

Fear of Failure Test

Read each of the following statements; then, from the top of the test, choose the term which best describes your response. Put the number above that term in the blank beside each statement.

1	2	3	4	5	6	7
Always	Very Often	Often	Sometimes	Seldom	Very Seldom	Never

- ____ Because of fear, I often avoid participating in certain activities.
- ____ When I sense that I might experience failure in some important area, I become nervous and anxious.
- ____ I worry.
- ____ I have unexplained anxiety.
- ____ I am a perfectionist.
- ____ I am compelled to justify my mistakes.
- ____ There are certain areas in which I feel I must succeed.
- ____ I become depressed when I fail.
- ____ I become angry with people who interfere with my attempts to succeed, and as a result, make me appear incompetent.
- ____ I am self-critical.
- ____ Total (add up the numbers you have placed in the blanks).

If your score is...

57-70 God has apparently given you a very strong appreciation for His love and unconditional acceptance. You seem to be freed from the fear of failure that plagues most people. (Some people who score this high are either greatly deceived, or have become callous to their emotions as a way to suppress pain.)

47-56 The fear of failure controls your responses rarely, or only in certain situations. Again, the only major exceptions are those who are not honest with themselves.

37-46 When you experience emotional problems, they may relate to a sense of failure or to some form of criticism. Upon reflection, you will probably relate many of your previous decisions to this fear. Many of your future decisions will also be affected by the fear of failure unless you take direct action to overcome it.

27-36 The fear of failure forms a general backdrop to your life. There are probably few days that you are not affected in some way by this fear. Unfortunately, this robs you of the joy and peace your salvation is meant to bring.

0-26 Experiences of failure dominate your memory, and have probably resulted in a great deal of depression. These problems will remain until some definitive action is taken. In other words, this condition will not simply disappear; time alone cannot heal your pain. You need to experience deep healing in your self-concept, in your relationship with God, and with others.

Fear of Rejection Test

Read each of the following statements; then, from the top of the test, choose the term which best describes your response. Put the number above that term in the blank beside each statement.

1	2	3	4	5	6	7
Always	Very Often	Often	Sometimes	Seldom	Very Seldom	Never

- ___ I avoid certain people.
- ___ When I sense that someone might reject me, I become nervous and anxious.
- ___ I am uncomfortable around those who are different from me.
- ___ It bothers me when someone is unfriendly to me.
- ___ I am basically shy and unsocial.
- ___ I am critical of others.
- ___ I find myself trying to impress others.
- ___ I become depressed when someone criticizes me.
- ___ I always try to determine what people think of me.
- ___ I don't understand people and what motivates them.
- ___ Total (add up the numbers you have placed in the blanks).

If your score is...

57-70 God has apparently given you a very strong appreciation for His love and unconditional acceptance. You seem to be freed from the fear of rejection that plagues most people. (Some people who score this high are either greatly deceived, or have become callous to their emotions as a way to suppress pain.)

47-56 The fear of rejection controls your responses rarely, or only in certain situations. Again, the only major exceptions are those who are not honest with themselves.

37-46 When you experience emotional problems, they may relate to a sense of rejection. Upon reflection, you will probably relate many of your previous decisions to this fear. Many of your future decisions will also be affected by the fear of rejection unless you take direct action to overcome it.

27-36 The fear of rejection forms a general backdrop to your life. There are probably few days that you are not in some way affected by this fear. Unfortunately, this robs you of the joy and peace your salvation is meant to bring.

0-26 Experiences of rejection dominate your memory and have probably resulted in a great deal of depression. These problems will persist until some definitive action is taken. In other words, this condition will not simply disappear; time alone cannot heal your pain. You need to experience deep healing in your self-concept, in your relationship with God, and in your relationships with others.

Fear of Punishment

Read each of the following statements; then, from the top of the test, choose the term which best describes your response. Put the number above that term in the blank beside each statement.

1	2	3	4	5	6	7
Always	Very Often	Often	Sometimes	Seldom	Very Seldom	Never

- ____ I fear what God might do to me.
- ____ After I fail, I worry about God's response.
- ____ When I see someone in a difficult situation, I wonder what he or she did to deserve it.
- ____ When something goes wrong, I have a tendency to think that God must be punishing me.
- ____ I am very hard on myself when I fail.
- ____ I find myself wanting to blame people when they fail.
- ____ I get angry with God when someone who is immoral or dishonest prospers.
- ____ I am compelled to tell others when I see them doing wrong.
- ____ I tend to focus on the faults and failures of others.
- ____ God seems harsh to me.
- ____ Total (add up the numbers you have placed in the blanks).

If your score is...

57-70 God has apparently given you a very strong appreciation for His unconditional love and acceptance. You seem to be freed from the fear of punishment that plagues most people. (Some people who score this high are either greatly deceived, or have become callous to their emotions as a way to suppress pain.)

47-56 The fear of punishment and the compulsion to punish others control your responses rarely or only in certain situations. Again, the only exceptions are those who are not honest with themselves.

37-46 When you experience emotional problems, they may tend to relate to a fear of punishment or to an inner urge to punish others. Upon reflection, you will probably relate many of your previous decisions to this fear. Many of your future decisions will also be affected by the fear of punishment and/or the compulsion to punish others unless you take direct action to overcome these tendencies.

27-36 The fear of punishment forms a general backdrop to your life. There are probably few days that you are not affected in some way by the fear of punishment and the propensity to blame others. Unfortunately, this robs you of the joy and peace your salvation is meant to bring.

0-26 Experiences of punishment dominate your memory, and you probably have suffered a great deal of depression as a result of them. These problems will remain until some definitive plan is followed. In other words, this condition will not simply disappear; time alone cannot heal your pain. You need to experience deep healing in your self-concept, in your relationship with God, and in your relationships with others.

The Shame Test

Read each of the following statements; then, from the top of the test, choose the term which best describes your response. Put the number above that term in the blank beside each statement.

1	2	3	4	5	6	7
Always	Very Often	Often	Sometimes	Seldom	Very Seldom	Never

_____ I often think about past failures or experiences of rejection.

_____ There are certain things about my past which I cannot recall without experiencing strong, painful emotions (i.e. guilt, shame, anger, fear, etc.).

_____ I seem to make the same mistakes over and over again.

_____ There are certain aspects of my character that I want to change, but I don't believe I can ever successfully do so.

_____ I feel inferior.

_____ There are aspects of my appearance that I cannot accept.

_____ I am generally disgusted with myself.

_____ I feel that certain experiences have basically ruined my life.

_____ I perceive of myself as an immoral person.

_____ I feel that I have lost the opportunity to experience a complete and wonderful life.

_____ Total (add up the numbers you have placed in the blanks).

If your score is...

57-70 God has apparently given you a very strong appreciation for His love and unconditional acceptance. You seem to be freed from the shame that plagues most people. (Some people who score this high are either greatly deceived, or have become callous to their emotions as a way to suppress pain.)

47-56 Shame controls your responses rarely or only in certain situations. Again, the exceptions are those who are not honest with themselves.

37-46 When you experience emotional problems, they may relate to a sense of shame. Upon reflection, you will probably relate many of your previous decisions to feelings of worthlessness. Many of your future decisions will also be affected by low self-esteem unless you take direct action to overcome it.

27-36 Shame forms a generally negative backdrop to your life. There are probably few days that you are not affected in some way by shame. Unfortunately, this robs you of the joy and peace your salvation was meant to bring.

0-26 Experiences of shame dominate your memory, and have probably resulted in a great deal of depression. These problems will remain until some definitive action is taken. In other words, this condition will not simply disappear one day; time alone cannot heal your pain. You need to experience deep healing in your self-concept, in your relationship with God, and in your relationships with others.