

Christian Personality Analysis

Expanded

Personality Traits

with

Biblical Guidance

for

Sample, Client M.

Table of Contents

Table of Contents	2
KNOW YOURSELF	3
Introduction	4
Personality Data	4
Core Orientation	7
General Approach To Life	7
PERSONALITY FACTORS	10
Productiveness	10
Assertiveness	10
Sociability	11
Individuality	11
Well-Being	11
Submissiveness	11
Narrative Analysis	12
Real Self	12
Ideal Self	15
CONGRUENCY	18
Critical (Range) Traits	18
General (Range) Traits	18
Congruent Traits	18
Congruency Caution	19
Personal Congruency	20
% Overall Conruency: 40	21
Critical Traits	21
General Traits	21
Congruent Traits	21
Critical Traits	21
General Traits	21
Incongruent Traits	21
Critical Traits	21
General Traits	21
BIBLICAL GUIDANCE	23
Positive Attitudes And Behaviors	24
"X" = Selected Positive Attitudes And Behaviors	24
Potentially Negative Attitudes And Behaviors	43
"X" = Selected Potentially Negative Attitudes And Behaviors	43
FROM THE AUTHOR	60

KNOW YOURSELF

Again Jesus called the crowd to him and said, “Listen to me, everyone, and understand this. Nothing outside a person can defile them by going into them. Rather, it is what comes out of a person that defiles them.” After he had left the crowd and entered the house, his disciples asked him about this parable. “Are you so dull?” he asked. “Don’t you see that nothing that enters a person from the outside can defile them? For it doesn’t go into their heart but into their stomach, and then out of the body.” (In saying this, Jesus declared all foods clean.) He went on: “What comes out of a person is what defiles them. For it is from within, out of a person’s heart, that evil thoughts come—sexual immorality, theft, murder, adultery, greed, malice, deceit, lewdness, envy, slander, arrogance and folly. All these evils come from inside and defile a person.” (Mark 7:14-23, NIV)

“These people honor me with their lips, but their hearts are far from me. They worship me in vain; their teachings are merely human rules.” Jesus called the crowd to him and said, “Listen and understand. What goes into someone’s mouth does not defile them, but what comes out of their mouth, that is what defiles them.” Then the disciples came to him and asked, “Do you know that the Pharisees were offended when they heard this?” He replied, “Every plant that my heavenly Father has not planted will be pulled up by the roots. Leave them; they are blind guides. If the blind lead the blind, both will fall into a pit.” Peter said, “Explain the parable to us.” “Are you still so dull?” Jesus asked them. “Don’t you see that whatever enters the mouth goes into the stomach and then out of the body? But the things that come out of a person’s mouth come from the heart, and these defile them. For out of the heart come evil thoughts—murder, adultery, sexual immorality, theft, false testimony, slander. These are what defile a person; but eating with unwashed hands does not defile them.” (Matthew 15:8-20, NIV)

Introduction

The content of this report is determined by the selected adjectives. The more carefully and accurately the adjectives were selected the more confidence can be placed in the information contained in this report.

The purpose of the report is to provide information for self education and understanding; it is not to be considered a diagnostic or clinical report.

If the content of this report identifies some personality issues or behaviors that you might want to change and you are not successful on your own you are encouraged to seek the assistance of your pastor or a behavioral coach or therapist.

Personality Data

The traits measured and used in the construction of this report are defined in the following table.

Modus Operandi	
Communality	Perceiving and interpreting actions, events, and situations as do people-in-general.
Enthusiasm	General energy level, expressiveness, and task responsiveness.
Negativity	A negative outlook expressed through interfering, impeding, and conflicted behavior.
Optimism	A positive orientation expressed in cheerfulness, adaptability, and focus.
Psychological Needs	
Achievement	To strive to be outstanding in pursuits of socially recognized significance.
Affiliation	To seek and maintain numerous personal friendships.
Aggression	To utilize authority and power with confrontation or conflict, if necessary, to attain goals.
Autonomy	To act independently of others or of social values and expectations.
Change	To seek novelty of experience and to avoid routine.
Deference	To seek and maintain subordinate roles in relationships with others.
Dominance	To seek and maintain a role as a leader in groups, or to be influential and controlling in relationships.
Endurance	To persist in any task undertaken.
Exhibition	To behave in such a way as to elicit the immediate attention of others.

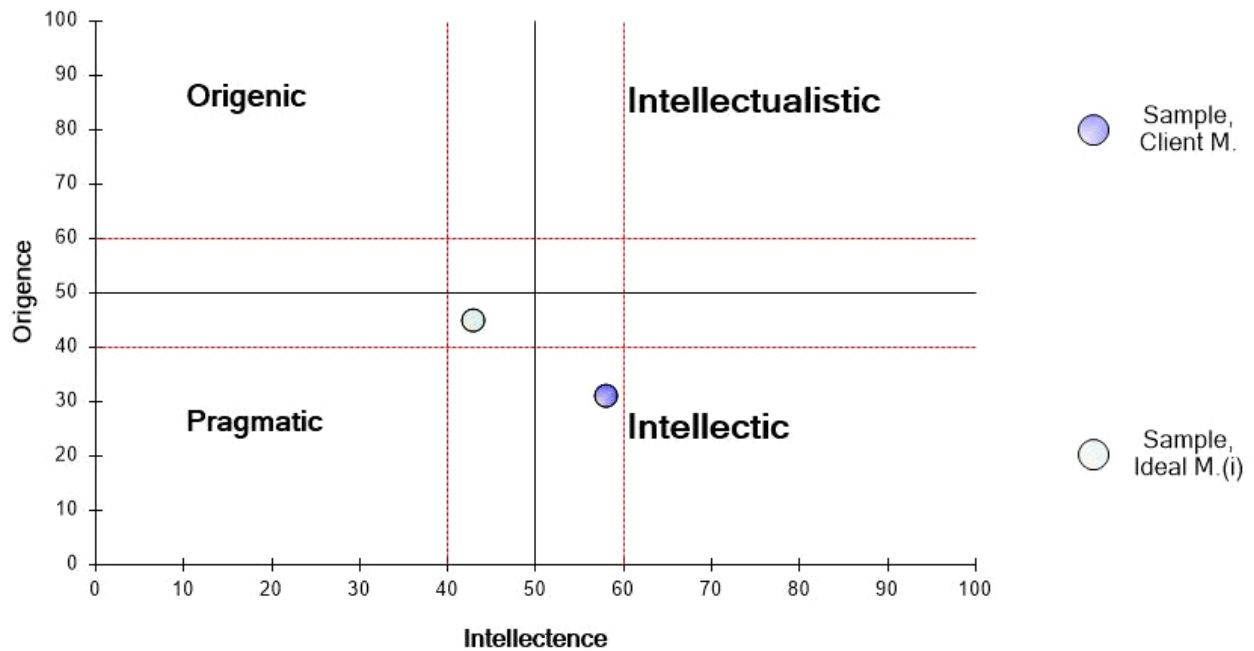
Nurturance	To engage in behavior that provides material or emotional benefits to others.
Order	To place special emphasis on neatness, organization, and planning in one's activities.
Psychologically Perceptive	To value cognitive activity and to engage in attempts to understand the 'why' of things as well as one's own behavior or the behavior of others.
Self-Blaming	To express feelings of inferiority through self-criticism, guilt, or social or professional impotence.
Sexuality	To seek the company of and derive emotional satisfaction from social and erotic interactions with peers.
Support Seeking:	To solicit sympathy, advice, affection, or emotional support.
Topical Scales	
Counseling Readiness	To accept counseling or professional advice in regard to personal problems, psychological difficulties, and the like.
Creativity	The desire to do and think differently from the norm, and a talent for originality.
Femininity	The role-qualities such as helpfulness, sympathy, and affection that are associated with the stereotypical notions of femininity.
Masculinity	The role-qualities such as ambition, assertiveness, and initiative that are associated with the stereotypical notions of masculinity.
Personal Adjustment:	The ability to cope with situational and interpersonal demands and stress with a feeling of efficacy.
Self-Confidence:	To attain gratification though self-confident, poised, and self-assured behavior.
Self-Control	The extent to which restraint and self-control are imposed, and valued.
Self-Satisfaction	The sense of personal worth or harmony between what one is and what one wants to be.
Structure Valuing	Steadiness, self-discipline, and good judgment of the kind required in positions of military (or structured) leadership.
Interpersonal Behavior	
Fault-Finding	The attitudes of evaluation, severity, and skepticism that are associated with the concept of a critical parent.
Playful	The attitudes of playfulness, impulsivity, and self-centeredness that are associated with the concept of a 'free' or very expressive child.
Respectful	The attitudes of support, stability, and acceptance that are associated with the concept of a nurturing parent.
Security-Seeking	The attitudes of deference, conformity, and self-discipline that are associated with the concept of an 'adapted' or very dutiful child.

Work-Centered	The attitudes of independence, objectivity, and industriousness that are associated with the concept of a mature adult.
Origence and Intellectence	
Affected	Informality, pleasure, feelings, emotions and action are emphasized over structure, reasoning, and evaluation.
Intellectualistic	Both affect and rationality are emphasized, suggesting versatility, unconventionality, and individuality.
Pragmatic	A pragmatic, conventional approach to life, with feelings of contentment and optimism.
Scientific	Rationality and analysis are emphasized over feelings and emotion, suggesting logicity, industriousness, and cognitive clarity.
Composite Factors	
Intellectence	The ability to think abstractly, to detect logical relationships, and to apply general principles to the solution of specific problems.
Origence	The ability to think imaginatively, to bring new ideas and tangible products into being, to modify the environment in accordance with aesthetic criteria, and to discern the underlying elements of order in disorder.
Composite Factors	
Assertiveness	Ascendant, demanding, strong-willed tendencies demonstrated through active, pleasurable, and self-satisfying behavior.
Individuality	Autonomous, independent, and self-directed tendencies demonstrated through nonconforming, even rebellious, behavior, but accompanied by a tolerant acceptance of the behaviors of others.
Productiveness	Resourceful, resolute, productive behavior resulting in the completion of goal-oriented tasks. Power and intellectual ability are respected and utilized.
Sociability	Gregarious, compassionate tendencies demonstrated through close, warm interpersonal relationships.
Submissiveness	Consistent, self-disciplined, rule-respecting tendencies with a preference for cooperation as opposed to competition and following rather than leading.
Well-Being	Emotional health and stability demonstrated in an ability to respond calmly to stressful situations and form comfortable interpersonal relationships.

Core Orientation

General Approach To Life

Y-Axis: Origence. The ability to think imaginatively, to bring new ideas and tangible products into being, to modify the environment in accordance with aesthetic criteria, to picture the world of the past and the future, and to discern the underlying elements of order in disorder, and even sense in nonsense.



X-Axis: Intellectence. The ability to think abstractly, to detect logical relationships, and to apply general principles to the solution of specific problems.

Origenic: These expressive individuals tend to seek pleasure and an audience. They may be dramatic and emotional, with little interest in facts.

Intellectualistic: These individuals tend to be aloof and have tenuous interpersonal relationships. They have the ability to integrate reason and intuition.

Pragmatic: These individuals tend to be extroverts who genuinely like others. They prefer to follow rather than lead and rely on conventional rules and regulations.

Intellectic: These individuals seek to structure their lives with rules and regulations developed through logical, analytical thought. When approached, they may form strong interpersonal relationships.

Current (As I am) Behavior

He is prudent and vigilant with the ability to plan ahead. This allows him to avoid intemperance and undue impulsiveness. His desire for morality and order may also explain a tendency toward strong opinions on ethical issues; he is likely to look askance at those who violate societal conventions. He is practical and predictable in his thought and perception, and tolerant of the ineptitude and intellectual shortcomings in others. Intimacy may be sought with the candid sharing of significant feelings. While intelligent and inventive, he is also anxious, ill at ease, and preoccupied. Often keeping people at a distance, he is skeptical of their intentions and may feel alienated. He is independent and flexible, and enjoys informality and relaxation, but is influenced by illogical concerns. He tends to seek adventure and activity while remaining sophisticated and relaxed. Creative, independent, spontaneous and moral behavior is more important than conformity. Emphasizing self-sufficiency, he may be strong-willed, original in thought and perception, aesthetically sensitive, indifferent to convention, and easily annoyed by those viewed as uninsightful, intellectually slow or undiscerning. Though talented, he may be uncomfortable with his own needs and those of others. He probably avoids intimacy, based on a candid sharing of significant feelings, sensing it as a danger. He tends to be unpretentious, uncomplicated, forbearing, forthright, respectful of rules, and accepting of his role in life. He tends to be analytical, logical, astute, intellectually capable, self-disciplined, and prepared to do the planning and work necessary to attain his goals. People may view him as

Preferred (As I would like to be) Behavior

He tends to seek as much morality, adventure, and activity, while remaining sophisticated and relaxed, as do most people. Thus, he may equally experience conflicting interests and underachievement. He is probably as strong-willed, original in thought and perception, aesthetically sensitive, and indifferent to convention as are most people. However, while intimacy may be sought the candid sharing of significant feelings may be avoided. He tends to be as unpretentious, forbearing, forthright, and respectful of rules, as are most people. He is as analytical, logical, astute, and intellectually capable, as are most people. He tends to be prudent and vigilant with the ability to plan ahead. This allows him to avoid intemperance and undue impulsiveness. His likely desire for morality and order may also explain a tendency toward strong opinions on ethical issues. He may be practical and predictable in his thought and perception, and tolerant of the ineptitude and intellectual shortcomings in others. But, intimacy through the candid sharing of significant feelings may be avoided. While intelligent and inventive, he may also be anxious, ill at ease, and preoccupied. Often keeping people at a distance, he is probably skeptical of their intentions and may feel easily alienated. He tends to be independent and flexible, and may delight in informality and relaxation, but he may be influenced by illogical concerns.

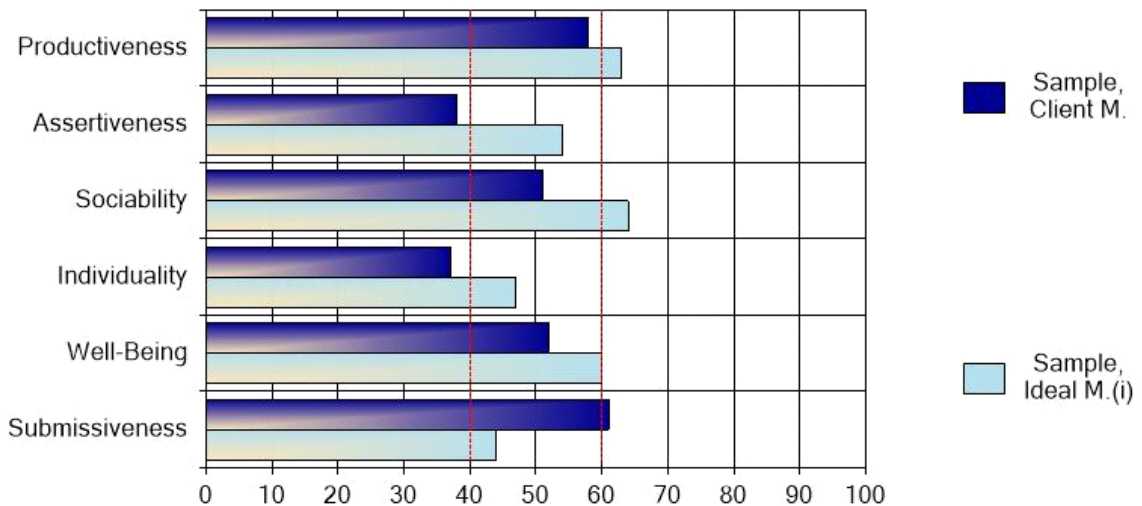
somewhat rigid.

PERSONALITY FACTORS

There are two bars in the graph, one for the "Real" self and one for the "Ideal" self. When the test was completed, the adjectives selected to describe "the way you are most of the time" are those for the Real self and those selected to describe "the way you would like to be" are those for the Ideal self. The color of the bar for the Ideal self is indicated in the legend by the symbol where your name is followed by "(i)."

Most people score between 40 and 60. A score above 60 is considered "high" and a score below 40 is considered "low." It may be possible to score too high and for the behavior to be too frequent or intense, but that is rarely the case. It is more probable that a low score is the indication of behavior that is too infrequent or weak and thus a constraint on overall performance and happiness.

The difference between the Real and Ideal self scores may indicate areas of personal dissatisfaction and/or a desire to change the current behavior in the direction of the Ideal score. If the Ideal self score exceeds the Real self score there may be a desire to increase the intensity or frequency of the behavior while the reverse may apply if the Ideal is lower than the Real.



Productiveness

Resourceful, resolute, productive behavior resulting in the completion of goal-oriented tasks. Power and intellectual ability are respected and utilized.

Assertiveness

Ascendant, demanding, strong-willed tendencies demonstrated through active, pleasurable, and self-satisfying behavior.

Sociability

Gregarious, compassionate tendencies demonstrated through close, warm interpersonal relationships.

Individuality

Autonomous, independent and self-directed tendencies demonstrated through nonconforming, even rebellious, behavior, but accompanied by a tolerant acceptance of the behaviors of others.

Well-Being

Emotional health and stability demonstrated in an ability to respond calmly to stressful situations and form comfortable interpersonal relationships.

Submissiveness

Consistent, self-disciplined, rule-respecting tendencies with a preference for cooperation as opposed to competition and following rather than leading.

Narrative Analysis

Real Self

PRODUCTIVENESS

He is basically satisfied with himself and he believes that his behavior is appropriate. A conscientious worker, he probably has a strong sense of duty and avoids playfulness and non-essential activities. For him, stability and continuation is more important than the new and different. He is not likely to endure setbacks and distractions easily, nor is he likely to welcome change and variety; rather he steadily pursues his goals and seeks stability. He probably assumes tasks that require self-discipline and diligent effort as he seeks to avoid disorder, subjectivity, and impulsivity. His preference is probably for objectivity, rationality, and reason. About as reliable and diligent as are most people, he is as attentive to duties, the responsibilities of adulthood, and obligations as others. He is analytical, logical, astute, intellectually capable, self-disciplined, and prepared to do the planning and work necessary to attain his goals. People may view him as rigid.

ASSERTIVENESS

His need to lead others (groups) and those with whom he has relationships is like that of most others. Situations in which he will be prominent or required to perform are avoided. He is cautious, restrained, avoiding of conflict, and quickly gives in to escape interpersonal stress or controversy. He may seek to avoid confrontation or conflict and be unlikely to make demands on others. Interpersonally, he may be forbearing and conciliatory. However, this does not indicate comfort with or the acceptance of the others' behavior - just a desire to avoid the conflict that might occur should he speak out. His strong preference for diligence and attention to duty may be attained at the cost of spontaneity and self-enhancement. Too much self-control may inhibit his behavior at times. He is practical and predictable in his thought and perception, and tolerant of the ineptitude and intellectual shortcomings in others. Intimacy may be sought with the candid sharing of significant feelings.

SOCIABILITY

He may seek the company of others and be tactful, tolerant, and not easily offended. His perception of his environment is probably similar to that of most other people, allowing him to interact as effectively as do most people. He has a stronger interest in understanding the 'why' of things, including his own behavior and that of other's, than do most people. He may be concerned for the welfare of others and willing to provide material or emotional support to them. He may seek and maintain about as many personal friendships and social engagements as do most people. He is more likely than most people to engage in life's activities with gusto and vitality. Basically sympathetic and considerate, he is likely to elicit positive reactions from others and in turn treat them with respect. He tends to be cooperative, appreciative, cheerful, warm, and valuing of intimacy and mutuality in relationships. Continuity and the preservation of old values are probably as important to him as others are to most people. He is as likely

as others to seek to sustain relationships and to foster courtesy and respect. Moderate, cautious, and slow to respond in interpersonal encounters or pleasurable activities, he is likely viewed as self-denying and lacking in excitement. He tends to be as unpretentious, forbearing, forthright, and respectful of rules, as are most people.

INDIVIDUALITY

He perceives change or challenges as threatening, and seeks a stable, risk-free environment. He prefers safe, well-defined situations. The perception that he lacks verve and imagination may reduce opportunities others might otherwise extend to him. He may be timid and fearful, tending to give up easily and withdraw. He may have difficulty mobilizing his resources and taking action. Uncertainty and disorganization are probably uncomfortable for him. In complex or ill-defined situations he is subdued, conservative, and avoids involvement or action. He is prudent and vigilant with the ability to plan ahead. This allows him to avoid intemperance and undue impulsiveness. His desire for morality and order may also explain a tendency toward strong opinions on ethical issues; he is likely to look askance at those who violate societal conventions.

WELL-BEING

He is likely to be expressive and eager to explore the world around him, but inconstant and even capricious in his reactions. While attractive, vivacious, and enthusiastic, he may also be somewhat self-seeking. He is as likely to be hard working, goal directed, and determined to do well as are most people. His motivation to succeed may lie less in competitive drives than in a need to live up to his own criteria. He avoids conflict and confrontation. He may feel inadequate when coping with stress and crisis, and retreat into fantasy on occasion. Others are viewed as stronger and more effective than he is and he frequently seeks their support. Basically, submissive to the wishes and demands of others and avoiding of conflict, he may ask for little in life. His interpersonal world may be marked by worry and foreboding. He may view others as more effective or deserving than himself. Problems with interpersonal behavior may result from shyness, diffidence, or self-denial. He may frequently feel unable to fully enjoy life and, while he may wish to improve his status, he may doubt his ability to do so. He is solicitous of counseling or professional advice. His ability to 'love and work', Freud's criterion of personal adjustment, is like that of most others and suggests that his ability to cope with situational and interpersonal demands should be as well. He has poor morale and feels defeated by life. However, he is likely to be regarded as kind, modest and considerate of the rights and wishes of others. He may be easily angered, skeptical, counteractive, and is likely to be irritated by interference or obstacles. He may pursue his own interests and may be indifferent to those of others, who he may view as adversaries to be defeated.

SUBMISSIVENESS

He prefers conventional values and lifestyles, seeking security in the tried and true, while avoiding risks. Since he dislikes decision-making, he takes comfort in receiving direction from a valued and trusted other. He is likely to prefer anonymity and freedom

from conflict to the winning of interpersonal victories. He is conscientious, unassuming and patient, deferring to others without loss of self-respect. Tending to over-control his needs and impulses, he often delays gratification unnecessarily. A commitment to duties and obligations, with a reluctance to deviate from agreed-upon courses of action may make him appear rigid at times. He may work hard to see that consensual goals are attained and be a steadying influence upon others. Valuing good organization and careful planning, he tends to avoid emotionalism, but may become dissatisfied when people or events interfere with his plans. Gentle, kind, considerate, and fatalistic about personal misfortune or adversity, he is vulnerable to others' aggression. He is willing to substitute daydreams and fantasies for more direct experience. He may have as much difficulty setting aside the roles he learned in childhood as do most people. This may be demonstrated through the same amount of independence and uncertainty about how to cope with the demands of life that others show.

Ideal Self

PRODUCTIVENESS

He is likely to be adaptable and to remain cheerful and productive in the face of adversity. A conscientious worker, he probably has a strong sense of duty and avoids playfulness and non-essential activities. For him, stability and continuation is more important than the new and different. He is not likely to endure setbacks and distractions easily, nor is he likely to welcome change and variety; rather he steadily pursues his goals and seeks stability. He probably assumes tasks that require self-discipline and diligent effort as he seeks to avoid disorder, subjectivity, and impulsivity. His preference is probably for objectivity, rationality, and reason. Reliable, ambitious, and diligent, he is self-disciplined and attentive to duties and obligations. This self-discipline is admirable, but may have been obtained at the cost of spontaneity, and the ability to enjoy peace and quiet. Even the expression of love, affection and tenderness may make him uncomfortable. While autonomous and effective, he is inconsiderate because in achieving independence, he has suppressed his own feelings and become indifferent to those of others. He seeks power, success, and tangible accomplishments in a world free of subjective concern and worry. He is analytical, logical, astute, intellectually capable, self-disciplined, and prepared to do the planning and work necessary to attain his goals. People may view him as rigid.

ASSERTIVENESS

Strong-willed, ambitious, determined and forceful he is typically free of self-doubt in the pursuit of goals and inhibited little by disapproval or opposition. He probably likes to direct others toward the attainment of socially worthy objectives, and can usually do so without being viewed as domineering. The frequency of acting in ways to attract the immediate attention of others is similar to that of others. He may seek to avoid confrontation or conflict and be unlikely to make demands on others. Interpersonally, he may be forbearing and conciliatory. However, this does not indicate comfort with or the acceptance of the others' behavior - just a desire to avoid the conflict that might occur should he speak out. His strong preference for diligence and attention to duty may be attained at the cost of spontaneity and self-enhancement. Too much self-control may inhibit his behavior at times. Enterprising, and pleasure seeking, he may not exercise self-restraint or postpone gratification. While others may see him as entertaining, others may also view him as self-centered and pushy.

SOCIABILITY

Dependable, tactful, and tolerant, he may seek the company of others and is not easily offended. His perception of his environment is probably similar to that of most other people, allowing him to interact as effectively as do most people. He has a stronger interest in understanding the 'why' of things, including his own behavior and that of other's, than do most people. A genuine concern for the welfare of humankind results in cooperative and tactful social behavior. He is both sympathetic and supportive of others, and he values relationships. He is comfortable in social situations because he

enjoys people and adapts readily to the changing demands of group process. Not given to soul-searching or looking too closely, he tends to gloss over inner complexities and prefer to take people at face value. Enthusiasm, good health and abundant vitality allow him to approach life with gusto and to respond warmly to interpersonal encounters. However, some people might perceive him as naive. Basically sympathetic and considerate, he is likely to elicit positive reactions from others and in turn treat them with respect. He tends to be cooperative, appreciative, cheerful, warm, and valuing of intimacy and mutuality in relationships. He is interdependent and tolerant of the fears and weakness of others. It is also likely that he values bringing people together, reducing conflicts, and sharing in the rewards of social living. Continuity and the preservation of old values are important. Rapid changes and shifts in convention are threatening and difficult for him to accept. He seeks to sustain relationships and to foster courtesy and respect between two persons or groups. Others are likely to see him as helpful, loyal, genuinely responsible and as a good person from whom to obtain counsel. He tends to be unpretentious uncomplicated, forbearing, forthright, respectful of rules, and accepting of his role in life.

INDIVIDUALITY

He is similar to most people in his reaction to challenges, the seeking of novel experiences, and the avoidance of routine. As a poised, self-assured initiator who confidently strives to achieve gratification, he is willing to cut a few corners to create a good impression and attain goals. Observers see him as assertive, enterprising and self-confident. His interest in being original or thinking and acting differently from the norm is like that of most others. No more impatient to get the things he values than are most people, he is as likely to stress action, visible rewards, and self-gratification about as often as others do. He seeks adventure and activity while remaining sophisticated and relaxed; this may be a source of conflict. Academic underachievement is probable because physical activities may interfere with intellectual activity. Creative, independent, spontaneous, and moral behavior is more important than conformity. He may be practical and predictable in his thought and perception, and tolerant of the ineptitude and intellectual shortcomings in others. But, intimacy through the candid sharing of significant feelings may be avoided.

WELL-BEING

He may be expressive and eager to engage the world around him, but also inconstant or even capricious. He may be hard working and goal directed. His motivation may be based more on attaining his goals than competition. He may be independent and relatively unbothered by self-doubt. He may reject the support of others and, instead, be sought for his advice because of his effectiveness in defining and attaining goals. The tendency to 'put himself down' through self-criticism, guilt, or social impotence is about like that of others. He accepts who he is and, wanting to do things his way, is unlikely to accept or act on professional advice or coaching. With his positive attitude toward life, he enjoys the company of others and is capable of initiating activities and carrying them through. He may not thoroughly understand himself, but he is comfortable and has a strong ability to 'love and work', Freud's criterion of personal adjustment. Although he

is strong in interpersonal effectiveness and attains his goals, he may have some narcissistic or egotistical tendencies. Never the less, people are likely to see him as well-adjusted. He tends to offer unsolicited advice and be condescending in his relations with others.

SUBMISSIVENESS

He prefers conventional values and lifestyles, seeking security in the tried and true, while avoiding risks. Since he dislikes decision-making, he takes comfort in receiving direction from a valued and trusted other. He may prefer anonymity and freedom from conflict to the winning of interpersonal victories. He is probably conscientious, unassuming and patient, deferring to others without loss of self-respect. Tending to over-control his needs and impulses, he may often delay gratification unnecessarily. A strong commitment to duties and obligations, with an unwillingness to deviate from agreed-upon courses of action may make him appear rigid at times. He tries hard to see that consensual goals are attained and is a steadying influence upon others. Valuing good organization and careful planning, he avoids emotionalism, but becomes dissatisfied when people or events interfere with his plans.

CONGRUENCY

When personality traits for your Real Self and Ideal Self are in the same range (Critical or General) and have a point difference of 10 or less they may be considered congruent.

Congruency does not mean that the trait is desirable or that you are necessarily happy with the trait as it may be something that you do not like, but you are saying "This is me and this is the way I am." It does not mean that you are satisfied with it, but that you accept it and have little expectation of changing it. However, congruency can and may usually be a positive aspect of your personality as it indicates consistency and a lack of erratic behavior.

When any of the three (Overall, Critical, and General) percentages of congruency are low the potential for dissatisfaction, unhappiness, and erratic behavior increases because of the potential vacillation and internal turmoil.

The lists of Incongruent Critical and General behavior should be carefully reviewed, and the significance of each behavior considered. If the lack of congruency is considered an issue then maybe the possibility of behavioral change should be explored to lessen the difference between "the way you are" and "the way you would like to be."

Critical (Range) Traits

Critical personality traits (scales) are those where you have scores that are outside of the average range; a score greater than 60 or less than 40.

General (Range) Traits

General personality traits (scales) are those where you have scores that are in the average range; a score of 40 or greater and not exceeding 60

Congruent Traits

Congruent traits are those where your Real and Ideal scores are within 10 points of each other and, preferably, in the same range. A difference of more than 10 points suggests quite different patterns of behavior between the way you are and the way you would like to be, and an opportunity for dissatisfaction. As does either your Real or Ideal score being in the Critical Range and the other in the General Range for the same trait. If both your Real and Ideal are in the Critical range but one is high (above 60) and the other low (below 40) the difference between them is extreme.

Please review the chart and content on the following pages to understand your behavioral congruencies and, especially, incongruities that may be negative sources of dissatisfaction or, hopefully, positive indicators of potential growth.

Congruency Caution

Congruency is a core requirement, maybe *the* core requirement, of a healthy, productive, and satisfying personality, but "what" is congruent is important: Bonnie and Clyde may have been personally congruent and a compatible couple, but it did not end well for them or their victims.

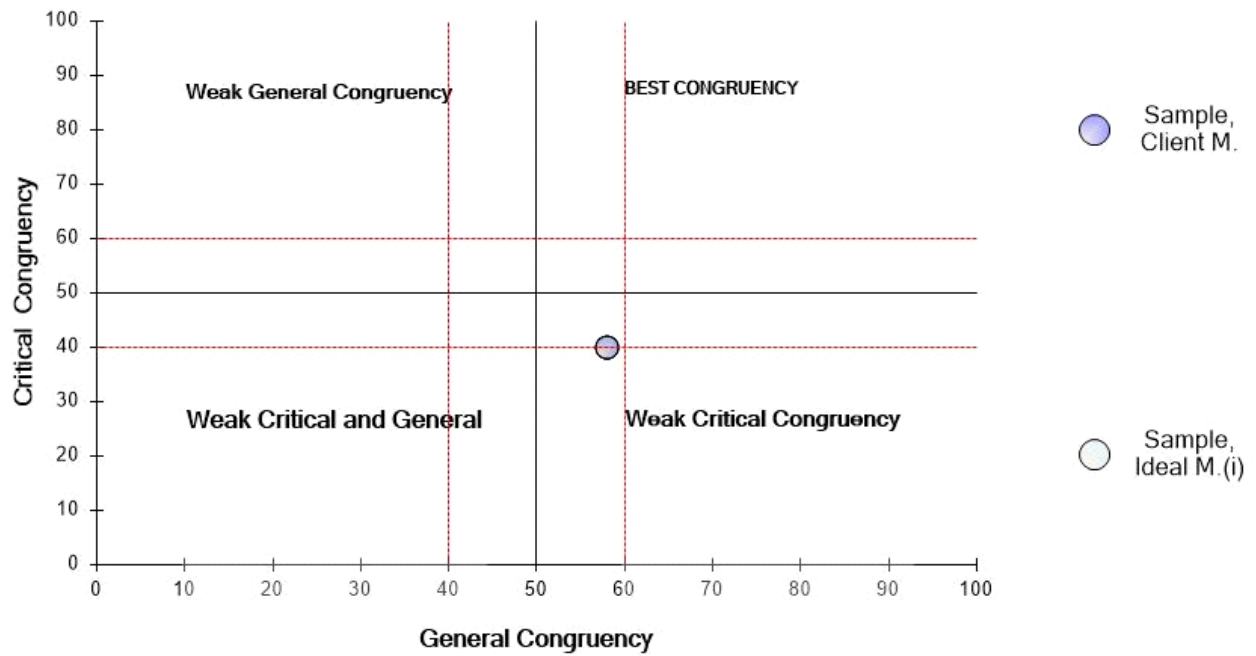
Explore the personality traits where you have congruency.

- If a trait is a negative trait then the congruency may be undesirable and lead to troublesome behavior that is constant and difficult to change.
- If a trait is a positive trait then good things and experiences can be expected.

Please review:

- The chart on the following page.
- The behaviors described in the Personality Factors and Traits section.

Personal Congruency



Y-AXIS

Critical Congruency

The percentage of R-I matching (being within 10 points) on Critical scales.

X-AXIS

General Congruency

The percentage of R-I matching (being within 10 points) on General Scales.

% Overall Conruency: 40

Critical Traits

t-score < 40 or > 60

% Congruency = 40

General Traits

t-score >= 40 and <= 60

% Congruency = 58

Congruent Traits

Difference <= 10
points

Critical Traits

Autonomy
Endurance
Enthusiasm
Intellectualistic
Nurturance
Order
Scientific
Self-Control
Social Energy
Structure-Valuing

General Traits

Achievement
Aggression
Communality
Femininity
Negativity
Pragmatic
Psychologically Perceptive

Incongruent Traits

Difference > 10 points

Critical Traits

Affected
Affiliation
Change
Communality
Counseling Readiness
Creativity
Deference
Exhibition
Masculinity
Personal Adjustment

General Traits

Dominance
Fault-Finding
Security-Seeking
Self-Blaming
Support-Seeking

Playful
Respectful
Self-Confidence
Self-Satisfaction
Work-Centered

BIBLICAL GUIDANCE

Now, with your knowledge of your personality traits and personal behavior it is time to consider yourself from a Scriptural point of view. The Biblical Guidance should be consulted to gain a fuller understanding of your self and to evaluate yourself; increasing desired behavior and controlling that which is undesired. The following guidelines should be followed as the analysis is read:

- If there is no "X" in either column it means that "the adjective does not describe you and you do not want it to."
- If there is an "X" in the Real Self column it means that the adjective was selected as descriptive of the way you are, the "way I am."
- If there is an "X" in the Ideal Self column it means that the adjective was selected as descriptive of the way you would like to be, the "way I would like to be."
- If there is an "X" in only the Real Self column it suggests that you may be dissatisfied with this behavior, this "is the way I am, but I do not want to be."
- If there is an "X" in only the Ideal Self column it suggest that this is a behavior to develop, I "am not this way, but I want to be."
- If there is an "X" in both the Real and Ideal columns it means that you have this behavior and are satisfied with it, "the adjective describes me and I want it to continue to be descriptive of me."

There are two sets of adjectives. The adjectives in the first set describe behavior that supports and strengthens positive behavior. The adjectives in the second set describe negative behavior that can weaken and constrain desired behavior.

- It may be desirable to have Many of the adjectives in the first set be descriptive of both your Real and Ideal selves. Following the Biblical Guidance and implementing behavioral change may aid in the development of new and constructive behavior.
- It may be beneficial to have Few of the adjectives in the second set be descriptive of either your Real or Ideal selves. Again, following the Biblical suggestion and implementing behavioral change may aid in the control of these behaviors.
- Vigilance should be maintained to ensure that if any adjective in the second set becomes descriptive of either the Real or Ideal self that it is because the behavior is such that it benefits both self AND others, and is not used to cause harm.

Positive Attitudes And Behaviors

"X" = Selected Positive Attitudes And Behaviors

"R" Real Self (As I am) - "I" Ideal Self (As I would like to be)

R	I	Descriptive Adjective: It may be desirable to have Many or all of these adjectives be descriptive of both your Real and Ideal selves.	
X	X	Active	What good is it, my brothers, if a man claims to have faith but has no deeds? Can such faith save him? (James 2:14, NIV)
X	X	Adaptable	And he said: I tell you the truth, unless you change and become like little children, you will never enter the kingdom of heaven. (Matthew 18:3, NIV)
X	X	Adventurous	But seek first his kingdom and his righteousness, and all these things will be given to you as well. (Matthew 6:33, NIV)
X	X	Affectionate	Love must be sincere. Hate what is evil; cling to what is good. Be devoted to one another in brotherly love. Honor one another above yourselves. (Romans 12:9-10, NIV)
X	X	Alert	<p>So then, let us not be like others, who are asleep, but let us be alert and self-controlled. (1Thessalonians 5:6, NIV)</p> <p>“But about that day or hour no one knows, not even the angels in heaven, nor the Son, but only the Father. Be on guard! Be alert! You do not know when that time will come.” (Mark 13:32-33, NIV)</p> <p>Be alert and of sober mind. Your enemy the devil prowls around like a roaring lion looking for someone to devour. (1 Peter 5:8, NIV)</p>
X	X	Ambitious	<p>Do nothing out of selfish ambition or vain conceit, but in humility consider others better than yourselves. Each of you should look not only to your own interests, but also to the interests of others. (Philippians 2:3-4, NIV)</p> <p>You, my brothers and sisters, were called to be</p>

R	I	Descriptive Adjective: It may be desirable to have Many or all of these adjectives be descriptive of both your Real and Ideal selves.	
			free. But do not use your freedom to indulge the flesh; rather, serve one another humbly in love...The acts of the flesh are obvious: sexual immorality, impurity and debauchery; idolatry and witchcraft; hatred, discord, jealousy, fits of rage, selfish ambition, dissensions, factions and envy; drunkenness, orgies, and the like. I warn you, as I did before, that those who live like this will not inherit the kingdom of God. But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. (Galatians 5:13-23, NIV)
X	X	Appreciative	Therefore, since we are receiving a kingdom that cannot be shaken, let us be thankful, and so worship God acceptably with reverence and awe, for our God is a consuming fire. (Hebrews 12:28-29, NIV)
		Artistic	Then the LORD said to Moses, See, I have chosen Bezalel son of Uri, the son of Hur, of the tribe of Judah, and I have filled him with the Spirit of God, with skill, ability and knowledge in all kinds of crafts-- to make artistic designs for work in gold, silver and bronze, to cut and set stones, to work in wood, and to engage in all kinds of craftsmanship. Moreover, I have appointed Oholiab son of Ahisamach, of the tribe of Dan, to help him. Also I have given skill to all the craftsmen to make everything I have commanded you: (Exodus 31:1-6, NIV)
X	X	Attractive	How beautiful on the mountains are the feet of those who bring good news, who proclaim peace, who bring good tidings, who proclaim salvation, who say to Zion, Your God reigns! (Isaiah 52:7, NIV)
X	X	Calm	I know what it is to be in need, and I know what it is to have plenty. I have learned the secret of being content in any and every situation, whether well fed or hungry, whether living in plenty or in want. I can do everything through him who gives me strength. (Philippians 4:12-13, NIV)

R	I	Descriptive Adjective: It may be desirable to have Many or all of these adjectives be descriptive of both your Real and Ideal selves.	
			Fools give full vent to their rage, but the wise bring calm in the end. (Proverbs 29:11, NIV)
X	X	Capable	<p>Dear friends, if our hearts do not condemn us, we have confidence before God and receive from him anything we ask, because we obey his commands and do what pleases him. And this is his command: to believe in the name of his Son, Jesus Christ, and to love one another as he commanded us. Those who obey his commands live in him, and he in them. And this is how we know that he lives in us: We know it by the Spirit he gave us. (1 John 3:21-24, NIV)</p> <p>But select capable men from all the people—men who fear God, trustworthy men who hate dishonest gain—and appoint them as officials over thousands, hundreds, fifties and tens. Have them serve as judges for the people at all times, but have them bring every difficult case to you; the simple cases they can decide themselves. That will make your load lighter, because they will share it with you. If you do this and God so commands, you will be able to stand the strain, and all these people will go home satisfied.” Moses listened to his father-in-law and did everything he said. He chose capable men from all Israel and made them leaders of the people, officials over thousands, hundreds, fifties and tens. (Exodus 18:21-25, NIV)</p>
	X	Charming	<p>Blessed is the one who does not walk in step with the wicked or stand in the way that sinners take or sit in the company of mockers, but whose delight is in the law of the LORD, and who meditates on his law day and night. That person is like a tree planted by streams of water, which yields its fruit in season and whose leaf does not wither—whatever they do prospers. Not so the wicked! They are like chaff that the wind blows away. Therefore the wicked will not stand in the judgment, nor sinners in the assembly of the righteous. For the LORD watches over the way of the righteous, but the way of the wicked leads to destruction. (Psalm 1, NIV)</p>

R	I	Descriptive Adjective: It may be desirable to have Many or all of these adjectives be descriptive of both your Real and Ideal selves.	
			Words from a wise man's mouth are gracious, but a fool is consumed by his own lips. At the beginning his words are folly; at the end they are wicked madness--and the fool multiplies words. No one knows what is coming-- who can tell him what will happen after him? (Ecclesiastes 10:12-14, NIV)
	X	Cheerful	<p>A cheerful heart is good medicine, but a crushed spirit dries up the bones. (Proverbs 17:22, NIV)</p> <p>A happy heart makes the face cheerful, but heartache crushes the spirit. The discerning heart seeks knowledge, but the mouth of a fool feeds on folly. All the days of the oppressed are wretched, but the cheerful heart has a continual feast. (Proverbs 15:13-15, NIV)</p>
X	X	Clear-Thinking	Let no one deceive you with empty words, for because of such things God's wrath comes on those who are disobedient. Therefore do not be partners with them. For you were once darkness, but now you are light in the Lord. Live as children of light (for the fruit of the light consists in all goodness, righteousness and truth) and find out what pleases the Lord. (Ephesians 5:6-10, NIV)
	X	Clever	<p>Blessed is the man who finds wisdom, the man who gains understanding, for she is more profitable than silver and yields better returns than gold. She is more precious than rubies; nothing you desire can compare with her. (Proverbs 3:13-15, NIV)</p> <p>Woe to those who are wise in their own eyes and clever in their own sight. (Isaiah 5:21, NIV)</p>
	X	Confident	So do not throw away your confidence; it will be richly rewarded. You need to persevere so that when you have done the will of God, you will receive what he has promised. (Hebrews 10:35, NIV)

R	I	Descriptive Adjective: It may be desirable to have Many or all of these adjectives be descriptive of both your Real and Ideal selves.	
X	X	Conscientious	<p>The priests, however, were too few to skin all the burnt offerings; so their kinsmen the Levites helped them until the task was finished and until other priests had been consecrated, for the Levites had been more conscientious in consecrating themselves than the priests had been. There were burnt offerings in abundance, together with the fat of the fellowship offerings and the drink offerings that accompanied the burnt offerings. So the service of the temple of the LORD was reestablished. Hezekiah and all the people rejoiced at what God had brought about for his people, because it was done so quickly. (2 Chronicles 29:34-36, NIV)</p>
X	X	Considerate	<p>Remind the people to be subject to rulers and authorities, to be obedient, to be ready to do whatever is good, to slander no one, to be peaceable and considerate, and to show true humility toward all men. At one time we too were foolish, disobedient, deceived and enslaved by all kinds of passions and pleasures. We lived in malice and envy, being hated and hating one another. But when the kindness and love of God our Savior appeared, he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, whom he poured out on us generously through Jesus Christ our Savior, so that, having been justified by his grace, we might become heirs having the hope of eternal life. (Titus 3:1-7, NIV)</p> <p>But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. Peacemakers who sow in peace reap a harvest of righteousness. (James 3:17-18, NIV)</p>
X	X	Cooperative	<p>The King will reply, 'I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me.' Then he will say to those on his left, 'Depart from me, you who are cursed, into the eternal fire prepared for the devil and his angels. For I was hungry and you gave me nothing</p>

R	I	Descriptive Adjective: It may be desirable to have Many or all of these adjectives be descriptive of both your Real and Ideal selves.	
			to eat, I was thirsty and you gave me nothing to drink, I was a stranger and you did not invite me in, I needed clothes and you did not clothe me, I was sick and in prison and you did not look after me.' They also will answer, 'Lord, when did we see you hungry or thirsty or a stranger or needing clothes or sick or in prison, and did not help you?' He will reply, 'I tell you the truth, whatever you did not do for one of the least of these, you did not do for me.' (Matthew 25:40-45, NIV)
	X	Courageous	Be strong and courageous. Do not be afraid or terrified because of them, for the LORD your God goes with you; he will never leave you nor forsake you. (Deuteronomy 31:6, NIV) Be on your guard; stand firm in the faith; be courageous; be strong. Do everything in love. (1 Corinthians 16: 13-14, NIV)
X	X	Curious	He who gets wisdom loves his own soul; he who cherishes understanding prospers. (Proverbs 19:8, NIV) Get wisdom, get understanding; do not forget my words or turn away from them. Do not forsake wisdom, and she will protect you; love her, and she will watch over you. The beginning of wisdom is this: Get wisdom. Though it cost all you have, get understanding. (Proverbs 4: 5-7, NIV)
X	X	Dependable	It pleased Darius to appoint 120 satraps to rule throughout the kingdom, with three administrators over them, one of whom was Daniel. The satraps were made accountable to them so that the king might not suffer loss. Now Daniel so distinguished himself among the administrators and the satraps by his exceptional qualities that the king planned to set him over the whole kingdom. At this, the administrators and the satraps tried to find grounds for charges against Daniel in his conduct of government affairs, but they were unable to do so. They could find no corruption in him, because he was trustworthy and neither corrupt nor negligent. (Daniel 6:1-4, NIV)

R	I	Descriptive Adjective: It may be desirable to have Many or all of these adjectives be descriptive of both your Real and Ideal selves.	
			<p>“Whoever can be trusted with very little can also be trusted with much, and whoever is dishonest with very little will also be dishonest with much. 11 So if you have not been trustworthy in handling worldly wealth, who will trust you with true riches? 12 And if you have not been trustworthy with someone else’s property, who will give you property of your own? (Luke 16:10-12, NIV)</p>
X	X	Efficient	<p>Keep your lives free from the love of money and be content with what you have, because God has said, Never will I leave you; never will I forsake you. So we say with confidence, The Lord is my helper; I will not be afraid. What can man do to me? (Hebrews 13:5-6, NIV)</p> <p>Is anyone among you in trouble? Let them pray. Is anyone happy? Let them sing songs of praise. 14 Is anyone among you sick? Let them call the elders of the church to pray over them and anoint them with oil in the name of the Lord. 15 And the prayer offered in faith will make the sick person well; the Lord will raise them up. If they have sinned, they will be forgiven. 16 Therefore confess your sins to each other and pray for each other so that you may be healed. The prayer of a righteous person is powerful and effective. (James 5:13-16, NIV)</p>
	X	Energetic	<p>May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit. (Romans 15:13, NIV)</p>
	X	Enterprising	<p>The apostles said to the Lord, Increase our faith! He replied, If you have faith as small as a mustard seed, you can say to this mulberry tree, ‘Be uprooted and planted in the sea,’ and it will obey you. (Luke 17:5-6, NIV)</p>
	X	Enthusiastic	<p>Be devoted to one another in brotherly love. Honor one another above yourselves. Never be lacking in zeal, but keep your spiritual fervor, serving the Lord. Be joyful in hope, patient in affliction, faithful in prayer. Share with God's</p>

R	I	Descriptive Adjective: It may be desirable to have Many or all of these adjectives be descriptive of both your Real and Ideal selves.	
			people who are in need. Practice hospitality. Bless those who persecute you; bless and do not curse. Rejoice with those who rejoice; mourn with those who mourn. (Romans 12:10-15, NIV)
X	X	Fair-Minded	All a man's ways seem right to him, but the LORD weighs the heart. To do what is right and just is more acceptable to the LORD than sacrifice. (Proverbs 21:2-3, NIV) For the LORD watches over the way of the righteous, but the way of the wicked leads to destruction. (Psalm 1:5, NIV)
X	X	Foresighted	Suppose a brother or sister is without clothes and daily food. If one of you says to him, Go, I wish you well; keep warm and well fed, but does nothing about his physical needs, what good is it? In the same way, faith by itself, if it is not accompanied by action, is dead. (James 2:15-17, NIV)
X	X	Forgiving	Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (Ephesians 4:31-32, NIV)
	X	Frank	Understanding is a fountain of life to those who have it, but folly brings punishment to fools. A wise man's heart guides his mouth, and his lips promote instruction. Pleasant words are a honeycomb, sweet to the soul and healing to the bones. (Proverbs 16:22-24, NIV)
X	X	Friendly	Keep on loving each other as brothers. Do not forget to entertain strangers, for by so doing some people have entertained angels without knowing it. Remember those in prison as if you were their fellow prisoners, and those who are mistreated as if you yourselves were suffering. (Hebrews 13:1-3, NIV)

R	I	Descriptive Adjective: It may be desirable to have Many or all of these adjectives be descriptive of both your Real and Ideal selves.	
	X	Generous	Good will come to him who is generous and lends freely, who conducts his affairs with justice. Surely he will never be shaken; a righteous man will be remembered forever. He will have no fear of bad news; his heart is steadfast, trusting in the LORD. His heart is secure, he will have no fear; in the end he will look in triumph on his foes. He has scattered abroad his gifts to the poor, his righteousness endures forever; his horn will be lifted high in honor. The wicked man will see and be vexed, he will gnash his teeth and waste away; the longings of the wicked will come to nothing. (Psalms 112:5-10, NIV)
X	X	Gentle	Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light. (Matthew 11:28-30, NIV)
X	X	Good-Looking	A happy heart makes the face cheerful, but heartache crushes the spirit. The discerning heart seeks knowledge, but the mouth of a fool feeds on folly. All the days of the oppressed are wretched, but the cheerful heart has a continual feast. (Proverbs 15:13-15, NIV)
X	X	Good-Natured	A cheerful look brings joy to the heart, and good news gives health to the bones. (Proverbs 15:30, NIV) Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver. (2 Corinthians 9:7, NIV)
X	X	Healthy	Do not be wise in your own eyes; fear the LORD and shun evil. This will bring health to your body and nourishment to your bones. (Proverbs 3:7-8, NIV) “Do not store up for yourselves treasures on earth, where moths and vermin destroy, and where thieves break in and steal. But store up for

R	I	Descriptive Adjective: It may be desirable to have Many or all of these adjectives be descriptive of both your Real and Ideal selves.	
			<p>yourselves treasures in heaven, where moths and vermin do not destroy, and where thieves do not break in and steal. For where your treasure is, there your heart will be also. "The eye is the lamp of the body. If your eyes are healthy, your whole body will be full of light. But if your eyes are unhealthy, your whole body will be full of darkness. If then the light within you are darkness, how great is that darkness! (Matthew 6:19-23, NIV)</p>
X	X	Helpful	<p>Suppose a brother or sister is without clothes and daily food. If one of you says to him, Go, I wish you well; keep warm and well fed, but does nothing about his physical needs, what good is it? (James 2:15-16, NIV)</p> <p>Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. (Ephesians 4:29, NIV)</p>
X	X	Honest	<p>For the LORD gives wisdom, and from his mouth come knowledge and understanding. He holds victory in store for the upright, he is a shield to those whose walk is blameless, for he guards the course of the just and protects the way of his faithful ones. Then you will understand what is right and just and fair-- every good path. (Proverbs 2:6-9, NIV)</p>
X	X	Humorous	<p>A gentle answer turns away wrath, but a harsh word stirs up anger. The tongue of the wise commends knowledge, but the mouth of the fool gushes folly. The eyes of the LORD are everywhere, keeping watch on the wicked and the good. The tongue that brings healing is a tree of life, but a deceitful tongue crushes the spirit. (Proverbs 15:1-4, NIV)</p>
	X	Imaginative	<p>There is deceit in the hearts of those who plot evil, but joy for those who promote peace. (Proverbs 12:20, NIV)</p> <p>During the night the mystery was revealed to</p>

R	I	Descriptive Adjective: It may be desirable to have Many or all of these adjectives be descriptive of both your Real and Ideal selves.	
			Daniel in a vision. Then Daniel praised the God of heaven 20 and said: "Praise be to the name of God for ever and ever; wisdom and power are his. (Daniel 2:19-20, NIV)
X	X	Independent	Nevertheless, in the Lord woman is not independent of man, nor is man independent of woman. (1 Corinthians 11:11) Now about brotherly love we do not need to write to you, for you yourselves have been taught by God to love each other. And in fact, you do love all the brothers throughout Macedonia. Yet we urge you, brothers, to do so more and more. Make it your ambition to lead a quiet life, to mind your own business and to work with your hands, just as we told you, so that your daily life may win the respect of outsiders and so that you will not be dependent on anybody. (1Thessalonians 4:9-12, NIV)
		Industrious	The wicked man earns deceptive wages, but he who sows righteousness reaps a sure reward. The truly righteous man attains life, but he who pursues evil goes to his death. The LORD detests men of perverse heart but he delights in those whose ways are blameless. Be sure of this: The wicked will not go unpunished, but those who are righteous will go free. (Proverbs 11:18-21, NIV)
X		Insightful	Do not rebuke a mocker or he will hate you; rebuke a wise man and he will love you. Instruct a wise man and he will be wiser still; teach a righteous man and he will add to his learning. The fear of the LORD is the beginning of wisdom, and knowledge of the Holy One is understanding. For through me your days will be many, and years will be added to your life. (Proverbs 9:8-11, NIV)
X	X	Intelligent	Simon Peter, a servant and apostle of Jesus Christ, To those who through the righteousness of our God and Savior Jesus Christ have received a faith as precious as ours: Grace and peace be yours in abundance through the knowledge of God and of Jesus our Lord. His divine power has given us everything we need for life and godliness through

R	I	Descriptive Adjective: It may be desirable to have Many or all of these adjectives be descriptive of both your Real and Ideal selves.	
			our knowledge of him who called us by his own glory and goodness. Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires. For this very reason, make every effort to add to your faith goodness; and to goodness, knowledge; and to knowledge, self-control; and to self-control, perseverance; and to perseverance, godliness; and to godliness, brotherly kindness; and to brotherly kindness, love. For if you possess these qualities in increasing measure, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. (2 Peter 1:1--8, NIV)
X	X	Interests Wide	The words of the Teacher, son of David, king in Jerusalem: Meaningless! Meaningless! says the Teacher. Utterly meaningless! Everything is meaningless. What does man gain from all his labor at which he toils under the sun? Generations come and generations go, but the earth remains forever. The sun rises and the sun sets, and hurries back to where it rises. The wind blows to the south and turns to the north; round and round it goes, ever returning on its course. All streams flow into the sea, yet the sea is never full. To the place the streams come from, there they return again. All things are wearisome, more than one can say. The eye never has enough of seeing, nor the ear its fill of hearing. What has been will be again, what has been done will be done again; there is nothing new under the sun. Is there anything of which one can say, Look! This is something new? It was here already, long ago; it was here before our time. There is no remembrance of men of old, and even those who are yet to come will not be remembered by those who follow. I, the Teacher, was king over Israel in Jerusalem. I devoted myself to study and to explore by wisdom all that is done under heaven. What a heavy burden God has laid on men! I have seen all the things that are done under the sun; all of them are meaningless, a chasing after the wind. What is twisted cannot be straightened; what is lacking cannot be counted. I

R	I	Descriptive Adjective: It may be desirable to have Many or all of these adjectives be descriptive of both your Real and Ideal selves.	
			thought to myself, Look, I have grown and increased in wisdom more than anyone who has ruled over Jerusalem before me; I have experienced much of wisdom and knowledge. Then I applied myself to the understanding of wisdom, and also of madness and folly, but I learned that this, too, is a chasing after the wind. For with much wisdom comes much sorrow; the more knowledge, the more grief. (Ecclesiastes 8:1-18, NIV)
	X	Inventive	Whoever gives heed to instruction prospers, and blessed is he who trusts in the LORD. The wise in heart are called discerning, and pleasant words promote instruction. (Proverbs 16:20-21, NIV)
X	X	Kind	But love your enemies, do good to them, and lend to them without expecting to get anything back. Then your reward will be great, and you will be sons of the Most High, because he is kind to the ungrateful and wicked. Be merciful, just as your Father is merciful. Do not judge, and you will not be judged. Do not condemn, and you will not be condemned. Forgive, and you will be forgiven. Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you. (Luke 6:35-38, NIV)
		Logical	How much better to get wisdom than gold, to choose understanding rather than silver! The highway of the upright avoids evil; he who guards his way guards his life. (Proverbs 16:16-17, NIV)
X	X	Loyal	Everyone must submit himself to the governing authorities, for there is no authority except that which God has established. The authorities that exist have been established by God. Consequently, he who rebels against the authority is rebelling against what God has instituted, and those who do so will bring judgment on themselves. For rulers hold no terror for those who do right, but for those who do wrong. Do you want to be free from fear of the one in authority? Then do what is right and he

R	I	Descriptive Adjective: It may be desirable to have Many or all of these adjectives be descriptive of both your Real and Ideal selves.	
			will commend you. For he is God's servant to do you good. But if you do wrong, be afraid, for he does not bear the sword for nothing. He is God's servant, an agent of wrath to bring punishment on the wrongdoer. (Romans 13:1-4, NIV)
X	X	Mature	This is the meaning of the parable: The seed is the word of God. Those along the path are the ones who hear, and then the devil comes and takes away the word from their hearts, so that they may not believe and be saved. Those on the rock are the ones who receive the word with joy when they hear it, but they have no root. They believe for a while, but in the time of testing they fall away. The seed that fell among thorns stands for those who hear, but as they go on their way they are choked by life's worries, riches and pleasures, and they do not mature. But the seed on good soil stands for those with a noble and good heart, who hear the word, retain it, and by persevering produce a crop. (Luke 8:11-15, NIV)
X	X	Natural	But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the sinful nature with its passions and desires. (Galatians 5:22-24, NIV)
X	X	Optimistic	Ask and it will be given to you; seek and you will find; knock and the door will be opened to you. For everyone who asks receives; he who seeks finds; and to him who knocks, the door will be opened. Which of you, if his son asks for bread, will give him a stone? Or if he asks for a fish, will give him a snake? If you, then, though you are evil, know how to give good gifts to your children, how much more will your Father in heaven give good gifts to those who ask him! So in everything, do to others what you would have them do to you, for this sums up the Law and the Prophets. (Matthew 7:7-12, NIV)

R	I	Descriptive Adjective: It may be desirable to have Many or all of these adjectives be descriptive of both your Real and Ideal selves.	
X	X	Organized	Follow my decrees and be careful to obey my laws, and you will live safely in the land. Then the land will yield its fruit, and you will eat your fill and live there in safety. (Leviticus 25:18-19, NIV)
	X	Original	The wise inherit honor, but fools he holds up to shame. (Proverbs 3:35, NIV)
X	X	Patient	Better a patient man than a warrior, a man who controls his temper than one who takes a city. (Proverbs 16:32, NIV)
X	X	Pleasant	Pleasant words are a honeycomb, sweet to the soul and healing to the bones. (Proverbs 16:24, NIV)
X	X	Poised	Those who are wise will instruct many, though for a time they will fall by the sword or be burned or captured or plundered. When they fall, they will receive a little help, and many who are not sincere will join them. Some of the wise will stumble, so that they may be refined, purified and made spotless until the time of the end, for it will still come at the appointed time. (Daniel 11:33-35, NIV)
X	X	Rational	Do not put out the Spirit's fire; do not treat prophecies with contempt. Test everything. Hold on to the good. Avoid every kind of evil. (1Thessalonians 5:19-22, NIV)
X	X	Realistic	Fight the good fight of the faith. Take hold of the eternal life to which you were called when you made your good confession in the presence of many witnesses. In the sight of God, who gives life to everything, and of Christ Jesus, who while testifying before Pontius Pilate made the good confession, I charge you to keep this command without spot or blame until the appearing of our Lord Jesus Christ, which God will bring about in his own time-- God, the blessed and only Ruler, the King of kings and Lord of lords, who alone is immortal and who lives in unapproachable light, whom no one has seen or can see. To him be honor and might forever. Amen. Command those who are rich in this present world not to be arrogant

R	I	Descriptive Adjective: It may be desirable to have Many or all of these adjectives be descriptive of both your Real and Ideal selves.	
			nor to put their hope in wealth, which is so uncertain, but to put their hope in God, who richly provides us with everything for our enjoyment. Command them to do good, to be rich in good deeds, and to be generous and willing to share. In this way they will lay up treasure for themselves as a firm foundation for the coming age, so that they may take hold of the life that is truly life. (1 Timothy 6:12-19, NIV)
X	X	Reasonable	Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God-- this is your spiritual act of worship. Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is-- his good, pleasing and perfect will. For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you. (Romans 12:1-3, NIV)
X	X	Reliable	Here is a trustworthy saying: If we died with him, we will also live with him; if we endure, we will also reign with him. If we disown him, he will also disown us; if we are faithless, he will remain faithful, for he cannot disown himself. (2 Timothy 2:11-13, NIV)
X	X	Resourceful	Be on your guard; stand firm in the faith; be men of courage; be strong. Do everything in love. You know that the household of Stephanas were the first converts in Achaia, and they have devoted themselves to the service of the saints. I urge you, brothers, to submit to such as these and to everyone who joins in the work, and labors at it. (1 Corinthians 16:13-16, NIV)
X	X	Responsible	When you spread out your hands in prayer, I will hide my eyes from you; even if you offer many prayers, I will not listen. Your hands are full of blood; wash and make yourselves clean. Take your evil deeds out of my sight! Stop doing wrong, learn

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			to do right! Seek justice, encourage the oppressed. Defend the cause of the fatherless, plead the case of the widow. Come now, let us reason together, says the LORD. Though your sins are like scarlet, they shall be as white as snow; though they are red as crimson, they shall be like wool. If you are willing and obedient, you will eat the best from the land; but if you resist and rebel, you will be devoured by the sword. For the mouth of the LORD has spoken. (Isaiah 1:15-20, NIV)
X	X	Self-Controlled	Be self-controlled and alert. Your enemy the devil prowls around like a roaring lion looking for someone to devour. Resist him, standing firm in the faith, because you know that your brothers throughout the world are undergoing the same kind of sufferings. And the God of all grace, who called you to his eternal glory in Christ, after you have suffered a little while, will himself restore you and make you strong, firm and steadfast. (1 Peter 5:8-10, NIV)
X	X	Sincere	Therefore, brothers, since we have confidence to enter the Most Holy Place by the blood of Jesus, by a new and living way opened for us through the curtain, that is, his body, and since we have a great priest over the house of God, let us draw near to God with a sincere heart in full assurance of faith, having our hearts sprinkled to cleanse us from a guilty conscience and having our bodies washed with pure water. Let us hold unswervingly to the hope we profess, for he who promised is faithful. And let us consider how we may spur one another on toward love and good deeds. Let us not give up meeting together, as some are in the habit of doing, but let us encourage one another-- and all the more as you see the Day approaching. (Hebrews 10:19-25, NIV)
X	X	Sociable	When a man's ways are pleasing to the LORD, he makes even his enemies live at peace with him. (Prov 16:7, NIV)

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X	X	Stable	Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows. (James 1:17, NIV)
		Sympathetic	Finally, all of you, live in harmony with one another; be sympathetic, love as brothers, be compassionate and humble. Do not repay evil with evil or insult with insult, but with blessing, because to this you were called so that you may inherit a blessing. For, Whoever would love life and see good days must keep his tongue from evil and his lips from deceitful speech. He must turn from evil and do good; he must seek peace and pursue it. For the eyes of the Lord are on the righteous and his ears are attentive to their prayer, but the face of the Lord is against those who do evil. Who is going to harm you if you are eager to do good? But even if you should suffer for what is right, you are blessed. Do not fear what they fear; do not be frightened. (1 Peter 3:8-14, NIV)
X	X	Tactful	Reckless words pierce like a sword, but the tongue of the wise brings healing. Truthful lips endure forever, but a lying tongue lasts only a moment. (Proverbs 12:18-19, NIV)
X	X	Thoughtful	Or suppose a king is about to go to war against another king. Will he not first sit down and consider whether he is able with ten thousand men to oppose the one coming against him with twenty thousand? (Luke 14:31, NIV)
X	X	Tolerant	May the God who gives endurance and encouragement give you a spirit of unity among yourselves as you follow Christ Jesus, so that with one heart and mouth you may glorify the God and Father of our Lord Jesus Christ. Accept one another, then, just as Christ accepted you, in order to bring praise to God. (Romans 15:5-7, NIV)
X	X	Understanding	Who is wise and understanding among you? Let him show it by his good life, by deeds done in the humility that comes from wisdom. But if you harbor bitter envy and selfish ambition in your

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			hearts, do not boast about it or deny the truth. (James 3:13-14, NIV)
	X	Versatile	Your commands make me wiser than my enemies, for they are ever with me. I have more insight than all my teachers, for I meditate on your statutes. I have more understanding than the elders, for I obey your precepts. (Psalms 119:98-100, NIV)
	X	Warm	If I have the gift of prophecy and can fathom all mysteries and all knowledge, and if I have a faith that can move mountains, but have not love, I am nothing. If I give all I possess to the poor and surrender my body to the flames, but have not love, I gain nothing. Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. (1 Corinthians 13:2-7, NIV)
	X	Wise	At that time the kingdom of heaven will be like ten virgins who took their lamps and went out to meet the bridegroom. Five of them were foolish and five were wise. The foolish ones took their lamps but did not take any oil with them. The wise, however, took oil in jars along with their lamps. (Matthew 25:1-4, NIV) The LORD does not let the righteous go hungry, but he thwarts the craving of the wicked. Lazy hands make for poverty, but diligent hands bring wealth. He who gathers crops in summer is a prudent son, but he who sleeps during harvest is a disgraceful son. Blessings crown the head of the righteous, but violence overwhelms the mouth of the wicked. The name of the righteous is used in blessings, but the name of the wicked will rot. The wise in heart accept commands, but a chattering fool comes to ruin. (Proverbs: 3-8, NIV)

Potentially Negative Attitudes And Behaviors

"X" = Selected Potentially Negative Attitudes And Behaviors

"R" Real Self (As I am) - "I" Ideal Self (As I would like to be)

R	I	Descriptive Adjective: It may be desirable to have Few or none of these adjectives be descriptive of either your Real or Ideal selves.	
X		Affected	<p>You know that when you were pagans, somehow or other you were influenced and led astray to mute idols. (1 Corinthians 12:2, NIV)</p> <p>Will your idle talk reduce others to silence? Will no one rebuke you when you mock? (Job 11:3, NIV)</p> <p>When Jesus saw her weeping, and the Jews who had come along with her also weeping, he was deeply moved in spirit and troubled. (John 11:33, NIV)</p>
		Aloof	<p>On the day you stood aloof while strangers carried off his wealth and foreigners entered his gates and cast lots for Jerusalem, you were like one of them. You should not look down on your brother in the day of his misfortune, nor rejoice over the people of Judah in the day of their destruction, nor boast so much in the day of their trouble. You should not march through the gates of my people in the day of their disaster, nor look down on them in their calamity in the day of their disaster, nor seize their wealth in the day of their disaster. (Obadiah 1:11-13, NIV)</p>
		Apathetic	<p>I took you from the ends of the earth, from its farthest corners I called you. I said, 'You are my servant'; I have chosen you and have not rejected you. So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. (Isaiah 41:9-10, NIV)</p> <p>“ Now this was the sin of your sister Sodom: She and her daughters were arrogant, overfed and unconcerned; they did not help the poor and needy. (Ezekiel 16:49, NIV)</p>

R	I	Descriptive Adjective: It may be desirable to have Few or none of these adjectives be descriptive of either your Real or Ideal selves.	
		Argumentative	What causes fights and quarrels among you? Don't they come from your desires that battle within you? You want something but don't get it. You kill and covet, but you cannot have what you want. You quarrel and fight. You do not have, because you do not ask God. When you ask, you do not receive, because you ask with wrong motives, that you may spend what you get on your pleasures. (James 4:1-3, NIV)
		Arrogant	The arrogance of man will be brought low and the pride of men humbled; the LORD alone will be exalted in that day, and the idols will totally disappear. Men will flee to caves in the rocks and to holes in the ground from dread of the LORD and the splendor of his majesty, when he rises to shake the earth. In that day men will throw away to the rodents and bats their idols of silver and idols of gold, which they made to worship. They will flee to caverns in the rocks and to the overhanging crags from dread of the LORD and the splendor of his majesty, when he rises to shake the earth. Stop trusting in man, who has but a breath in his nostrils. Of what account is he? (Isaiah 2:17-22, NIV)
		Bitter	Do not let any unwholesome talk come out of your mouths, but only what is helpful for building others up according to their needs, that it may benefit those who listen. And do not grieve the Holy Spirit of God, with whom you were sealed for the day of redemption. Get rid of all bitterness, rage and anger, brawling and slander, along with every form of malice. Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you. (Ephesians 4:29-32, NIV)
		Boastful	Do not boast about tomorrow, for you do not know what a day may bring forth. Let another praise you, and not your own mouth; someone else, and not your own lips. Stone is heavy and sand a burden, but provocation by a fool is heavier than both. (Proverbs 27:1-3, NIV)

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		Bossy	We have heard of Moab's pride-- her overweening pride and conceit, her pride and arrogance and the haughtiness of her heart. I know her insolence but it is futile, declares the LORD, and her boasts accomplish nothing. (Jeremiah 48:29-30, NIV)
		Careless	But I tell you that men will have to give account on the day of judgment for every careless word they have spoken. For by your words you will be acquitted, and by your words you will be condemned. (Matthew 12:36-37, NIV)
		Coarse	Nor should there be obscenity, foolish talk or coarse joking, which are out of place, but rather thanksgiving. For of this you can be sure: No immoral, impure or greedy person-- such a man is an idolater-- has any inheritance in the kingdom of Christ and of God. (Ephesians 5:4-5, NIV)
		Cold	'Now this was the sin of your sister Sodom: She and her daughters were arrogant, overfed and unconcerned; they did not help the poor and needy. They were haughty and did detestable things before me. Therefore I did away with them as you have seen. (Ezekiel 16:49-50, NIV)
		Complaining	Don't grumble against each other, brothers, or you will be judged. The Judge is standing at the door! Brothers, as an example of patience in the face of suffering, take the prophets who spoke in the name of the Lord. As you know, we consider blessed those who have persevered. You have heard of Job's perseverance and have seen what the Lord finally brought about. The Lord is full of compassion and mercy. (James 5:9-11, NIV)
		Conceited	For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you. (Romans 12:3, NIV)
		Cowardly	But the cowardly, the unbelieving, the vile, the murderers, the sexually immoral, those who practice magic arts, the idolaters and all liars--

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			their place will be in the fiery lake of burning sulfur. This is the second death. (Revelation 21:8, NIV)
		Cruel	A kind man benefits himself, but a cruel man brings trouble on himself. The wicked man earns deceptive wages, but he who sows righteousness reaps a sure reward. (Proverbs 11:17, NIV)
		Cynical	Then he said to Thomas, Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe. Thomas said to him, My Lord and my God! Then Jesus told him, Because you have seen me, you have believed; blessed are those who have not seen and yet have believed. (John 20:27-29, NIV)
		Deceitful	No one who practices deceit will dwell in my house; no one who speaks falsely will stand in my presence. (Psalms 101:7, NIV)
		Disorderly	Have you been thinking all along that we have been defending ourselves to you? We have been speaking in the sight of God as those in Christ; and everything we do, dear friends, is for your strengthening. For I am afraid that when I come I may not find you as I want you to be, and you may not find me as you want me to be. I fear that there may be quarreling, jealousy, outbursts of anger, factions, slander, gossip, arrogance and disorder. (2 Corinthians 12:19-20, NIV)
		Distrustful	Now Thomas (called Didymus), one of the Twelve, was not with the disciples when Jesus came. So the other disciples told him, We have seen the Lord! But he said to them, Unless I see the nail marks in his hands and put my finger where the nails were, and put my hand into his side, I will not believe it. A week later his disciples were in the house again, and Thomas was with them. Though the doors were locked, Jesus came and stood among them and said, Peace be with you! Then he said to Thomas, Put your finger here; see my hands. Reach out your hand and put it into my side. Stop doubting and believe. Thomas said to

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			him, My Lord and my God! Then Jesus told him, Because you have seen me, you have believed; blessed are those who have not seen and yet have believed. (John 20:24-29, NIV)
		Dull	A simple man believes anything, but a prudent man gives thought to his steps. (Proverbs, 14:15, NIV)
		Egotistical	Now listen, you who say, Today or tomorrow we will go to this or that city, spend a year there, carry on business and make money. Why, you do not even know what will happen tomorrow. What is your life? You are a mist that appears for a little while and then vanishes. Instead, you ought to say, If it is the Lord's will, we will live and do this or that. As it is, you boast and brag. All such boasting is evil. Anyone, then, who knows the good he ought to do and doesn't do it, sins. (James 4:13-17, NIV)
		Evasive	Do not steal. Do not lie. Do not deceive one another. (Leviticus 19:11, NIV)
X		Fault-Finding	At one time we too were foolish, disobedient, deceived and enslaved by all kinds of passions and pleasures. We lived in malice and envy, being hated and hating one another. But when the kindness and love of God our Savior appeared, he saved us, not because of righteous things we had done, but because of his mercy. He saved us through the washing of rebirth and renewal by the Holy Spirit, whom he poured out on us generously through Jesus Christ our Savior, so that, having been justified by his grace, we might become heirs having the hope of eternal life. (Titus 3:1-7, NIV)
		Fickle	As a prisoner for the Lord, then, I urge you to live a life worthy of the calling you have received. Be completely humble and gentle; be patient, bearing with one another in love. Make every effort to keep the unity of the Spirit through the bond of peace. (Ephesians 4:1-3, NIV)

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		Foolish	Be very careful, then, how you live-- not as unwise but as wise, making the most of every opportunity, because the days are evil. Therefore do not be foolish, but understand what the Lord's will is. (Ephesians 5:15-17, NIV)
		Frivolous	Do not testify against your neighbor without cause, or use your lips to deceive. (Proverbs 24:28, NIV)
		Fussy	Do everything without complaining or arguing, so that you may become blameless and pure, children of God without fault in a crooked and depraved generation, in which you shine like stars in the universe as you hold out the word of life-- in order that I may boast on the day of Christ that I did not run or labor for nothing. (Philippians 2:14-16, NIV)
		Gloomy	Then they cried to the LORD in their trouble, and he saved them from their distress. He brought them out of darkness and the deepest gloom and broke away their chains. Let them give thanks to the LORD for his unfailing love and his wonderful deeds for men, for he breaks down gates of bronze and cuts through bars of iron. (Psalms 107:13-16, NIV)
		Greedy	My son, if sinners entice you, do not give in to them. If they say, Come along with us; let's lie in wait for someone's blood, let's waylay some harmless soul; let's swallow them alive, like the grave, and whole, like those who go down to the pit; we will get all sorts of valuable things and fill our houses with plunder; throw in your lot with us, and we will share a common purse-- my son, do not go along with them, do not set foot on their paths; for their feet rush into sin, they are swift to shed blood. How useless to spread a net in full view of all the birds! These men lie in wait for their own blood; they waylay only themselves! Such is the end of all who go after ill-gotten gain; it takes away the lives of those who get it. (Proverbs 15:10-19, NIV)

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		Hard-Hearted	He who trusts in himself is a fool, but he who walks in wisdom is kept safe. He who gives to the poor will lack nothing, but he who closes his eyes to them receives many curses. (Proverbs 28:26-27, NIV)
		Hostile	The mind of sinful man is death, but the mind controlled by the Spirit is life and peace; the sinful mind is hostile to God. It does not submit to God's law, nor can it do so. Those controlled by the sinful nature cannot please God. (Romans 8:6-8, NIV) “ If in spite of this you still do not listen to me but continue to be hostile toward me, then in my anger I will be hostile toward you, and I myself will punish you for your sins seven times over. (Leviticus 26: 27-28, NIV)
		Immature	When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put childish ways behind me. (1 Corinthians 13:11, NIV)
X		Impatient	When the Canaanite king of Arad, who lived in the Negev, heard that Israel was coming along the road to Atharim, he attacked the Israelites and captured some of them. Then Israel made this vow to the LORD: If you will deliver these people into our hands, we will totally destroy their cities. The LORD listened to Israel's plea and gave the Canaanites over to them. They completely destroyed them and their towns; so the place was named Hormah. They traveled from Mount Hor along the route to the Red Sea, to go around Edom. But the people grew impatient on the way; they spoke against God and against Moses, and said, Why have you brought us up out of Egypt to die in the desert? There is no bread! There is no water! And we detest this miserable food! Then the LORD sent venomous snakes among them; they bit the people and many Israelites died. (Numbers 21:1-6, NIV)

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		Indifferent	Son of man, I have made you a watchman for the house of Israel; so hear the word I speak and give them warning from me. When I say to a wicked man, 'You will surely die,' and you do not warn him or speak out to dissuade him from his evil ways in order to save his life, that wicked man will die for his sin, and I will hold you accountable for his blood. But if you do warn the wicked man and he does not turn from his wickedness or from his evil ways, he will die for his sin; but you will have saved yourself. Again, when a righteous man turns from his righteousness and does evil, and I put a stumbling block before him, he will die. Since you did not warn him, he will die for his sin. The righteous things he did will not be remembered, and I will hold you accountable for his blood. But if you do warn the righteous man not to sin and he does not sin, he will surely live because he took warning, and you will have saved yourself. (Ezekiel 3:17-21, NIV)
		Infantile	Train a child in the way he should go, and when he is old he will not turn from it. (Proverbs 22:6, NIV)
		Interests Narrow	The LORD warned Israel and Judah through all his prophets and seers: Turn from your evil ways. Observe my commands and decrees, in accordance with the entire Law that I commanded your fathers to obey and that I delivered to you through my servants the prophets. But they would not listen and were as stiff-necked as their fathers, who did not trust in the LORD their God. They rejected his decrees and the covenant he had made with their fathers and the warnings he had given them. They followed worthless idols and themselves became worthless. They imitated the nations around them although the LORD had ordered them, Do not do as they do, and they did the things the LORD had forbidden them to do. (2 Kings 17:13-15, NIV)
		Intolerant	You, therefore, have no excuse, you who pass judgment on someone else, for at whatever point you judge the other, you are condemning yourself,

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			because you who pass judgment do the same things. Now we know that God's judgment against those who do such things is based on truth. So when you, a mere man, pass judgment on them and yet do the same things, do you think you will escape God's judgment? Or do you show contempt for the riches of his kindness, tolerance and patience, not realizing that God's kindness leads you toward repentance? (Romans 2:1-4, NIV)
		Irresponsible	From the time I brought your forefathers up from Egypt until today, I warned them again and again, saying, Obey me. But they did not listen or pay attention; instead, they followed the stubbornness of their evil hearts. So I brought on them all the curses of the covenant I had commanded them to follow but that they did not keep.' Then the LORD said to me, There is a conspiracy among the people of Judah and those who live in Jerusalem. They have returned to the sins of their forefathers, who refused to listen to my words. They have followed other gods to serve them. Both the house of Israel and the house of Judah have broken the covenant I made with their forefathers. Therefore this is what the LORD says: 'I will bring on them a disaster they cannot escape. Although they cry out to me, I will not listen to them. (Jeremiah 11:7-11, NIV)
X		Irritable	Do not be anxious about anything, but in everything, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable-- if anything is excellent or praiseworthy-- think about such things. Whatever you have learned or received or heard from me, or seen in me-- put it into practice. And the God of peace will be with you. (Philippians 4:6-9, NIV)

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		Loud	If a man loudly blesses his neighbor early in the morning, it will be taken as a curse. (Proverbs 27:14, NIV)
		Moody	Do not let your hearts be troubled. Trust in God; trust also in me. In my Father's house are many rooms; if it were not so, I would have told you. I am going there to prepare a place for you. And if I go and prepare a place for you, I will come back and take you to be with me that you also may be where I am. You know the way to the place where I am going. Thomas said to him, Lord, we don't know where you are going, so how can we know the way? Jesus answered, I am the way and the truth and the life. No one comes to the Father except through me. (John 14:1-6, NIV)
		Nagging	Here is a trustworthy saying: If anyone sets his heart on being an overseer, he desires a noble task. Now the overseer must be above reproach, the husband of but one wife, temperate, self-controlled, respectable, hospitable, able to teach, not given to drunkenness, not violent but gentle, not quarrelsome, not a lover of money. (1 Timothy 3:1-3, NIV)
		Obnoxious	He who listens to a life-giving rebuke will be at home among the wise. He who ignores discipline despises himself, but whoever heeds correction gains understanding. (Proverbs 15:31-32, NIV)
		Opinionated	You, therefore, have no excuse, you who pass judgment on someone else, for at whatever point you judge the other, you are condemning yourself, because you who pass judgment do the same things. Now we know that God's judgment against those who do such things is based on truth. So when you, a mere man, pass judgment on them and yet do the same things, do you think you will escape God's judgment? (Romans 2:1-3, NIV)
		Prejudiced	If you really keep the royal law found in Scripture, Love your neighbor as yourself, you are doing right. But if you show favoritism, you sin and are convicted by the law as lawbreakers. For whoever

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			keeps the whole law and yet stumbles at just one point is guilty of breaking all of it. For he who said, Do not commit adultery, also said, Do not murder. If you do not commit adultery but do commit murder, you have become a lawbreaker. Speak and act as those who are going to be judged by the law that gives freedom, because judgment without mercy will be shown to anyone who has not been merciful. Mercy triumphs over judgment! (James 2:8-13, NIV)
		Prudish	Have no fear of sudden disaster or of the ruin that overtakes the wicked, for the LORD will be your confidence and will keep your foot from being snared. (Proverbs 3:25-26, NIV)
		Quarrelsome	Like one who seizes a dog by the ears is a passer-by who meddles in a quarrel not his own. Like a madman shooting firebrands or deadly arrows is a man who deceives his neighbor and says, I was only joking! Without wood a fire goes out; without gossip a quarrel dies down. As charcoal to embers and as wood to fire, so is a quarrelsome man for kindling strife. The words of a gossip are like choice morsels; they go down to a man's inmost parts. Like a coating of glaze over earthenware are fervent lips with an evil heart. A malicious man disguises himself with his lips, but in his heart he harbors deceit. Though his speech is charming, do not believe him, for seven abominations fill his heart. His malice may be concealed by deception, but his wickedness will be exposed in the assembly. If a man digs a pit, he will fall into it; if a man rolls a stone, it will roll back on him. A lying tongue hates those it hurts, and a flattering mouth works ruin. (Proverbs 26:17-28, NIV)
		Quitting	James, a servant of God and of the Lord Jesus Christ, To the twelve tribes scattered among the nations: Greetings. Consider it pure joy, my brothers, whenever you face trials of many kinds, because you know that the testing of your faith develops perseverance. Perseverance must finish its work so that you may be mature and complete,

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			not lacking anything. James 1:1-4, NIV)
		Rattlebrained	Does not wisdom call out? Does not understanding raise her voice? On the heights along the way, where the paths meet, she takes her stand; beside the gates leading into the city, at the entrances, she cries aloud: To you, O men, I call out; I raise my voice to all mankind. You who are simple, gain prudence; you who are foolish, gain understanding. (Proverbs 8:1-5, NIV)
X		Resentful	Flee the evil desires of youth, and pursue righteousness, faith, love and peace, along with those who call on the Lord out of a pure heart. Don't have anything to do with foolish and stupid arguments, because you know they produce quarrels. And the Lord's servant must not quarrel; instead, he must be kind to everyone, able to teach, not resentful. Those who oppose him he must gently instruct, in the hope that God will grant them repentance leading them to a knowledge of the truth, and that they will come to their senses and escape from the trap of the devil, who has taken them captive to do his will. (2 Timothy 2:22-26, NIV)
X		Rigid	Then some Pharisees and teachers of the law came to Jesus from Jerusalem and asked, Why do your disciples break the tradition of the elders? They don't wash their hands before they eat! Jesus replied, And why do you break the command of God for the sake of your tradition? For God said, 'Honor your father and mother' and 'Anyone who curses his father or mother must be put to death.' But you say that if a man says to his father or mother, 'Whatever help you might otherwise have received from me is a gift devoted to God,' he is not to 'honor his father' with it. Thus you nullify the word of God for the sake of your tradition. You hypocrites! Isaiah was right when he prophesied about you: 'These people honor me with their lips, but their hearts are far from me. They worship me in vain; their teachings are but rules taught by men.' (Matthew 15:1-9, NIV)

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		Rude	Likewise the tongue is a small part of the body, but it makes great boasts. Consider what a great forest is set on fire by a small spark. The tongue also is a fire, a world of evil among the parts of the body. It corrupts the whole person, sets the whole course of his life on fire, and is itself set on fire by hell. All kinds of animals, birds, reptiles and creatures of the sea are being tamed and have been tamed by man, but no man can tame the tongue. It is a restless evil, full of deadly poison. With the tongue we praise our Lord and Father, and with it we curse men, who have been made in God's likeness. Out of the same mouth come praise and cursing. My brothers, this should not be. Can both fresh water and salt water flow from the same spring? My brothers, can a fig tree bear olives, or a grapevine bear figs? Neither can a salt spring produce fresh water. Who is wise and understanding among you? Let him show it by his good life, by deeds done in the humility that comes from wisdom. But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. (James 3:5-14, NIV)
		Sarcastic	Whoever of you loves life and desires to see many good days, keep your tongue from evil and your lips from speaking lies. Turn from evil and do good; seek peace and pursue it. The eyes of the LORD are on the righteous and his ears are attentive to their cry; the face of the LORD is against those who do evil, to cut off the memory of them from the earth. (Psalms 34:12-16, NIV)
		Self-Centered	For when I brought your forefathers out of Egypt and spoke to them, I did not just give them commands about burnt offerings and sacrifices, but I gave them this command: Obey me, and I will be your God and you will be my people. Walk in all the ways I command you, that it may go well with you. But they did not listen or pay attention; instead, they followed the stubborn inclinations of their evil hearts. They went backward and not forward. From the time your forefathers left Egypt until now, day after day, again and again I sent you my servants the prophets. But they did not

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			listen to me or pay attention. They were stiff-necked and did more evil than their forefathers.' (Jeremiah 7:22-26, NIV)
		Self-Pitying	You want something but don't get it. You kill and covet, but you cannot have what you want. You quarrel and fight. You do not have, because you do not ask God. (James 4:2, NIV)
		Selfish	But if you harbor bitter envy and selfish ambition in your hearts, do not boast about it or deny the truth. Such wisdom does not come down from heaven but is earthly, unspiritual, of the devil. For where you have envy and selfish ambition, there you find disorder and every evil practice. But the wisdom that comes from heaven is first of all pure; then peace-loving, considerate, submissive, full of mercy and good fruit, impartial and sincere. Peacemakers who sow in peace raise a harvest of righteousness. (James 3:14-18, NIV)
		Shallow	Woe to you, teachers of the law and Pharisees, you hypocrites! You are like whitewashed tombs, which look beautiful on the outside but on the inside are full of dead men's bones and everything unclean. In the same way, on the outside you appear to people as righteous but on the inside you are full of hypocrisy and wickedness. (Matthew 23:27-28, NIV)
		Shiftless	Laziness brings on deep sleep, and the shiftless man goes hungry. (Proverbs 19:15, NIV)
		Show-Off	Woe! Woe to you, declares the Sovereign LORD. In addition to all your other wickedness, you built a mound for yourself and made a lofty shrine in every public square. (Ezekiel 16:23-24, NIV)
		Slipshod	Let him not deceive himself by trusting what is worthless, for he will get nothing in return. (Job 15:31, NIV)
		Snobbish	Trust in the LORD with all your heart and lean not on your own understanding; in all your ways acknowledge him, and he will make your paths

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			straight. Do not be wise in your own eyes; fear the LORD and shun evil. This will bring health to your body and nourishment to your bones. (Proverbs 3:5-8, NIV)
		Spineless	But now trouble comes to you, and you are discouraged; it strikes you, and you are dismayed. Should not your piety be your confidence and your blameless ways your hope? (Job 4:5-6, NIV)
X		Stingy	A stingy man is eager to get rich and is unaware that poverty awaits him. (Proverbs 28:22, NIV)
		Sulky	And do not grumble, as some of them did-- and were killed by the destroying angel. These things happened to them as examples and were written down as warnings for us, on whom the fulfillment of the ages has come. (1 Corinthians 10:10-11, NIV)
		Tactless	Do you see a man who speaks in haste? There is more hope for a fool than for him. (Proverbs 29:20, NIV)
		Thankless	People who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge men into ruin and destruction. For the love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs. But you, man of God, flee from all this, and pursue righteousness, godliness, faith, love, endurance and gentleness. Fight the good fight of the faith. Take hold of the eternal life to which you were called when you made your good confession in the presence of many witnesses. (1 Timothy 6:9-12, NIV)
		Touchy	A malicious man disguises himself with his lips, but in his heart he harbors deceit. Though his speech is charming, do not believe him, for seven abominations fill his heart. His malice may be concealed by deception, but his wickedness will be exposed in the assembly. (Proverbs 26:24-26, NIV)

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		Undependable	While he was still speaking, Judas, one of the Twelve, arrived. With him was a large crowd armed with swords and clubs, sent from the chief priests and the elders of the people. Now the betrayer had arranged a signal with them: The one I kiss is the man; arrest him. Going at once to Jesus, Judas said, Greetings, Rabbi! and kissed him. (Matthew 26:47-49, NIV)
		Unfriendly	An unfriendly man pursues selfish ends; he defies all sound judgment. (Proverbs 18:1, NIV)
		Unintelligent	If any of you lacks wisdom, he should ask God, who gives generously to all without finding fault, and it will be given to him. But when he asks, he must believe and not doubt, because he who doubts is like a wave of the sea, blown and tossed by the wind. That man should not think he will receive anything from the Lord; he is a double-minded man, unstable in all he does. (James 1:5-8, NIV)
		Unkind	If you really change your ways and your actions and deal with each other justly, if you do not oppress the alien, the fatherless or the widow and do not shed innocent blood in this place, and if you do not follow other gods to your own harm, then I will let you live in this place, in the land I gave your forefathers for ever and ever. (Jeremiah 7:5-7, NIV)
		Unscrupulous	This is the verdict: Light has come into the world, but men loved darkness instead of light because their deeds were evil. Everyone who does evil hates the light, and will not come into the light for fear that his deeds will be exposed. But whoever lives by the truth comes into the light, so that it may be seen plainly that what he has done has been done through God. (John 3:19-21, NIV)
		Vindictive	Do not take revenge, my friends, but leave room for God's wrath, for it is written: It is mine to avenge; I will repay, says the Lord. On the contrary: If your enemy is hungry, feed him; if he is thirsty, give him something to drink. In doing

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			this, you will heap burning coals on his head. Do not be overcome by evil, but overcome evil with good. (Romans 12:19-21, NIV)
		Weak	No discipline seems pleasant at the time, but painful. Later on, however, it produces a harvest of righteousness and peace for those who have been trained by it. Therefore, strengthen your feeble arms and weak knees. Make level paths for your feet, so that the lame may not be disabled, but rather healed. (Hebrews 12:11-12, NIV)
		Whiny	If only you had paid attention to my commands, your peace would have been like a river, your righteousness like the waves of the sea. (Isaiah 48:18, NIV)

FROM THE AUTHOR

I am fully responsible for the website, the computer software, and the content of this Scriptural Personality Analysis. My professional education is in human behavior and counseling, as is my work experience. The instrument used to gather the personality data for this report is a modified version of Gough's The Adjective Check List. The behavioral and psychological content of the analysis is the product of 70 plus years of research and development.

The Scriptural content of this analysis is that which I believe helps present the behavior labeled by the adjectives in a manner providing both clarity and guidance. Additional Scriptural references can certainly be made and a discussion with your pastor or spiritual leader is encouraged.

You are encouraged to study the content of this personality analysis and gain a fuller understanding of yourself; making changes where necessary.

Thank you for providing me the opportunity to share the information in this analysis with you.

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