

**UNDERSTANDING YOUR POOR SELF-IMAGE:
A PRACTICAL ASSIGNMENT**

Prepared by Pastor Robert Jones
(Adapted from Lou Priolo)

TWO BASIC PRINCIPLES:

1. Your self-image consists of the series of judgments/conclusions you make about yourself as you evaluate yourself. It's the

conclusions you reach about yourself when you ask questions like:

How am I doing? Am I pleasing to God? Where am I failing?

How successful am I? Where am I excelling? Am I growing in Christ? How do I relate to others? Am I likeable? What are my talents and gifts? What are my strengths and weaknesses?

Am I fulfilling my responsibilities? What do I look like?

What do people think of me? How do I respond to pressures?

2. God's goal for you is that you arrive at an accurate self-image.

Romans 12:3 calls you to make a sober self-assessment -- to see yourself as you really are, not as you think you are nor as others think you are. Ultimately, this means seeing yourself the way God sees you through the lens of His Word.

ASSIGNMENT:

On the back of this sheet, make a comprehensive list of your inferiority judgments, i.e., all the "negative" judgments/conclusions you make about yourself as you evaluate yourself.

Guidelines:

1) List each item in the order you think of it. Don't try to rearrange them in any logical order.

2) Try to list at least 5, but limit yourself to no more than 20.

3) List items separately. It's better to separate two than combine them into one. For example, don't write, "I'm a lousy Christian because I don't go to church enough." Instead, make two items: "I'm a lousy Christian" and "I don't go to church enough."

4) Need help? Use the questions in principle #1 above to help stir your thinking. Survey your various roles and relationships (how am I doing as a husband/wife, dad/mom, son/daughter, employer/employee, church member, male/female, friend, neighbor, student, Christian, etc.?). Consider the skills or personal qualities that you have or don't have or wish you did have.

Example -- George listed the following inferiorities/inadequacies:

1. No one loves me or cares about me
2. I am too short
3. I can't do anything right
4. I am a terrible husband
5. I don't have a very high IQ
6. I am lazy and undisciplined
7. I don't manage my time well
8. I am a slow learner
9. I am not a good public speaker
10. I don't sing very well
11. I am not a good athlete
12. I am slow to acknowledge my faults
13. I have a quick temper

MY LIST OF INFERIORITY JUDGMENTS:

Name: _____
Date: _____

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____
16. _____
17. _____
18. _____
19. _____
20. _____

Thank you for your work. At your next counseling session, your counselor will photocopy your completed sheet and discuss each item with you so that you and he can better understand them. This will give you further opportunity to better explain or give examples if you like. This will be a first step toward finding Christ's answers for these items and for your overall "self-image" problems.