



UPPER ROOM
FELLOWSHIP MINISTRY

urfm.org

URFM is a *Spiritual Teaching and Christian Counseling* ministry

Matthew 28:19-20, 2 Timothy 2:2

Flesh Patterns Self-Assessment Tool

(Adapted from the *GraceLife Conference* manual)

Read each statement carefully. Check all the words or phrases that apply to you.

1. When I am under pressure to cope when things aren't going right or going my way, I tend to become self-absorbed (self-consumed) by:

- becoming overly introspective
- feeling sorry for myself
- engaging in self-pity
- getting depressed by stuffing my anger and frustrations
- beating up on myself (hating myself)
- focusing on my suffering and trials to get attention and sympathy
- playing the role of a victim/martyr

2. When I am under pressure to cope when things aren't going right or going my way, I tend to withdraw (isolate myself) by:

- becoming aloof (pulling away)
- going into a shell
- running and hiding (escaping)
- distancing myself from others
- avoiding others (becoming a loner)
- becoming unapproachable
- being overly introverted
- retreating to the silent treatment
- not communicating

3. When I am under pressure to cope when things aren't going right or going my way, I tend to become obsessed with:

- accomplishments
- recognition
- status
- how I look
- what others think of me
- my physical health

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- the past (especially past hurts and past failures)
- devotion to a cause
- structure, order, rules, and regulations

4. When I am under pressure to cope when things aren't going right or going my way, I tend to escape pain/pressure through:

- carousing
- television
- computers
- overeating
- school
- reading
- religious activity and service
- drugs/alcohol
- athletics
- pornography
- sex
- sleep
- fantasy
- becoming a workaholic, work/career/business/job
- staying busy
- hobbies/games
- entertainment
- talking
- religion
- movies
- gloom & doom thinking (refusing to see the positive)

5. When I am under pressure to cope when things aren't going right or going my way, I tend to become self-disciplined (self-reliant) by:

- becoming a perfectionist
- living "by the book"
- setting unrealistic standards for myself and others
- overcompensating by trying even harder so as not to fail
- living by rules (have to's, should's, must's, ought's)
- basing acceptance (of self and others) on performance
- becoming legalistic
- becoming too hard and strict on myself and others
- fearing making mistakes

6. When I am under pressure to cope when things aren't going right or going my way, I tend to become self-indulgent (self-gratifying) by:

- becoming impulsive (hasty)
- becoming compulsive (lacking self-control)
- buying things to feel better
- lusting (craving) for alcohol, drugs, caffeine, sugar, cigarettes, sex, junk food
- assuming "if it feels good do it"

7. When I am under pressure to cope when things aren't going right or going my way, I tend to become anxious (worry and fret) by:

- becoming fearful (apprehensive)
- becoming paranoid (overly suspicious)
- lacking peace and rest
- seeking astrology, horoscopes, fortune telling, (tarot cards, palm reading, Ouija boards, and so on)
- becoming paralyzed (going numb)
- seeking the occult for guidance and strength

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8. When I am under pressure to cope when things aren't going right or going my way, I become dominant by:

- becoming dictatorial (bossy)
- becoming demanding (pushy)
- becoming overbearing (controlling)=
- becoming manipulative
- intimidating others
- demanding my rights

9. When I am under pressure to cope when things aren't going right or going my way, try to stay control thorough:

- blackmailing (making threats)
- manipulating (using coercion)
- using profanity (swearing)
- giving the silent treatment
- being passive (playing helpless)
- not eating (anorexia/bulimia)
- using guilt
- showing favoritism

10. When I am under pressure to cope when things aren't going right or going my way, I tend to come across as insensitive by being:

- uncaring
- indifferent
- unconcerned and/or unsympathetic

11. When I am under pressure to cope when things aren't going right or going my way, I tend to become complacent (nonchalant) by saying things like:

- "It doesn't matter..."
- "it's okay"
- "whatever"

12. When I am under pressure to cope when things aren't going right or going my way, I tend to challenge others by:

- resisting authority
- becoming uncooperative (unteachable)
- causing dissension (strife)
- irritating (aggravating) others
- becoming argumentative rigid, inflexible, closed-minded
- becoming stubborn, obstinate, unreasonable or unyielding

13. When I am under pressure to cope when things aren't going right or going my way, I tend to become pessimistic by:

- lacking confidence and optimism
- becoming skeptical (suspicious)
- distrusting others, myself, God, church, and/or government
- expecting the worst in others
- assuming the worst-case scenario to protect myself
- seldom being satisfied or content

- seldom being pleased with self/others
- from disappointment and pain
- becoming jealous of others' success and happiness

14. When I am under pressure to cope when things aren't going right or going my way, I tend to develop a critical attitude by:

- finding fault with others or myself and everything around me
- nit-picking things to death
- becoming judgmental (opinionated)
- becoming prejudiced (intolerant)
- complaining a lot (becoming negative)

15. When I am under pressure to cope when things aren't going right or going my way, I tend to become hostile (vent my anger) by:

- becoming unfriendly (cynical)
- becoming hateful (malicious)
- becoming harsh (cruel and brutal)
- becoming sarcastic (caustic)
- having a quick temper

16. When I am under pressure to cope when things aren't going right or going my way, I tend to become self-assured (self-confident) by:

- depending on myself instead of God
- becoming proud (haughty)
- becoming egocentric (acting pompous)
- bragging (being boastful)
- becoming arrogant (cocky)
- having a superior attitude:
- saying in effect: – I must always be right
- saying in effect: – I must always win
- saying in effect: – I must always be the best
- pretending that I know it all
- becoming conceited (smug)
- having difficulty asking for help

17. When I am under pressure to cope when things aren't going right or going my way, I tend to become self-righteous (self-justifying) by:

- becoming defensive
- making excuses (rationalizing)
- covering up and hiding mistakes
- assuming I am never the problem
- pointing to someone or something else as the problem
- avoiding taking responsibility for failure or problems
- becoming critical of others (blaming others)
- having difficulty admitting I was wrong or apologizing
- having difficulty asking for forgiveness or expressing gratitude

18. When I am under pressure to cope when things aren't going right or going my way, I tend to become tense (nervous and agitated) by:

- finding it hard to relax
- becoming restless (high-strung)
- becoming impatient

19. When I am under pressure, to cope when things aren't going right or going my way, I tend to become emotionally insulated by:

- keeping people at a distance
- becoming inhibited (bottling up emotions)
- avoiding intimacy
- denying feelings
- having difficulty expressing feelings and opinions openly and honestly
- becoming unable to express love in a meaningful way

20. When I am under pressure to cope when things aren't going right or going my way, I tend to deny reality by:

- ignoring problems and hoping they will go away
- denying anything is bad or wrong
- lying (misleading)
- deceiving others and myself
- exaggerating (overstating matters)
- playing games to hide real intent
- conning people to get what I want

21. When I am under pressure to cope when things aren't going right or going my way, I tend to hold a grudge (be resentful) by:

- becoming moody (sulky)
- becoming unforgiving and harboring bitterness
- keeping a scorecard of wrongs done to me or by me
- trying to get even (seeking revenge)
- wanting others to fail or get hurt
- punishing myself or others

22. When I am under pressure to cope when things aren't going right or going my way, I tend to fight unfairly (take cheap shots) by:

- becoming slanderous (misrepresenting the actual situation)
- gossiping (talking behind other people's backs)
- engaging in passive-aggressive behavior (that is, using humor to hide real feelings, becoming sarcastic)
- refusing to communicate
- becoming passive and forgetting things
- procrastinating and being late

23. When I am under pressure to cope when things aren't going right or going my way, I tend to put up a front (not being real) by:

- faking it (hiding what I really think and feel)
- putting on a show (performing) to get attention and impress others
- becoming pretentious (phony unreal)
- becoming superficial (plastic)
- becoming gushy (too sentimental)

24. When I am under pressure to cope when things aren't going right or going my way, I tend to:

- lack compassion and kindness
- lack understanding
- lack gentleness and love

25. When I am under pressure to cope when things aren't going right or going my way, I tend to live by my feelings by:

- becoming too subjective (believing that truth is only what I feel)
- believing I'm okay only when I feel okay
- becoming too sensitive to criticism
- becoming hypersensitive
- taking things too personally
- reading in rejection when it isn't there
- setting things up to bring about rejections
- becoming touchy (irritable)
- being controlled by emotions, anger, doubts, fear, and so on

26. When I am under pressure to cope when things aren't going right or going my way, I tend to become a pleaser (being nice) by:

- trying to be all things to all people
- trying to do the "proper or correct" thing
- trying to keep everyone happy
- trying to keep peace at all cost
- avoiding conflict at all cost
- becoming a doormat (letting others take advantage of me)
- expressing to others what I think they want to hear
- giving in to others too easily
- becoming controlled by others
- having difficulty saying no, setting boundaries, standing up for myself
- becoming overly compliant
- becoming too submissive

27. When I am under pressure to cope when things aren't going right or going my way, I tend to become passive (lacking initiative) by:

- quitting too easily (giving up)
- not taking chances
- playing it safe (pulling back and waiting)

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- waiting for someone to tell me what to do and how to think
- becoming indecisive (not making decisions)
- procrastinating (putting things off)
- depending on others instead of God
- wanting someone else to make the decision for me
- becoming irresponsible (becoming unreliable)
- vacillating (becoming too changeable)
- avoiding failure at all cost
- becoming lazy, apathetic, and lethargic

28. When I am under pressure to cope when things aren't going right or going my way, I tend to become self-depreciating (self-condemning; self critical) by:

- assuming I am always the problem
- having difficulty: receiving love, receiving compliments, receiving forgiveness, and forgiving myself
- becoming overly apologetic
- clinging (becoming a leech) to those who finally accept me
- becoming too hard on myself
- becoming uncomfortable with success

29. When I am under pressure to cope when things aren't going right or going my way, I tend to become a caretaker (rescuer) by:

- becoming over-protective
- giving unsolicited advice
- becoming a busybody (becoming too involved in other people's affairs)
- nagging (badgering)
- taking responsibility for other people's feelings (becoming overly responsible)
- trying to prevent other people's failure
- becoming preachy (lecturing others)
- talking too much
- making decisions for others
- becoming possessive (selfish)
- trying to find someone who needs me and who I can rescue
- listening poorly

30. When I am under pressure to cope when things aren't going right or going my way, I tend to become too intense (overly serious) by:

- becoming stoical (unemotional)
- becoming stern (solemn/formal)
- having trouble dealing with feelings
- lacking joy or life
- becoming overly analytical
- not being fun to be with

Congratulations! You did yourself a great service!

Now that you have completed your self-assessment, please read out loud only the questions and the phrases that apply to you. Does it sound right to you? If yes: **This is your specific flesh.**

In a nutshell these are your coping mechanisms, your main flesh patterns. Every time you catch yourself behaving out these patterns, pray out loud (if possible):

This is my flesh acting out. This is not what my new man or new nature is all about. I am not under any obligation to live according to these flesh patterns. Father God, please empower me through the Holy Spirit right now to put to death the deeds of my body. Lord, I am alive in Christ, and I surrender myself to You wholly. Father, I am presenting my members as slaves to righteousness. I allow the Holy Spirit to guide my walk into the newness of life. I pray in my Savior's name, amen.

“But I say, walk by the Spirit, and you will not carry out the desire of the flesh” (Galatians 5:16)

With love in the service of Christ,

Valy Vaduva

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