .

Become anxious by:	1=none, 2=sometimes, 3=often, 4=always			
becoming fearful or apprehensive	1	2	3	4
becoming paralyzed or going numb	1	2	3	4
becoming paranoid or overly suspicious	1	2	3	4
lacking peace and rest	1	2	3	4
Seeking guidance in astrology, horoscopes, fortune telling, tarot cards, palm reading, ouija boards, or even the occult for guidance and strength	1	2	3	4

Become angry and vent my displeasure by:	1=none, 2=sometimes, 3=often, 4=always			
becoming harsh, cruel and bitter	1	2	3	4
becoming hateful or malicious	1	2	3	4
becoming sarcastic or caustic	1	2	3	4
having a quick temper	1	2	3	4

Become dominant by:	1=none, 2=sometimes, 3=often, 4=always			
become demanding or pushy	1	2	3	4
becoming dictatorial	1	2	3	4
becoming manipulative	1	2	3	4
becoming overbearing	1	2	3	4
demanding my rights	1	2	3	4
intimidating others	1	2	3	4

Develop a critical attitude by:	1=none, 2=sometimes, 3=often, 4=always			
becoming judgmental (opinionated)	1	2	3	4
becoming prejudiced (intolerant)	1	2	3	4
complaining a lot (becoming negative)	1	2	3	4
finding fault with others, myself, and everything around me	1	2	3	4
nit-picking things to death	1	2	3	4

Become emotionally distant by:	1=none, 2=sometimes, 3=often, 4=always			
avoiding intimacy	1	2	3	4
becoming inhibited and bottling up emotions	1	2	3	4
becoming unable to express love in a meaningful way	1	2	3	4
denying feelings or having difficulty expressing feelings and opinions openly and honestly	1	2	3	4
keeping people at a distance	1	2	3	4

Become pessimistic by:	1=none, 2=sometimes, 3=often, 4=always			
assuming the worst-case scenario to protect myself from disappointment and pain	1	2	3	4
becoming jealous of others' success and happiness	1	2	3	4
becoming skeptical or suspicious	1	2	3	4
distrusting others, myself, God, church, and the government	1	2	3	4
expecting the worst	1	2	3	4
lacking the confidence and optimism	1	2	3	4
seldom being satisfied or content	1	2	3	4

Become obsessed with:	1=none, 2=sometimes, 3=often, 4=always			
A devotion to a cause	1	2	3	4
accomplishments	1	2	3	4
how I look	1	2	3	4
my physical health	1	2	3	4
recognition	1	2	3	4
status	1	2	3	4
structure, order, rules, and regulations	1	2	3	4
the past (past hurts and failures in particular	1	2	3	4

Become self-absorbed or self-consumed	1=none, 2=sometimes, 3=often, 4=always			
becoming self-deprecating	1	2	3	4
becoming overly introspective	1	2	3	4
engaging in self-pity	1	2	3	4
feeling sorry for myself	1	2	3	4
focusing on my suffering and trials to get attention and sympathy	1	2	3	4
getting depressed by stuffing my anger and frustrations	1	2	3	4
playing the role of a victim/matyr	1	2	3	4

Become self-assured or self-confident	1=none, 2=sometimes, 3=often, 4=always			
becoming arrogant or cocky	1	2	3	4
becoming conceited or smug	1	2	3	4
becoming egocentric or acting pompous	1	2	3	4
becoming proud or haughty	1	2	3	4
bragging or being boastful	1	2	3	4
depending on myself instead of God	1	2	3	4
having difficulty asking for help	1	2	3	4
having a superior attitude by saying effect “I must always be the best,” “I must always be right,” and/or “I must always win”	1	2	3	4
pretending that I know it all	1	2	3	4

Becoming tense, nervous, and agitated	1=none, 2=sometimes, 3=often, 4=always			
becoming impatient	1	2	3	4
becoming restless (high-strung)	1	2	3	4
finding it hard to relax	1	2	3	4

Come across as insensitive:	1=none, 2=sometimes, 3=often, 4=always			
indifferent, uncaring, unconcerned, and/or unsympathetic	1	2	3	4

Become self-disciplined or self-reliant by:	1=none, 2=sometimes, 3=often, 4=always			
basing acceptance of self and other on performance	1	2	3	4
becoming a perfectionist	1	2	3	4
becoming legalistic	1	2	3	4
becoming too hard and strict on myself and others	1	2	3	4
fearing making mistakes	1	2	3	4
living by rules (do’s and don’ts)	1	2	3	4
living “by the book”	1	2	3	4
overcompensating by trying even harder not to fail	1	2	3	4
setting unrealistic standards for myself and others	1	2	3	4

Become self-indulgent or self-gratifying by:	1=none, 2=sometimes, 3=often, 4=always			
assuming that “if it feels good, do it”	1	2	3	4
becoming compulsive (lacking self-control)	1	2	3	4
becoming impulsive (hasty)	1	2	3	4
buying things in an attempt to feel better	1	2	3	4
lusting (craving for alcohol, caffeine, cigarettes, drugs, food, sugar, sex, pornography)	1	2	3	4

Become self-righteous (self-justifying)	1=none, 2=sometimes, 3=often, 4=always			
assuming I am never the problem	1	2	3	4
avoiding taking responsibility for failure or problems	1	2	3	4
becoming critical of others (blaming others)	1	2	3	4
becoming defensive	1	2	3	4
covering up and hiding mistakes	1	2	3	4
difficulty admitting wrong, apologizing, asking for forgiveness, and expressing gratitude	1	2	3	4
making excuses (rationalizing)	1	2	3	4
pointing to someone or something else as the problem	1	2	3	4
Trying to stay in control through:	1=none, 2=sometimes, 3=often, 4=always			
being passive (playing helpless)	1	2	3	4
blackmailing (making threats)	1	2	3	4
Giving the silent treatment	1	2	3	4
manipulating (using coercion)	1	2	3	4
not eating (anorexia/bulimia)	1	2	3	4
showing favoritism	1	2	3	4
using guilt	1	2	3	4
using profanity (swearing)	1	2	3	4

Challenge others by:	1=none, 2=sometimes, 3=often, 4=always			
becoming argumentative, closed-minded, inflexible, obstinate, rigid, stubborn, unreasonable, unyielding	1	2	3	4
becoming uncooperative (unteachable)	1	2	3	4
causing dissension (strife)	1	2	3	4
irritating (aggravating) others	1	2	3	4
resisting authority	1	2	3	4
Deny reality by:	1=none, 2=sometimes, 3=often, 4=always			
conning people to get what I want	1	2	3	4
deceiving others and myself	1	2	3	4
denying anything is bad or wrong	1	2	3	4
exaggerating (overstating matters)	1	2	3	4
ignoring problems and hoping they will go away	1	2	3	4
lying (misleading)	1	2	3	4
playing games to hide real intent	1	2	3	4
Become complacent or nonchalant by:	1=none, 2=sometimes, 3=often, 4=always			
saying things like “It doesn’t matter” or “It’s OK”	1	2	3	4

Escape pain/ pressure/ displeasure through:	1=none, 2=sometimes, 3=often, 4=always			
becoming a workaholic	1	2	3	4
gloom and doom thinking (refusing to see the positive)	1	2	3	4
religious activity and service	1	2	3	4
working (career, business, job)	1	2	3	4
athletics, entertainment, hobbies/games, reading	1	2	3	4
Carousing, drugs, alcohol, self-medicating	1	2	3	4
fantasy, movies, role-playing	1	2	3	4
overeating, sleeping	1	2	3	4
pornography, sexual fantasies, sex	1	2	3	4
religion, school, staying busy, talking	1	2	3	4
computers, screen time, social media, video games, tv	1	2	3	4

Hold a grudge or be resentful by:	1=none, 2=sometimes, 3=often, 4=always			
becoming moody (sulky)	1	2	3	4
becoming unforgiving	1	2	3	4
harboring bitterness	1	2	3	4
keeping a score of wrongs done to me or by me	1	2	3	4
punishing myself or others	1	2	3	4
trying to get even (seeking revenge)	1	2	3	4
wanting others to fail or get hurt	1	2	3	4

Withdraw or isolate myself by:	1=none, 2=sometimes, 3=often, 4=always			
avoiding others (becoming a loner)	1	2	3	4
becoming aloof (pulling away)	1	2	3	4
becoming unapproachable	1	2	3	4
being overly introverted	1	2	3	4
distancing myself from other	1	2	3	4
going into a shell	1	2	3	4
not communicating	1	2	3	4
retreating into the silent treatment	1	2	3	4
running and hiding (escaping)	1	2	3	4