

Are You Emotionally Stable?

The following questions are meant to give you a general diagnosis in regard to Emotional Stability. You must be honest, even if it is painful. An answer that does not reflect the truth about you may give you a higher score and cause you to feel better about yourself but it will not ultimately challenge you to be more wise and adept in your use of the scriptures. If you do not know the answer to a question the answer is probably, "no." If you are not satisfied with "no," ask your spouse.

Please answer the following questions "yes" or "no."

1. I am a vital participant in a community with other believers.
2. I am honest with myself (and a few significant others) about the feelings, beliefs, doubts, and hurts beneath the surface of my life (Ps.73; 88; Jer.20:7-18).
3. I resolve conflict in a clear, direct, and respectful way, know what I might have learned growing up in my family, such as painful putdowns, avoidance, escalating tensions, or going to a third party rather than to the person directly (Matt.18-15-18).
4. I am able to thank God for all my past life experiences, seeing how he had used them to uniquely shape me into who I am (Gen.50:20; Rom.8:28-30).
5. I don't need approval from others to feel good about myself (Prov.29:25; Gal. 1:10)
6. I take responsibility and ownership for my past life rather than to blame others (John 5:5-7).
7. I often admit when I am wrong, readily asking forgiveness from others (Matt. 5:23-24).
8. Others would easily describe me as approachable, gentle, open, and transparent (Gal.5:22-23;1 Cor. 13:1-6).
9. Others would say that I am slow to speak, quick to listen, and good at seeing things from their perspective (James1:19-20).
10. Those closest to me would say that I am good at balancing family, rest, work, and play in a biblical way (Ex.20:8).
11. When I go through a disappointment or a loss, I reflect on how I am feeling rather than pretend that nothing is wrong (2 Sam.1:4,17-27; Ps.51:1-17)
12. I take time to grieve my losses as David (Ps.69) and Jesus did (Matt.26:39; John 11:35; 12:27).

13. I have a healthy sense of who I am, where I've come from, and what my values, likes, passions, dislikes, and so on (John 13:3).

Scoring

If you scored "yes" 7 or more times it would seem that you have achieved a good degree of health in this area. Continue to practice the things that brought you this health. If you scored "yes" 5 times or less you definitely need to give attention to this area of your life. A score of 5 or less will make it difficult to spiritually lead others without encountering difficulty and in fact you may even sabotage your own leadership with such a lack. If you need some assistance or would like to discuss this aspect of spiritual health with someone please do not hesitate to contact any member of the CCSB Health Team: Bob Shelton at rshelton@ccsb.ca or Hamish Buntain at hbuntain@ccsb.ca.