

**Studies in**

**MATURE  
CHRISTIAN  
LIVING**

**Research Class—Student Book**

**12 Lessons**

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## INTRODUCTORY REMARKS

1. Welcome to a new & different Bible Class study.
  - a) You do the studying—I just help you to do it.
  - b) You will learn how to use some basic reference books:
    - Thesaurus
    - Version comparisons
    - Word Study Books
    - Interlinear N.T.
    - Concordance
    - English Dictionary
    - Topical Bible
    - Commentaries
    - Greek Lexicon
    - Etc.
  - c) You will learn how to arrive at correct conclusions:
    - From the facts.
    - From the Scriptures.
    - From an over-all picture.....not partial view.
2. Please be careful with the books.
3. Each of you will be expected to learn how to use all of the books.
  - a) Will be given an opportunity in class each time.
  - b) Use them more than once.
  - c) Share in using....learning from each other.
4. Fill in your sheet as you go.
5. Draw conclusions about each lesson.

## **BOOKS REQUIRED FOR STUDY**

- 1. A Thesaurus**
- 2. An English Dictionary**
- 3. A Bible Dictionary**
- 4. A Word Study book on OT & NT words (Vine's, Wuest's, etc.**
- 5. The NT with 27 Comparison Versions or several other versions**
- 6. Greek-English Inter-Linear**
- 7. Greek Lexicon**
- 8. Young's or Strong's Complete Concordance**
- 9. Commentaries**
- 10. International Bible Encyclopedia**

**There are other possible reference books that could be useful, but may be too advanced for beginners to use.**

*Research Class on Mature Christian Living*

**GREEK ALPHABET**

<u>Letters</u>	<u>Letters</u>	<u>Name</u>	<u>Capital</u>	<u>Pronunciation</u>	<u>Small</u>
A	α		Alpha	a as in	father(long) a as in bat (short)
B	β		Beta		b as in ball
Γ	γ		Gamma		g as in gift
Δ	δ		Delta	d as in	debt
E	ε		Epsilon		e as in met
Z	ξ		Zeta		dz as in adz
H	η		Eta		e as in obey
Θ	θ		Theta	th as in	theme
I	ι		Iota		i as in magazine(long) i as in pit(short)
K	κ		Kappa	k as in	kin
Λ	λ		Lambda		l as in long
M	μ		Mu		m as in man
N	ν		Nu		n as in no
Ξ	ξ		Xi		x as in relax
O	ο		Omicron		o as in omelet
Π	π		Pi		p as in pay
P	ρ		Rho		r as in ring
Σ	σ, ς*		Sigma	s as in	sing
T	τ		Tau		t as in tale
Υ	υ		Upsilon		u as in unity
Φ	φ		Phi		ph as in phonetics
X	χ		Chi		ch as in chemical
Ψ	ψ		Psi		ps as in taps
Ω	ω, ω		Omega		o as in tone

## Lesson One

## “WHAT IS MATURITY?”

**I. BIBLICAL THOUGHT FOUND & DEFINED:**

**A. Thesaurus** (Synonyms)—Perfection, Complete (model, standard, pattern, excellence, consummate, faultless, ideal, fulfillment, culmination, climax.

**B. Dictionary**—Final or desired state—full development—termination of period.

**C. Bible Versions**—Maturity, perfect, complete

**D. Word Study**—TELEIOS—Ended, Complete (Mt. 5:48; Jas. 1:4, 25; 1 Jn. 4:18)

TELESPHOREO—To bear on to completion  
Or perfection. (Lk. 8:14)

PLEROO—(Col. 2:10; Rev. 3:2)

AKRIBOS—(Lk. 1:3; Acts 18:26; 1 Thess. 5:2)

ARTIOS—(2 Tim. 3:17)

KATARTIMOS—(Eph. 4:12)

**E. Inter-linear**—Perfect (Mt. 5:48)—Complete (2 Tim. 3:17)

**F. Lexicon**—State of completeness—full age—mature, etc.

**II. BIBLE PASSAGES THAT RELATE TO THE THOUGHT:**

**A. Concordance**—*Perfect, fitted, perfected—to fill, make full—ended, complete.*  
To make an end of, fit thoroughly, finished.

**B. Ways Used in Bible**—Of full age, perfect, ripe age, that which is perfect,  
To the end, perfection, performance, perfectness, finisher.  
Accomplish, fill up, make an end.

**C. Bible Examples**—Job 1:1, 8; 2:3

(Mt. 5:48; 19:21; Rom. 12:2; Eph. 4:13; Phil. 3:15; Col. 1:28; 4:12; Heb. 9:11; Jas. 1:4, 17, 25; 3:2; 1 Jn. 4:18; 1 Cor. 2:6; 13:10; 1 Jn. 2:5; 4:12; Col. 3:14; Heb. 6:1; 7:11---  
Lk. 8:14; Col. 2:10; 4:12 Rev. 3:2----Lk. 1:3; Acts 18:26; 23:15, 20; 24:22; 1 Thess. 5:2;  
Acts 22:3----2 Tim. 3:17---Eph. 4:12)

**III. APPLICATION:**

*Commentaries*

**Why is this concept Important to you?**

**IV. QUESTIONS TO HELP CLARIFY:**

- 1. Is it attaining as high as another person or as high as my possible self?**
- 2. Is maturity ever complete or is it a continuing process until death?**
- 3. Is it correct to say someone is mature, or that one person is more mature than another?**
- 4. Is maturity a state of being or a state of becoming?**
- 5. Would you equate wisdom and maturity as the same?**
  - a) A mature person would be wise.**
  - b) But wisdom can be misused.**
- 6. How would you break down the states of maturing for a human?**
  - a) Infancy—being formed.**
  - b) Ages 7-13—Can begin to show signs of maturing.**
  - c) Ages 14-20—Able to take almost complete charge.**
  - d) Ages 21-39—Quite capable of applying your maturity to considerate area of problems.**
  - e) Ages 40-59—Education & experience—good grip on things.**
  - f) Ages 60-74—Gathering in fruits of long planting & tending....clear vision of final journey....plan with assurance.**
  - g) Ages 75-death—Still growing, becoming—know how to bring your earthly voyage To a successful, peaceful conclusion.**
- 7. How would you define maturity from the following standpoints:**
  - a) MORAL—That which is good or bad for fellowman**
  - b) THEOLOGICAL—That which is God’s will and Satan’s will.**
  - c) PSYCHOLOGICAL—That which helps your person or harms it**
  - d) SOCIOLOGICAL—That which helps to establish a stable & peaceful community.  
Not that which creates social conflicts that results in strife,  
Violence and war.**
- 8. Can one be mature in one area of his life & immature in another?**
- 9. Is mature and perfect the same idea?**



10. How would you illustrate the concept of maturity of an individual as compared to other individuals?

10---Absolute Perfection

9---

8---

7---

6---

5---

4---

3---

2---

1---

-----0-----

-1---

-2---

-3---

-4---

-5---

-6---

-7---

-8---

-9---

-10---Depth of Immaturity

Is Mankind somewhere in between 1 and 9?

or

Could we place mankind somewhere between a minus 5 or 10 as greatly immature up to 7, 8, 9 as a very mature person?

11. Does maturity have anything to do with one's size?

12. Does it have to do with one's age?

a) Only in a relative way.

b) The elderly may be mature or not.

c) How old is old?

- During the middle ages, it was rare to find a 50 year old.
- Joan of Arc was 17 when she led the army to take Orleans.
- Alexander the Great was in his low 30's when he had no more worlds to conquer.
- Napoleon was in his 30's when he became Emperor of France.

13. Can I.Q. be equated with maturity?

a) A high I.Q. usually denotes one-sided person—not very good at being a mature human being.

b) Sometimes the most intelligent parents are very immature in handling their children.

**14. Is education an indication of maturity?**

- a) Not necessarily.
- b) Can have a head full of knowledge, but not know how to use it well.
- c) People can be educated into mature actions.
  - Books of self-improvement
  - Points out wise ways of believing and behaving, and mature approaches to achieving in our society.

**15. Does experience indicate maturity?**

- a) The value of experience is obvious in many instances.
- b) We look for that person with insight, ability to handle situations, of dealing wisely with the questions of existence—competent man.
- c) However, maturity can come in spite of little experience.

**16. Is sophistication a sign of maturity?**

- a) No....even though they talk about “mature themes.”
- b) Some are more in bondage to the carnal.

**17. Can maturity rub off on other people?**

**18. What is Immaturity?**

- 1. **Synonyms**—Unpreparedness, neglect, unripe, incomplete, Newness, Youth, New-born, unlearned.
- 2. **Dictionary**—Lacking complete growth, or development.  
Crude, unfinished.  
Due to undergo further changes.
- 3. **Places in Scripture where concept occurs:**
  - a) Not full-grown or full age (Heb. 5:12-14)
  - b) Newborn, babe (Heb. 5:12-14; 1 Pet. 2:1-2)
  - c) Neglect (Heb. 2:3)

**CONCLUDING THOUGHTS**

- 1. We will be contrasting the mature actions with immature actions throughout this study.
- 2. Quotations for your evaluation:

*"The mature person is qualified to take life as it comes and handle it well.*

*And there is no guarantee that he will be happy, or always be free of pain, emotional or physical."*

*"The ability to discern the difference between that which is good and that which is bad—not only in the moral sense, but also in the practical sense, or being able to discern what in the long run is good or bad to live with and for."*

*"It is to be found dealing wisely with the phenomena of existence."*

### **MATURITY**

**MATURITY** is the ability to control anger, and settle differences without violence or destruction.

**MATURITY** is patience, the willingness to pass up immediate pleasure in favor of the long-term gain.

**MATURITY** is perseverance, sweating out a project in spite of opposition and discouraging setbacks.

**MATURITY** is unselfishness, responding to the needs of others.

**MATURITY** is the capacity to face unpleasantness and disappointment without becoming bitter.

**MATURITY** is humility. A mature person is able to say, *"I was wrong,"* and *"I am sorry."* When proven right, the mature person does not have to say, *"I told you so."*

**MATURITY** means dependability, integrity, keeping one's word. The immature have excuses for everything. They are chronically tardy, the no-shows, the ones who fold in a crisis. Their lives are a maze of broken promises, unfinished business and former friends.

**MATURITY** is the ability to live in peace with that which cannot change.

--Author Unknown

*Lesson Two*

**MATURITY: A Sense of Reality**

**I. BIBLICAL THOUGHT FOUND & DEFINED:**

*A. Thesaurus*

*B. Dictionary*

*C. Bible Versions*

*D. Word Study*

*E. Inter-linear*

*F. Lexicon*

**II. BIBLE PASSAGES THAT RELATE TO THE THOUGHT:**

*A. Concordance*

*B. Ways Used in Bible*

*C. Bible Examples*

**III. APPLICATION:**

*A. Commentaries*

*B. Why is this concept Important to you?*

*Lesson Three*

**The Quality of Flexibility**

**I. BIBLICAL THOUGHT FOUND & DEFINED:**

*A. Thesaurus*

*B. Dictionary*

*C. Bible Versions*

*D. Word Study*

*E. Inter-linear*

*F. Lexicon*

**II. BIBLE PASSAGES THAT RELATE TO THE THOUGHT:**

*A. Concordance*

*B. Ways Used in Bible*

*C. Bible Examples*

**III. APPLICATION:**

*A. Commentaries*

*B. Why is this concept Important to you?*

*Lesson Four*

**The Reasonable Feeling of Independence**

**I. BIBLICAL THOUGHT FOUND & DEFINED:**

*A. Thesaurus*

*B. Dictionary*

*C. Bible Versions*

*D. Word Study*

*E. Inter-linear*

*F. Lexicon*

**II. BIBLE PASSAGES THAT RELATE TO THE THOUGHT:**

*A. Concordance*

*B. Ways Used in Bible*

*C. Bible Examples*

**III. APPLICATION:**

*A. Commentaries*

*B. Why is this concept Important to you?*

*Lesson Five*

**Willingness to Accept Responsibility**

**I. BIBLICAL THOUGHT FOUND & DEFINED:**

*A. Thesaurus*

*B. Dictionary*

*C. Bible Versions*

*D. Word Study*

*E. Inter-linear*

*F. Lexicon*

**II. BIBLE PASSAGES THAT RELATE TO THE THOUGHT:**

*A. Concordance*

*B. Ways Used in Bible*

*C. Bible Examples*

**III. APPLICATION:**

*A. Commentaries*

*B. Why is this concept Important to you?*

*Lesson Six*

**Enthusiastic Confidence in One's Self**

**I. BIBLICAL THOUGHT FOUND & DEFINED:**

*A. Thesaurus*

*B. Dictionary*

*C. Bible Versions*

*D. Word Study*

*E. Inter-linear*

*F. Lexicon*

**II. BIBLE PASSAGES THAT RELATE TO THE THOUGHT:**

*A. Concordance*

*B. Ways Used in Bible*

*C. Bible Examples*

**III. APPLICATION:**

*A. Commentaries*

*B. Why is this concept Important to you?*



*Lesson Seven*

**Self-Discipline**

**I. BIBLICAL THOUGHT FOUND & DEFINED:**

*A. Thesaurus*

*B. Dictionary*

*C. Bible Versions*

*D. Word Study*

*E. Inter-linear*

*F. Lexicon*

**II. BIBLE PASSAGES THAT RELATE TO THE THOUGHT:**

*A. Concordance*

*B. Ways Used in Bible*

*C. Bible Examples*

**III. APPLICATION:**

*A. Commentaries*

*B. Why is this concept Important to you?*

*Lesson Eight*

**Decisiveness of Purpose**

**I. BIBLICAL THOUGHT FOUND & DEFINED:**

*A. Thesaurus*

*B. Dictionary*

*C. Bible Versions*

*D. Word Study*

*E. Inter-linear*

*F. Lexicon*

**II. BIBLE PASSAGES THAT RELATE TO THE THOUGHT:**

*A. Concordance*

*B. Ways Used in Bible*

*C. Bible Examples*

**III. APPLICATION:**

*A. Commentaries*

*B. Why is this concept Important to you?*

*Lesson Nine*

**An Abundance of Love**

**I. BIBLICAL THOUGHT FOUND & DEFINED:**

*A. Thesaurus*

*B. Dictionary*

*C. Bible Versions*

*D. Word Study*

*E. Inter-linear*

*F. Lexicon*

**II. BIBLE PASSAGES THAT RELATE TO THE THOUGHT:**

*A. Concordance*

*B. Ways Used in Bible*

*C. Bible Examples*

**III. APPLICATION:**

*A. Commentaries*

*B. Why is this concept Important to you?*

*Lesson Ten*

**Patience and the Courage to be Patient**

**I. BIBLICAL THOUGHT FOUND & DEFINED:**

*A. Thesaurus*

*B. Dictionary*

*C. Bible Versions*

*D. Word Study*

*E. Inter-linear*

*F. Lexicon*

**II. BIBLE PASSAGES THAT RELATE TO THE THOUGHT:**

*A. Concordance*

*B. Ways Used in Bible*

*C. Bible Examples*

**III. APPLICATION:**

*A. Commentaries*

*B. Why is this concept Important to you?*

*Lesson Eleven*

**The Light of Hope**

**I. BIBLICAL THOUGHT FOUND & DEFINED:**

*A. Thesaurus*

*B. Dictionary*

*C. Bible Versions*

*D. Word Study*

*E. Inter-linear*

*F. Lexicon*

**II. BIBLE PASSAGES THAT RELATE TO THE THOUGHT:**

*A. Concordance*

*B. Ways Used in Bible*

*C. Bible Examples*

**III. APPLICATION:**

*A. Commentaries*

*B. Why is this concept Important to you?*

## Lesson Twelve

**The Challenge to be Tested****“EVALUATING MY MATURITY LEVEL”****INTRODUCTION**

1. Reasons God has placed Evangelists, Elders, & teachers in the church (Eph. 4:12-16):
  - a) *“Equipping the saints for the work of ministry”*
  - b) *“For the edifying of the body of Christ”*
  - c) *“Till we all come to the unity of the faith and of the knowledge of the Son of God”*
  - d) *“(come to) a perfect man, to the measure of the stature of the fullness of Christ”*
  - e) *“That we should no longer be children, tossed to and fro and carried about with every wind of doctrine”*
  - f) *“(may) speaking the true in love”*
  - g) *“(may) grow up in all things into Him who is the head”*
  - h) *“(that) every part (of the body) does its share (to) cause growth of the body for the edifying of itself in love.”*
2. We have looked at 10 characteristics of Maturity:
  - a) A sense of Reality
  - b) The quality of Flexibility
  - c) The reasonable feeling of independence.
  - d) Willingness to accept Responsibility.
  - e) Enthusiastic Confidence in one’s self.
  - f) Self Discipline.
  - g) A decisiveness of purpose.
  - h) An abundance of love.
  - i) Patience and the courage to be patient.
  - j) The light of Hope
3. We have related them to Scripture teaching.
4. We have now come to the point of trying to evaluate our maturity level by testing it.
  - a) You have heard of I. Q. test. (Intelligence Quotient)
  - b) This is a M. Q. test. (Maturity Quotient)

**DISCUSSION****I. SPECIAL INFORMATION ABOUT THE TEST:*****A. Scoring by Sections:***

1) Section A—1/2 point for each NO answer (total possible points)	10
2) Section B—1 point for each NO answer (total possible points)	20
3) Section C—2 points for each NO answer (total possible points)	40
4) Section D—1 point for each NO answer (total possible points)	20
5) Section E—1/2 point for each NO answer (total possible points)	<u>10</u>

***B. Special Information to place at top of each section:***

***A—Contains immaturities that most can live with, and not suffer serious consequences.***

***B—Not too serious, but do make life a little difficult.***

***C—Highest points because they deal with personal traits that stand in the way of one’s personal welfare, success, peace of mind, and happiness.***

***D—Fairly serious, but can probably be overcome.***

***E—Contains immaturities that are part of your natural life-style. They are harder to overcome.***

***C. Evaluating your score.***

1) Add total of each section to get grand total.

2) Rating:

a) If you got 75 or better—Super.

b) If you got 65 up to 74—Excellent.

c) If you got 55 up to 64—Good.

d) If you got 45 up to 54—Fair.

e) If you got 35 up to 44—Poor.

f) If you got 25 up to 34—Bad.

3) Evaluating your score:

a) Only after age 60 are you likely to rate SUPER.

b) If you scored 75 earlier than 60, you are SUPER-SUPER.

c) A score of 65 is possible as early as age 14, but generally unlikely.

d) A score of 55 is a good grade even for ages 14-21.

**CONCLUDING THOUGHTS**

1. Remember that Maturity is “a state of becoming!”
2. We hope this study:
  - a) Has given some insight to the concept of Maturity;
  - b) Has deepened and broadened your understanding of Maturity;
  - c) Has challenged you to want to be more Mature.
3. Maturity will require:
  - a) Dealing with our immature ways;
  - b) A strong desire to become mature;
  - c) Lean on God’s Word and the example of Christ heavily.

**SPECIAL INFORMATION ABOUT THE TEST:*****D. Scoring by Sections:***

1) Section A—1/2 point for each NO answer (total possible points)	10
2) Section B—1 point for each NO answer (total possible points)	20
3) Section C—2 points for each NO answer (total possible points)	40
4) Section D—1 point for each NO answer (total possible points)	20
5) Section E—1/2 point for each NO answer (total possible points)	<u>10</u>
	100

***E. Special Information to place at top of each section:***

***A—Contains immaturities that most can live with, and not suffer serious consequences.***

***B—Not too serious, but do make life a little difficult.***

***C—Highest points because they deal with personal traits that stand in the way of one's personal welfare, success, peace of mind, and happiness.***

***D—Fairly serious, but can probably be overcome.***

***E—Contains immaturities that are part of your natural life-style. They are harder to overcome.***

***F. Evaluating your score.***

4) Add total of each section to get grand total.

5) Rating:

g) If you got 75 or better—Super.

h) If you got 65 up to 74—Excellent.

i) If you got 55 up to 64—Good.

j) If you got 45 up to 54—Fair.

k) If you got 35 up to 44—Poor.

l) If you got 25 up to 34—Bad.

6) Evaluating your score:

e) Only after age 60 are you likely to rate SUPER.

f) If you scored 75 earlier than 60, you are SUPER-SUPER.

g) A score of 65 is possible as early as age 14, but generally unlikely.

h) A score of 55 is a good grade even for ages 14-21.



## “TESTING OUR MATURITY LEVEL”

### CATEGORY A

**YES   NO**

- |       |       |   |
|-------|-------|---|
| _____ | _____ | 1. Do you often say: <i>“I just can’t stop smoking?”</i>                                    |
| _____ | _____ | 2. Do you often say: <i>“I just can’t cut down on eating?”</i>                              |
| _____ | _____ | 3. Do you often say: <i>“I can’t stop drinking hard liquor?”</i>                            |
| _____ | _____ | 4. Do you frequently give the excuse: <i>“Sorry, I’m too busy?”</i>                         |
| _____ | _____ | 5. Do you find yourself frequently apologizing: <i>“Sorry, I’m late?”</i>                   |
| _____ | _____ | 6. Do you often apologetically say: <i>“I have such a poor memory?”</i>                     |
| _____ | _____ | 7. Do you often say: <i>“Sorry, I’m so stupid, but I don’t understand?”</i>                 |
| _____ | _____ | 8. Do you constantly excuse yourself with: <i>“Sorry, I’m such a poor correspondent?”</i>   |
| _____ | _____ | 9. Do you often say: <i>“Sorry, I’m just not sociable?”</i>                                 |
| _____ | _____ | 10. Do you excuse yourself with: <i>“If only I had more time?”</i>                          |
| _____ | _____ | 11. Do you assert positively: <i>“I’ll never do it?”</i>                                    |
| _____ | _____ | 12. Do you dodge with: <i>“I don’t know?”</i>   |
| _____ | _____ | 13. Do you hedge with: <i>“I guess so?”</i>   |
| _____ | _____ | 14. Do you insist: <i>“I believe in fate?”</i>  |
| _____ | _____ | 15. Do you sigh: <i>“I can’t make any friends?”</i>   |
| _____ | _____ | 16. Do you usually wait for someone else to introduce himself first?                        |
| _____ | _____ | 17. Do you self-righteously proclaim: <i>“I can’t be a hypocrite?”</i>                      |
| _____ | _____ | 18. Do you confidently proclaim: <i>“I’m not interested in money?”</i>                      |
| _____ | _____ | 19. Do you get out of helping causes by saying: <i>“I just can’t ask people for money?”</i> |
| _____ | _____ | 20. Do you feel that you can always do things better than anyone else?                      |

### CATEGORY B

**YES   NO**

- |       |       |   |
|-------|-------|---|
| _____ | _____ | 1. Do you often excuse yourself with: <i>“I intended to do it?”</i>       |
| _____ | _____ | 2. Do you frequently dodge with: <i>“I’ll try to do it?”</i>              |
| _____ | _____ | 3. Are you a compulsive talker?   |
| _____ | _____ | 4. Are you a poor listener?   |
| _____ | _____ | 5. Are you a chronic complainer?  |
| _____ | _____ | 6. Do you frequently apologize with: <i>“I’m just too tired?”</i>         |
| _____ | _____ | 7. Do you excuse yourself with: <i>“I’m just not good with my hands?”</i> |
| _____ | _____ | 8. Do you shy away with: <i>“I just can’t speak in public?”</i>           |
| _____ | _____ | 9. Do you excuse yourself with: <i>“I just can’t help it?”</i>            |
| _____ | _____ | 10. Do you frequently dodge with: <i>“I know I just can’t do it?”</i>     |
| _____ | _____ | 11. Do you regretfully exclaim: <i>“If only I could get started?”</i>     |
| _____ | _____ | 12. Do you often say: <i>“I’m sorry, I just can’t handle money?”</i>      |
| _____ | _____ | 13. Are you usually impatient?  |

**YES NO**

14. Do you judge others on the basis of rumors?  
  15. Do you positively assert: *"I can't forgive?"*  
  16. Must you be constantly entertained?  
  17. Do you stubbornly say: *"I've always been this way and I can't change?"*  
  18. Must you usually be the center of attraction?  
  19. Do you dodge decisions with: *"Well, I'm not sure?"*  
  20. Are you resentful when someone doesn't remember you?

**CATEGORY C****YES NO**

1. Do you frequently stop a discussion with: *"I know what I'm talking about?"*  
  2. Do you consistently try to tell other people what to do?  
  3. Do you think that material gifts can create strong friendships?  
  4. If you don't like a person, do you refuse to deal with him?  
  5. Is it hard for you to admit you are wrong?  
  6. Is it difficult for you to apologize?  
  7. Do you get upset easily by discourtesies?  
  8. Do you get angry quickly?  
  9. Do you frequently say: *"People are not friendly?"*  
  10. Do you excuse yourself with: *"If only I had listened to my father & mother?"*  
  11. Do you excuse yourself with: *"If only I had had a good education?"*  
  12. Do you excuse yourself with: *"If only I had gone into a different business or profession?"*  
  13. Do you excuse yourself with: *"If only I had married someone else?"*  
  14. Do you excuse yourself with: *"If only I had remained single?"*  
  15. Do you excuse yourself with: *"If only I had been born beautiful or handsome?"*  
  16. Do you excuse yourself with: *"If only my parents had been wealthy?"*  
  17. Do you excuse yourself with: *"If only I had not had such a bad environment when I was young?"*  
  18. Do you excuse yourself with: *"My trouble is, I was an only child?"*  
  19. Do you excuse yourself with: *"If only my home had been full of love?"*  
  20. Must you always have the last word?

**CATEGORY D****YES NO**

1. Do you expect people always to be nice to you?  
  2. Do you expect never to be rebuffed or rejected?  
  3. Do you stoutly assert: *"I don't need anyone's help?"*  
  4. Do you frequently say: *"It was my idea,"* or *"If it hadn't been for me?"*  
  5. Do you find it hard to take criticism?  
  6. Do you frequently get into arguments?

**YES NO**

7. Are you easily hurt?  
  8. Do you expect everyone to love you?  
  9. Is it hard for you to admit failure?  
  10. Is it difficult for you to take advice gracefully?  
  11. Are you unable to keep friends for a long time?  
  12. Do you always expect gratitude?  
  13. Do you inordinately crave publicity?  
  14. Do you snub people regularly?  
  15. Do you habitually say: *“I am certain it is so?”*  
  16. Do you generally blame others instead of yourself?  
  17. Do you excuse yourself with: *“If only I had had this opportunity?”*  
  18. Do you complain: *“I lost my job because they didn’t like me?”*  
  19. Do you explain: *“They don’t like me because they are jealous of me?”*  
  20. Are you in the habit of saying: *“I know I can’t do it?”*

**CATEGORY E****YES NO**

1. Must you always be top dog?  
  2. Must you always sin?  
  3. Must you have everything you want?  
  4. Do you expect life always to be simple and smooth?  
  5. Do you worry because you worry?  
  6. Are you unable to close doors on things that are gone forever?  
  7. Is it difficult for you to admit you’ve made a mistake?  
  8. Have you a drive for perfection?  
  9. Must you always be happy?  
  10. Do you generally cry over spilt milk?  
  11. Must you always be right?  
  12. Do you constantly insist on having your rights?  
  13. Must you always have your way?  
  14. Does someone else’s success trouble you?  
  15. Do you act out of envy or jealousy?  
  16. Do you hesitate to sacrifice for a meaningful objective?  
  17. Does sorrow continually nest in your hair?  
  18. Do you feed on grudges and hatreds?  
  19. Do you brood over disappointments and defeats?  
  20. Is it difficult for you to trust anyone?

