

Hostage

week 4 Shame on Me

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 think about past failures or experiences of rejection.	_____
I have certain memories about my past, which give strong feelings of emotion pain (guilt, shame, anger, fear, etc.).	_____
I seem to make the same mistakes.	_____
I have certain attitudes and behaviors I want to change, but don't think I can.	_____
I feel inferior.	_____
I don't like some things about the way I look.	_____
I am generally disgusted with myself.	_____
I feel certain experiences have basically ruined my life.	_____
I think I am an immoral person.	_____
I feel I have lost the opportunity to experience a complete and wonderful life.	_____
Total Score	_____

Scoring

- 0 - 26 A strong appreciation of God's unconditional love and acceptance.
- 27 - 36 Small fear of judgment only in certain situations.
- 37 - 46 Moderate fear of judgment influences your decisions. Emotional problems are sometimes rooted in this fear.
- 47 - 56 Fear of judgment forms the background of your life. Constantly critical of yourself and others.
- 57 - 70 Overwhelming fear of judgment. Probably feel steadily depressed. Experiences of rejection and failure probably fill your memories. Strong victim mentality.

* adapted from "Search for Significance" by Robert McGee

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Feelings of Shame result in:

- | | |
|----------------------------------|--|
| <i>Inferiority</i> | <i>Habitually Destructive Behavior</i> |
| <i>Self-Pity</i> | <i>Passivity</i> |
| <i>Isolation and Withdrawal</i> | <i>Loss of Creativity</i> |
| <i>Codependent Relationships</i> | <i>Despising our Appearance</i> |

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TRAP	FEAR	ANSWER	TRUTH
Performance	Failure	Justification	I'm forgiven
Approval	Rejection	Reconciliation	I'm accepted
Blame	Punishment	Propitiation	I'm loved
Shame	Judgment	Regeneration	I'm complete

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What God has Done

Then he showed me Joshua the high priest standing before the angel of the LORD, and Satan standing at his right hand to accuse him. ² The LORD said to Satan, "The LORD rebuke you, Satan! Indeed, the LORD who has chosen Jerusalem rebuke you! Is this not a brand plucked from the fire?" ³ Now Joshua was clothed with filthy garments and standing before the angel.

⁴ He spoke and said to those who were standing before him, saying, "Remove the filthy garments from him." Again he said to him, "See, I have taken your iniquity away from you and will clothe you with festal robes." ⁵ Then I said, "Let them put a clean turban on his head." So they put a clean turban on his head and clothed him with garments, while the angel of the LORD was standing by.

⁶ And the angel of the LORD admonished Joshua, saying, ⁷ "Thus says the LORD of hosts, 'If you will walk in My ways and if you will perform My service, then you will also govern My house and also have charge of My courts, and I will grant you free access among these who are standing here.

Zechariah 3:1-7

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