



LOVE PEOPLE SELF AWARENESS

SPIRITUAL OUTCOME DEFINED

Cultivates an awareness of the impact (both positive and negative) of one's presence on others, seeking to represent Christ in all circumstances.

*"You can't get away from yourself by moving from one place to another."
- Ernest Hemingway*

SPIRITUAL OUTCOME DESCRIBED

No matter the relationship, one consistent factor is the presence of ourselves. Therefore, how we show up in relationship matters tremendously. What we choose to bring into the relationship will inevitably impact it. Self-awareness is a character trait that helps keep ourselves in check so that we might positively impact those around us and be the best representatives of Christ that we can be. Consider the challenge of relating to those who lack self-awareness.

How often have we wished that a friend would see it? *Doesn't he realize what he's doing?* Maybe there's a friend whose constant barrage of advice is belittling. Or maybe there's another friend who does a great deal of talking but very little listening. Identifying the impact of another's presence (other-awareness) is easy. Self-awareness is much more difficult, and yet, cultivating such awareness is a tremendous gift to those around us and a significant mark of maturity. For this reason, those committed to loving people will periodically ask, *"What do others wish I knew, but I'm seemingly unaware of?"* The self-aware know the gifts they bring and bring them boldly. They also know the challenges they bring and humbly work toward transformation. We impact those around us, whether we intend to or not, and those seeking self-awareness learn to discern the effect of their own presence.

Scripture addresses self-awareness both directly and indirectly. Directly, we are asked: *"Why do you look at the speck of sawdust in your brother's eye and pay no attention to the plank in your own eye?"* (Matthew 7:3). The self-aware go after their own plank before lovingly helping others with their challenges. We also see examples of those who clearly lacked self-awareness, like the Pharisees who believed they were righteous, but were described by Christ as a *"brood of vipers!"* because they were blind to their own hypocrisy (Matthew 23:33).

We are told our enemy is a deceiver and a liar (Revelation 20:10), and no doubt he aims to deceive us about ourselves. Those who truly love people not only seek to address deception in the world, but they are humble enough to ask others to tell them what they need to hear. *How can I bring a more helpful presence to our friendship? What do you wish I knew but seemingly don't? How have I blessed or challenged you? What would you like to have more of from me? What would you like to have less of from me?* We should have these kinds of honest conversations only with those we know have our best interest in mind; and when done wisely and well, they will empower us to be the kind of loving people we were made to be.

EVIDENCE OF THIS SPIRITUAL OUTCOME IN A PERSON'S LIFE

- Aware of ways one blesses others.
- Aware of ways one challenges others.
- Regularly evaluates self through reflectively engaging scripture and prayerfully seeks the Lord's input.
- Humbly welcomes the input (whether positive or negative) of trusted people.
- Has two to three trusted friends who regularly speak openly about their strengths and weaknesses

GUIDANCE

Read each passage multiple times. Then write your observations about the passage and any thoughts you have from the discernment question. What do you notice in the passage, and what does this reveal about your life?

PROVERBS 12:15

Observations:

Discernment Question: Consider a recent time when another person offered you advice. How did you receive it? Did you openly consider it? Did you outright dismiss it? Why?

PROVERBS 14:8

Observations:

Discernment Question: How do you give thought to your own life? What current practices do you have that help you thoughtfully consider how you are living your life?

PROVERBS 14:16

Observations:

Discernment Question: Do you flirt with evil? Are you prone to anger? Are you thoughtful or are you careless?

PROVERBS 15:14

Observations:

Discernment Question: Do you actively seek knowledge, wisdom, and insight from others? Do you actively seek their wisdom and insight about yourself?

PROVERBS 9:7-8, 17:10, 27:5, 28:23

Observations:

Discernment Question: When was the last time you were corrected? How did you receive the correction? Why were you receptive? Why were you unreceptive?

JEREMIAH 17:9

Observations:

Discernment Question: To the best of your knowledge, in what areas of your life are you most susceptible to deception?

MATTHEW 7:3-5

Observations:

Discernment Question: What log do you currently have in your own eye? Who could you ask to help you with it?

ROMANS 12:3

Observations:

Discernment Question: How do you view yourself? Do you struggle with either arrogance or insecurity (or both)?

1 CORINTHIANS 13:4-7

Observations:

Discernment Question: How accurately does this passage describe you? What areas are you thriving in? What areas need growth?

1 TIMOTHY 4:16

Observations:

Discernment Question: How are you currently keeping a close watch on yourself and your belief system? What are you doing daily to get to know yourself and God better?

NEXT STEPS

What are practical next steps you will do based on what you have discovered in this survey of Scripture about cultivating self-awareness? Include insights offered from others in your Life Group that could be applied in your own life, as well.

MEMORIZE SCRIPTURE

Psalm 139:23, NIV

*Search me, God, and know my heart;
test me and know my anxious thoughts.
See if there is any offensive way in me,
and lead me in the way everlasting.*



LOVE PEOPLE SELF AWARENESS

THE PROVIDER

Let's consider *The Provider*.

After all he's done, *The Provider* is confounded by his daughter's statement ...

"Growing up, I never thought you loved me."

Stunned, his mind rolls through all he did for her. She never missed a meal, never lacked for anything, her college education was paid for, and he gave her the best opportunities money could buy.

She knew that, appreciated every bit of it, but genuinely questioned his love.

"You never listened," she quietly confessed. *"I appreciated all you did, but you never had time for me. I saw you coming; I saw you going, but I never saw you. When you were around, I feared you. One step out of line, and I'd experience a verbal lashing that left me slinking out of the room."*

The words were humbly delivered, but they still stung. In his heart of hearts, he truly did love her, but he could see it. He plowed through life, and at times plowed over people. There was the rare business partner who had enough backbone to stand up to him. He simultaneously hated and admired that about these colleagues. But he didn't realize how much it came out at home. There wasn't time to reflect. He had things to do. He had to accomplish, to win, to provide. Of all the strengths and competencies he had, it was clear he lacked a critical and indispensable quality.

He lacked self-awareness.

SELF-AWARENESS

The most consistent presence in our lives is the presence of ourselves. The bringing of ourselves is the most consistent thing we bring to each and every relationship. To one relationship, we bring the gift of humor. To another, we bring wisdom. To another, we offer a listening ear. But to all, we bring ourselves.

And that demands a critical question.

What does my presence bring?

Does my presence bring peace or anxiety, encouragement or jabs, healing or hurts? When I walk into a room to engage those who know me best, am I bringing a presence that serves them or serves me?

Am I even aware of what I bring? Do I have the needed self-awareness to love those I want to love?

In order to truly love others well, we have to first be aware of It may seem odd to consider ourselves when we set out to love people. Is this not about others? Consider, though, Scripture's clearest statements on what it means to authentically love others.

LOVE IS...

Scripture paints a verbal picture of love ...

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonor others, 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 13:4-7).

When defining love, Scripture not only describes actions, but the feelings beneath actions. Love is described as patient, not envious, trusting, hopeful. The context of the passage boldly reinforces this emphasis on feelings. Directly preceding this description of love, we're told what love is not. *"If I give all I possess to the poor...but do not have love, I gain nothing"* (1 Corinthians 13:3).

To put it bluntly, giving money to the poor may or may not be an act of love.

The young man who helps the elderly woman across the street ... genuine love or a setup to bum a buck for smokes?

The multibillion-dollar corporation dedicating profits to fight the AIDS epidemic ... genuine concern or good marketing?

The long-lost friend sending a note upon learning life has not gone as planned ... true concern or hidden delight in showing her prom queen "friend" that she knows?

Which brings us back to fruit of the Spirit.

But the fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control. Against such things there is no law. Those who belong to Christ Jesus have crucified the flesh with its passions and desires. Since we live by the Spirit, let us keep in step with the Spirit. Let us not become conceited, provoking and envying each other (Galatians 5:22-26).

This passage on fruit of the Spirit closely resembles the previous passage on love from 1 Corinthians. In one we're told, *"Love is patient."* In the other, *"forbearance (patience)"* is a fruit of God's Spirit. In one we're told, *"Love is kind."* In the other, *"kindness"* is a fruit of God's Spirit. We're told love *"does not envy, it does not boast, it is not proud."* Envy, arrogance, and pride are contrary to the spiritual fruit of *"goodness, faithfulness, gentleness, and self-control."*

One passage nearly echoes the other.

Character matters. It matters to us because we must live with ourselves. But it also matters to those around us. Carry a peaceful disposition, and it impacts those around us. Carry an anxious disposition, and our anxiety impacts them as well.

Carry a patient disposition, and those closest are served by our patience. Carry an impatient disposition, and damage is inevitably done.

Put succinctly, people are loved or not loved by our self-control or addictions, our gentleness or harshness, our joy or our disgruntled attitudes.

DECEPTION

The need for self-awareness, for a good hard look in the mirror, is intensified only when we consider the methods of our enemy.

In Scripture's final chapters we catch a glimpse of *The End*. What happens when the final scene is played, and the curtain falls on human history? Many things — not the least of which is accountability for the enemy. Hear carefully what is described for the being Scripture refers to as the devil: "*And the devil, who deceived them, was thrown into the lake of burning sulfur*" (Revelation 20:10a).

This is strong language. In the end, when all is complete, how will our enemy be described? Our enemy is described as the one "*who deceived them.*" In another place, Jesus refers to our enemy as "*a liar and the father of lies*" (John 8:44b).

This is interesting, not just for clarity on the methodology of our enemy, but for clarity on what is most destructive in this world. Satan wants to ruin humanity.

What weapon does he choose? Foundational to all he does is not violence, not sickness, not warfare, and not fear. Foundational to all he does is *deception*. He is a liar and the father of lies. If he can get us to believe things that are not true or keep us from seeing things that we really need to see, then he can get us to do things that are destructive to ourselves and those around us.

The enemy wants to fog the mirror through which we view ourselves. He wants to keep us from self-awareness.

SCRIPTURE AND SELF-AWARENESS

Some of Scripture's most pointed words are for those who lack self-awareness. Through Isaiah, God addressed the Israelites. Concerning their religious observances, God was very direct. "*Your New Moon feasts and your appointed festivals I hate with all my being. They have become a burden to me; I am weary of bearing them*" (Isaiah 1:14).

Despite the fact that the Israelites engaged their religious traditions, they lacked self-awareness. They were deceived. They were carrying on as if they loved God and had justifications for their love — but love was dangerously absent. Then there are the Pharisees.

"... You are like whitewashed tombs, which look beautiful on the outside but on the inside are full of the bones of the dead 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).

The Pharisees thought they had it together. They looked great to the world — and to themselves — but internally they were "full of the bones of the dead and everything unclean."

Add to these the church in Laodicea. "*You say, 'I am rich; I have acquired wealth and do not need a thing.' But you do not realize that you are wretched, pitiful, poor, blind and naked*" (Revelation 3:17).

Each group had their external justifications for their internal realities. The Israelites held their festivals, but their rituals were hollow and offensive. The Pharisees played the part externally, but they lacked true internal commitment. The Laodiceans believed their material wealth displayed God's favor, but they were "*wretched, pitiful, poor, blind and naked.*"

Each of these thought one thing about themselves, but they lacked the self-awareness that would ground them in reality. They did not see what was truly going on. Why? What kept them from seeing reality?

Let's consider four broad categories: inflated view of self, inflated view of others, inflated view of _____, and innocent errors. The first two are represented by Mr. Blunt and Miss Timid.

MR. BLUNT

Mr. Blunt speaks his mind. He doesn't care what other people think or feel. He tells it like it is. At times, such forthrightness is refreshing. His colleagues and partners are grateful to know exactly where he stands.

At other times, Mr. Blunt does damage. He fails to recognize the nuances of relating to others and consistently leaves a trail of "beat-up bodies" in his path. He may or may not intend to do this. Sometimes he doesn't even know it's happened. He just keeps plowing ahead.

If Mr. Blunt is on one end of a spectrum, Miss Timid on the other.

Miss Timid is highly considerate. She instinctively knows how people feel and tailors her every word to their disposition. Her colleagues and friends greatly appreciate her thoughtfulness. They seek her out. They open up to her and tell her their frustrations and struggles, their hopes and dreams.

Over time, though, her affirmations lose their power. Yes, the people around her appreciate her positive perspective. But it's so consistently positive, they begin to doubt her sincerity. She always says kind things. She never corrects. People don't fully know how to take her. Relationships grow a bit more distant. She doesn't understand. Why is this happening? She wouldn't dream of hurting anybody.

Mr. Blunt and Miss Timid. What can we learn from them?

INFLATED VIEW OF SELF

Mr. Blunt is arrogant. It oozes from his presence. Scripture has strong words for arrogance.

To King Saul, it was said, *"For rebellion is like the sin of divination, and arrogance like the evil of idolatry"* (1 Samuel 15:23).

And concerning God's coming judgment it is said, *"The arrogance of man will be brought low and human pride humbled; the LORD alone will be exalted in that day"* (Isaiah 2:17).

In each of these statements, arrogance is disrobed and shown for what it truly is. Arrogance is more than inflated confidence; it is idolatry. When we give ourselves godlike status — idolize ourselves — we are attempting to be something we are not. We are not God.

We see no need to consider if we're doing damage to the people around us. We're the final authority on all things. Arrogance deafens our ears to input of others because we know best.

This thinking is dangerously flawed. Humility enriches a life, not just because it's right, but also because it is useful. When we humble ourselves, we are increasingly open to hearing what we need to hear.

Surely Miss Timid fairs better.

INFLATED VIEW OF OTHERS

Miss Timid doesn't plow over people as Mr. Blunt does, so surely she's truly loving. At least we experience her this way ... at first.

But does she really?

Scripture is clear about the danger of people pleasing.

"Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ" (Galatians 1:10).

And...

"On the contrary, we speak as those approved by God to be entrusted with the gospel. We are not trying to please people but God, who tests our hearts" (1 Thessalonians 2:4).

Is Miss Timid seeking to please God? Or is Miss Timid seeking to please people? She is so outwardly kind. But gentle words of kindness may or may not be pleasing to God. What if her words are not motivated by a love for people, but a fear of people?

Mr. Blunt was deceived in his view of himself; he gave godlike status to himself. Miss Timid is deceived in her view of others; she gives godlike status to people. She is giving them an unhealthy place of power in her life.

She would never view herself as doing damage; she's far too nice for that. To be truly loving, though, there are times it takes far more than niceness. It takes courage to do what others neither expect nor want. Timid living is contrary to genuinely trusting in Christ — so much so that Scripture lists the cowardly in an unexpected manner.

But the cowardly, the unbelieving, the vile, the murderers, the sexually immoral, those who practice magic arts, the idolaters and all liars — they will be consigned to the fiery lake of burning sulfur. This is the second death (Revelation 21:8).

This is bold language. The cowardly are listed right alongside the vile, the murderers, and the sexually immoral. The cowardly certainly don't feel deserving of such distinction. But when we recognize that at the core of fearing others is a bowing down to people rather than to God, we realize that cowardliness is a form of rebellion against God.

INFLATED VIEW OF...

So far, a lack of self-awareness can be traced to two broad categories: an inflated view of self and an inflated view of others. It's tempting to assume everything falls into these two categories, but there are at least two other broad categories.

What about an inflated view of *stuff*? What happens when a person has an inflated view of material things, but fails to see it? They plow over people to get what they want.

They hoard what they have. They overreact when their material possessions are threatened.

What about an inflated view of *calling*? It's good to live with a purpose, but what if this purpose becomes overly central in a person's life? What if it no longer is something God has asked you to do, but instead, it has become a god? Let others beware. Get in the way of that cause and prepare to be steamrolled. Love of people goes out the

window because love for one's calling has been threatened.

We could consider many others. An inflated view of anything — family, recreation, adventure, sex — can cause people to be terribly unloving to those they profess to love. Idolatry is often deceptive. It's not as easy to discern as we think it is. A lack of self-awareness concerning inflated views of anything can wreak havoc in our lives and do damage to those we love.

Let's consider a fourth category.

INNOCENT ERRORS

Sometimes we do things that are genuinely unintentional. Our hearts are in the right place. We mean well, but we consistently do something or say something that hurts those around us. We might call this category **innocent errors**.

An innocent error is the look on a wife's face when her husband describes his day. She doesn't know she's doing it. In truth, by the end of the day she's so exhausted from chasing the kids around, she doesn't know what her face is communicating. She'd adjust if she knew it; but she doesn't even know it. And he's left wondering.

An innocent error is the whirlwind the boss brings to the office. He's on a mission. He feels the pressure and is out to get things done. Yes, this can be due to an inflated view of something in his life, but maybe not. His heart may be in the right place. He just doesn't realize how his intensity affects the people around him — people he genuinely cares about.

An innocent error might be the teacher who speaks with a tone of voice that sounds condescending. She doesn't realize it. She's simply talking with the tone of voice her mother did. Her heart is in the right place. If she could hear herself, she'd know it; but she doesn't hear herself. She goes about her day and from time to time wonders why some students in her class seem put off by her presence.

You get the idea. Self-awareness may be tied to something deep, but not always. At times, we simply need to be made aware of what we're doing, and we'll gladly change.

That leads to where we're going.

THE GIFT

Proverbs tells us, *"An honest answer is like a kiss on the lips"* (Proverbs 24:26).

We want the truth. We want to know how others experience us. We want this for multiple reasons. We want it because if our outward actions are tied to an idol of the heart, we want to do business with that idol. We want it gone. We don't want to have an inflated view of ourselves or others or some other aspect of life. If someone would give us an honest answer and tell us what we need to hear, even if we don't want to hear it, then we would increase our awareness of a dangerous corner of our hearts.

We want the truth about innocent errors as well. If there are little things we could adjust to help the people around us, we want the honest answer. We don't want to unintentionally ding others in ways we could avoid with simple adjustments.

What if we were intentional about increasing our self-awareness? What if, in our quest to love others, we first held up the mirror to ourselves by discovering how others experience us?

To do so will feel risky. We make ourselves vulnerable, but an honest answer is a kiss on the lips. We don't want to go through life bruising the people around us, intentionally or unintentionally. Doing what it takes to increase our self-awareness may be the greatest gift we can give those who genuinely want to love us.

Consider this. What non-material gift would you most like to receive from others?

No doubt the list will include many things. From some — maybe a friend who lives far away or a family member you rarely see — you'd like the gift of time. From others, as much as you love them, you'd welcome just the opposite — a little space from them.

Maybe the mother of young children would welcome a quiet weekend alone or an evening out with her husband or friends. From others it's the gift of encouraging words or honest dialogue. The list could go on. But if we really think about it, one of the greatest gifts many of those close to us could give us is the gift of their own self-awareness.

How welcomed would it be if the co-worker really knew how often he spoke condescendingly to others? Or how welcomed would it be if the friend really knew how needlessly controlling she can be? Or how healing would it be if that parent really knew how often the "quiet" comments were fully heard and fully felt? What if they all really got it—they really saw what others see, knew what others know, and made genuine efforts to address these areas. This would be an act of love.

Their increased self-awareness would better your life, if they took it humbly and seriously.

All of this is good — but this is not about them; this is about us.

If we are to love people, we must first address how others experience us. To do so will take courage and humility, but it will offer a profound gift that can be life-changing for ourselves and others.

The **apply** exercise for this Spiritual Outcome is designed to help us do exactly that.



LOVE PEOPLE SELF AWARENESS

This exercise will take courage.

How do others experience you?

There's one GREAT way to find out.

Ask them.

There are three stages to this exercise:

Stage 1 — Assessment

You will assess yourself.

You will ask three others to assess you.

Stage 2 — Explore Patterns

You will review all four assessments looking for patterns and themes.

Stage 3 — Invite Transformation

You will bring what you learned before God and ask for His grace and strength to apply what you've learned.

FIRST STAGE: ASSESSMENT

Do this First Stage in three steps.

Step 1: Prepare your heart.

Take a moment and talk to God about inhibitions, humility, courage, and any other qualities you need to address before starting this exercise. Ask God to protect you from Satan's lies and condemnation and to open your heart to the Spirit's enlightenment and conviction. When you are ready, move on to Step 2.

Step 2: Self-Assessment

Complete the first assessment about yourself.

Step 3: Others' Assessment

Choose three people to complete the remaining assessments about you. Choose people who...1) know you well; 2) will be open and honest with you; and 3) feel safe and would not intentionally say things to hurt you.

After they complete the assessment, you will debrief it with them verbally. This interaction will give you the much-needed context for their responses. For this reason, you may want to have each person fill out the assessments as soon as you give it to him or her; wait for them to complete it, and then immediately follow up by discussing it with them. If that is not practical, find a simple way to follow up. The follow-up conversation doesn't need to be lengthy.



LOVE PEOPLE SELF AWARENESS

GLS15 Sheila Heen | Thanks for the Feedback Outline

<https://globalleadership.org/videos/leading-others/thanks-for-the-feedback>

Intro:

Feedback is:

People all over the world struggle with feedback conversations:

In the exchange of feedback, it's not the giver who's in charge:

Part of the problem when receiving feedback is it falls at the junction of two core human needs.

- 1.
- 2.

Some of the most important things we learn in life come from some of the most painful experiences:

Three kinds of feedback that we all need in order to learn and grow:

E:

C:

A:

An organization needs all three things in order to survive.

Every organization needs all three types of feedback in order to thrive, but often people don't get the appreciation. Evaluation and Coaching get tangled up together. Evaluation is the most emotionally loud feedback and it can drown out coaching.

Reasons why we reject feedback:

We are incredibly good at finding what's wrong:

Work hard to understand what the giver means, then you can decide what you think about it.

Trigger Reactions- When feedback triggers a reaction, it's not the end of the story—it's the beginning. Three kinds of trigger reactions-

- 1.
- 2.
- 3.

Skills you need to manage your reactions and learn from them:

- 1.
- 2.
- 3.

What shows up in your blind spots:

Enlist a friend to help:

Two kinds of mirrors:

- 1.
- 2.

The fastest way to change the feedback culture in any organization is for the leaders to become better receivers. Why?

- 1.
- 2.
- 3.

Two feedback questions to ask:

- 1.
- 2.

The model is Jesus:

Reflective Questions on "Thanks for the Feedback":

How did the video resonate with your current life situations (marriage, kids, work, church, etc)?

"Some of the most important things we learn in life come from some of the most painful experiences." What is one example from your life where this has proved true?

How comfortable are you with feedback conversations? How well are those conversations working for you?

What are a couple ways that you hope to approach feedback conversations differently after watching this video?

**WHAT PRESENCE DO I BRING?
SELF ASSESSMENT**

This first assessment is a self-assessment - something you will fill out for yourself about how you suspect others experience you. Complete this before giving three assessments to the other people. Put a check in the box that best fits for each set of descriptive words, and then answer the questions on the page that follows.

	Column A	almost exclusively Column A	mostly Column A, somewhat Column B	equally Columns A & B	mostly Column B, somewhat Column A	almost exclusively Column B	Column B
IN WORD	Encouraging	1	2	3	4	5	Discouraging
	Affirming	1	2	3	4	5	Critical
	Considerate	1	2	3	4	5	Dismissive
	Gentle	1	2	3	4	5	Abrasive
	Accepting	1	2	3	4	5	Judging
	Agreeable	1	2	3	4	5	Argumentative
	Present	1	2	3	4	5	Withdrawn
	Courageous	1	2	3	4	5	Fearful
IN DEED	Compassionate	1	2	3	4	5	Insensitive
	Kind	1	2	3	4	5	Uncaring
	Helpful	1	2	3	4	5	Uncooperative
	Dependable	1	2	3	4	5	Hurtful
	Healing	1	2	3	4	5	Unreliable
	Flexible	1	2	3	4	5	Controlling
	Compliant	1	2	3	4	5	Stubborn
	Available	1	2	3	4	5	Inaccessible
	Centered	1	2	3	4	5	Anxious
	Decisive	1	2	3	4	5	Wishy-Washy
IN ATTITUDE	Hopeful	1	2	3	4	5	Cynical
	Humble	1	2	3	4	5	Arrogant
	Open	1	2	3	4	5	Closed
	Brings Peace	1	2	3	4	5	Brings Anxiety
	Enjoyable	1	2	3	4	5	Obnoxious
	Patient	1	2	3	4	5	Easily Annoyed
	Even tempered	1	2	3	4	5	Reactive
	Easygoing	1	2	3	4	5	Uptight
	Joyful	1	2	3	4	5	Gloomy
	Confident	1	2	3	4	5	Insecure
	Genuine	1	2	3	4	5	Artificial

Open Questions

- What do you suspect people enjoy about you?

- What do you suspect people would want you to be more aware of, develop, or change?

Next Steps in the Assessment Process:

**If you plan on printing the assessments to give to 3 other people, make 3 copies of the next 2 pages.

** If you plan to send it to them digitally, go back to the Spiritual Growth Path on Gateway's website and you can send them the next two pages in a digital format they can fill out from their phone or computer. You'll find this under the Self Awareness Outcome. Make sure they download and save the assessment before sending it to you (otherwise the results won't save).

**WHAT PRESENCE DO I BRING?
OTHERS-ASSESSMENT**

Please complete the following assessment about how you and others experience the person who gave this assessment to you. This assessment is intentionally not anonymous. Because of that, the person who gave you this assessment will debrief it with you verbally after you finish it. If this makes you uncomfortable, feel free to decline; but please know that this person is actively seeking greater self-awareness to better relate to those around him or her including you! They want to grow, and this feedback can help them do that. Put a check in the box that best fits for each set of descriptive words on this page, and then answer the questions that follow.

	Column A	almost exclusively Column A	mostly Column A, somewhat Column B	equally Columns A & B	mostly Column B, somewhat Column A	almost exclusively Column B	Column B
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	Agreeable	1	2	3	4	5	Argumentative
	Present	1	2	3	4	5	Withdrawn
	Courageous	1	2	3	4	5	Fearful
IN DEED	Compassionate	1	2	3	4	5	Insensitive
	Kind	1	2	3	4	5	Uncaring
	Helpful	1	2	3	4	5	Uncooperative
	Dependable	1	2	3	4	5	Hurtful
	Healing	1	2	3	4	5	Unreliable
	Flexible	1	2	3	4	5	Controlling
	Compliant	1	2	3	4	5	Stubborn
	Available	1	2	3	4	5	Inaccessible
	Centered	1	2	3	4	5	Anxious
	Decisive	1	2	3	4	5	Wishy-Washy

IN ATTITUDE

Hopeful	1	2	3	4	5	Cynical
Humble	1	2	3	4	5	Arrogant
Open	1	2	3	4	5	Closed
Brings Peace	1	2	3	4	5	Brings Anxiety
Enjoyable	1	2	3	4	5	Obnoxious
Patient	1	2	3	4	5	Easily Annoyed
Even tempered	1	2	3	4	5	Reactive
Easygoing	1	2	3	4	5	Uptight
Joyful	1	2	3	4	5	Gloomy
Confident	1	2	3	4	5	Insecure
Genuine	1	2	3	4	5	Artificial

Open Questions

- What do you enjoy and appreciate about this person?

- What examples do you have that would help this person understand numbers you circled on the previous page, especially any 4s or 5s?

- What would you encourage this person to be more aware of, develop, or change? Or put another way, what could this person do that would help your relationship with him/her?

- Other thoughts or comments:

SECOND STAGE: EXPLORE PATTERNS

In this **second stage**, you're asked to reflect on what you heard or discovered in the process of completing the assessments in the first stage. Use the following questions to guide your thinking.

- What did you learn or discover about how other people experience your presence?

- Were there common themes in the way the three people responded?

- In which areas was your own self-assessment most different from the assessments that other people filled out about you?

- What surprised you about this exercise? What matched your expectations?

- In what positive ways does your presence affect other people?

- In what negative ways does your presence affect other people?

Prayer

Use the space below to write a prayer to God about your insights above.

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