



## PRIDE ASSESSMENT

Use the following scale to assess how true these statements are of you. Be sure to answer them as realistically as possible—not how you want to be!

1	2	3	4	5
It's definitely not true.	It's rarely true.	It's sometimes true.	It's true most of the time.	Yes, it's definitely true of me!

- \_\_\_ I don't like acknowledging that someone else's idea is actually better than my own. ("The better their idea the more angry I get!")
- \_\_\_ In conversations/groups, I do all the talking, boast, crack jokes and/or showoff to get attention.
- \_\_\_ I expect others to do what I ask because I'm the smartest in the group, captain of the team, or first chair, etc.
- \_\_\_ I judge the value of an idea by who said it rather than how good the idea actually is.
- \_\_\_ I treat people as too far beneath me to talk to them (For example: those who aren't that athletic, not as smart, don't dress well, don't have as much money, are from another culture/ethnic group or are in the wrong group of friends.)
- \_\_\_ I find myself correcting people if they say or do something incorrectly.
- \_\_\_ Being right or not wanting to admit I'm wrong is more important than owning up to the truth.
- \_\_\_ Exceeding in sports, band, school or another area is a mark of success and is more important to me than if I hurt people in the process.

\_\_\_ I act as if rules and standards don't apply to me.

\_\_\_ I look in the mirror to find the source of all success (taking all the credit) and out the window for the cause of failure (pointing the blame at others).

\_\_\_ **TOTAL**

40-50 Pride is your primary motivator.

30-39 Pride is an issue that you need to address.

20-29 Pride is a small factor in your life.

10-19 Pride is rarely a factor in your relationships.

## FEAR ASSESSMENT

Use the following scale to assess how true these statements are of you. Be sure to answer them as realistically as possible—not how you want to be!

1	2	3	4	5
It's definitely not true.	It's rarely true.	It's sometimes true.	It's true most of the time.	Yes, it's definitely true of me!

\_\_\_ People say I'm negative, anxious, or critical.

\_\_\_ To increase my sense of security and self-esteem, I rely on who I know or which group I'm in; how much money I have; where I live; what I own; or how well I'm performing in school/sports/music/etc.

- \_\_\_ I'm more concerned about others' opinions than listening to my own "heart."
- \_\_\_ I'm too afraid of being rejected to take a stand.
- \_\_\_ I find myself not saying "no" even when I know that "no" is the right answer.
- \_\_\_ I hate conflict and avoid it at all costs.
- \_\_\_ It's really hard for me to tell others that I don't know the answer or that I need help. I'm afraid I'll look dumb or that I don't have my act together.
- \_\_\_ Fitting in is critical, and I will do anything to keep being accepted by the group I want to belong to.
- \_\_\_ It's important for people to like me. So, it upsets me when I'm in conflict with someone or someone says something negative about me or rejects me.
- \_\_\_ I need approval of others to feel like I'm "OK" or doing well.

\_\_\_ **TOTAL**

- 40-50 Fear is your primary motivator.
- 30-39 Fear is an issue you need to address.
- 20-29 Fear is a small factor in your life.
- 10-19 Fear is rarely a factor in your relationships.