

**FROM “KNOW YOURSELF THAT  
YOU MAY KNOW GOD”**

1. I Say “Yes” When I Really Mean “No”
2. I Get Depressed When People Are Upset With Me
3. I Have a Need to Be Approved By Others In Order to Feel Good About Myself
4. I Act Nice On The Outside, But Inside I'm saying “I Can't Stand You!”
5. I Often Remain Silent In Order to “Keep The Peace”
6. I Believe That If I Make Mistakes, I Am a Failure
7. I Criticize Others In Order to Feel Better About Myself
8. I Avoid Looking Weak/Foolish For Not Having The Answer...
9. I Have to Be Doing Something Exceptional To Feel Alive
10. I Have to Be Needed to Feel Alive
11. I Am Fearful & Can't Take Risks
12. I Do What Others Want So They Won't Get Mad at Me
13. I Use Knowledge/Competence to Cover My Feelings of Inadequacy
14. I Want My Children to Behave Well So Others Will Think I'm a Good Parent
15. I Compare Myself a Lot to Other People