

Hostage week 2 Addicted to Approval

Answer the following questions as honestly as possible on the scale below. Total your score to see how performance and fear of failure may impact you.

This information is just for you and you will not be asked to share results.

	1	2	3	4	5	6	7	
	Never	Very Seldom	Seldom	Sometimes	Often	Very Often	Always	
Question							Score	
I avoid certain people.							_____	
I become anxious/nervous when I think someone might reject me.							_____	
I am uncomfortable around those who are different than me.							_____	
It bothers 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 figure out what people think of me.							_____	
I feel people are always trying to control or manipulate me.							_____	
Total Score							_____	

Scoring

- 0 - 26 Virtually free from fear of rejection.
- 27 - 36 Small fear of rejection only in certain situations.
- 37 - 46 Moderate fear. Influence your decisions to minimize your risk of failing.
- 47 - 56 High fear of rejection. Emotional lows are tied to how you think others feel about you. Nearly all decisions are designed to avoid risk of rejection.
- 57 - 70 Overwhelming fear of rejection. Probably feel steadily depressed. Experiences of rejection probably fill your memories.

* adapted from "Search for Significance" by Robert McGee

Hostage week 2 Addicted to Approval

Answer the following questions as honestly as possible on the scale below. Total your score to see how performance and fear of failure may impact you.

This information is just for you and you will not be asked to share results.

	1	2	3	4	5	6	7	
	Never	Very Seldom	Seldom	Sometimes	Often	Very Often	Always	
Question							Score	
I avoid certain people.							_____	
I become anxious/nervous when I think someone might reject me.							_____	
I am uncomfortable around those who are different than me.							_____	
It bothers 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 figure out what people think of me.							_____	
I feel people are always trying to control or manipulate me.							_____	
Total Score							_____	

Scoring

- 0 - 26 Virtually free from fear of rejection.
- 27 - 36 Small fear of rejection only in certain situations.
- 37 - 46 Moderate fear. Influence your decisions to minimize your risk of failing.
- 47 - 56 High fear of rejection. Emotional lows are tied to how you think others feel about you. Nearly all decisions are designed to avoid risk of rejection.
- 57 - 70 Overwhelming fear of rejection. Probably feel steadily depressed. Experiences of rejection probably fill your memories.

* adapted from "Search for Significance" by Robert McGee

Understanding Rejection & Our Responses

- You think or feel rejected or unloved
- Determine to please other person to gain their approval
- More rejection comes resulting in one of three defense mechanisms

Beat the System*	Give in to the System*	Rebel Against the System*
Accepts the system and competes with ideas and schemes to get ahead and become significant	Doesn't like the system and tries to cope and make do as a second-class citizen. Stay under the radar.	Hates the system and fights social structures and often acts, responds or dresses in objectionable ways
Results in superficial relationships as performance and appearance diminish with age	Seeks an identity and sense of belonging but poor self-image affects the ability to relate and compete	Results in more rejection and causes others to defend the system they reject
Inability to express feelings, emotional insulation, perfectionism, worry, insecurity	Feelings of Worthlessness, Inferiority, subjectivity, Self-condemnation	Undisciplined, irresponsible, self-hating, bitter
Has little need for God and struggles with lordship	Needs God but struggles with trust	Sees God as a tyrant and rebels against Him

* The systems refer to family, school, team, career and social settings.

"Papa, I am not sure who I am. But if I'm all right with you, then I guess I'm all right with me."

Pinnocchio to Geppeto

Understanding Rejection & Our Responses

- You think or feel rejected or unloved
- Determine to please other person to gain their approval
- More rejection comes resulting in one of three defense mechanisms

Beat the System*	Give in to the System*	Rebel Against the System*
Accepts the system and competes with ideas and schemes to get ahead and become significant	Doesn't like the system and tries to cope and make do as a second-class citizen. Stay under the radar.	Hates the system and fights social structures and often acts, responds or dresses in objectionable ways
Results in superficial relationships as performance and appearance diminish with age	Seeks an identity and sense of belonging but poor self-image affects the ability to relate and compete	Results in more rejection and causes others to defend the system they reject
Inability to express feelings, emotional insulation, perfectionism, worry, insecurity	Feelings of Worthlessness, Inferiority, subjectivity, Self-condemnation	Undisciplined, irresponsible, self-hating, bitter
Has little need for God and struggles with lordship	Needs God but struggles with trust	Sees God as a tyrant and rebels against Him

* The systems refer to family, school, team, career and social settings.

"Papa, I am not sure who I am. But if I'm all right with you, then I guess I'm all right with me."

Pinnocchio to Geppeto