



The Emotionally Healthy Discipleship Personal Assessment

Next to each statement below, circle the number that best describes your response.

Mark 1. Be Before You Do

- | | <i>Not very true</i> | <i>Sometimes true</i> | <i>Mostly true</i> | <i>Very true</i> |
|---|----------------------|-----------------------|--------------------|------------------|
| 1. I spend sufficient time alone with God to sustain my work for God so that I live out of a cup that overflows (Mark 1:35; Luke 6:12). | 1 | 2 | 3 | 4 |
| 2. It is easy for me to identify what I am feeling inside (Luke 19:41–44; John 11:33–35). | 1 | 2 | 3 | 4 |
| 3. When I become anxious or feel like I have too much to do in too little time, I stop and slow down to be with God and myself as a way to recenter (Luke 4:42; Luke 10:38–42). | 1 | 2 | 3 | 4 |
| 4. I set apart a twenty-four-hour period each week for Sabbath-keeping—to stop, to rest, to delight, and to contemplate God (Exodus 20:8–11). | 1 | 2 | 3 | 4 |
| 5. People close to me would describe me as content, non-defensive, and free from the approval or disapproval of others (Philippians 4:11–12; John 5:44). | 1 | 2 | 3 | 4 |
| 6. I regularly spend time in solitude and silence. This enables me to be still and undistracted in God’s presence (Habakkuk 2:1–4; Psalm 46:10). | 1 | 2 | 3 | 4 |

MARK 1 TOTAL _____

Mark 2. Follow the Crucified, Not the Americanized, Jesus

Not very true
Sometimes true
Mostly true
Very true

- | | |
|--|---------|
| 1. I have rejected the world's definition of success (e.g., bigger is better, be popular, attain earthly security) to become the person God has called me to become and to do what God has called me to do (John 4:34; Mark 14:35–39). | 1 2 3 4 |
| 2. I rarely change the way I act so others will think highly of me or to assure a particular outcome (Matthew 6:1–2; Galatians 1:10). | 1 2 3 4 |
| 3. I take a lot of time to carefully discern when my plans and ambitions are legitimately for the glory of God and when they cross the line into my own desire for greatness (Jeremiah 45:5; Mark 10:42–45). | 1 2 3 4 |
| 4. Listening to Jesus and surrendering my will to his will is more important than any other project, program, or cause (Matthew 17:5; John 16:13). | 1 2 3 4 |
| 5. People close to me would describe me as patient and calm during failures, disappointments, and setbacks (Isaiah 30:15; John 18:10–11). | 1 2 3 4 |

MARK 2 TOTAL _____

Mark 3. Embrace God's Gift of Limits

- | | |
|---|---------|
| 1. I've never been accused of "trying to do it all" or of biting off more than I could chew (Matthew 4:1–11). | 1 2 3 4 |
| 2. I am regularly able to say no to requests and opportunities rather than risk overextending myself (Mark 6:30–32). | 1 2 3 4 |
| 3. I recognize the different situations where my unique, God-given personality can be either a help or a hindrance in responding appropriately (Psalm 139; Romans 12:3). | 1 2 3 4 |
| 4. It's easy for me to distinguish the difference between when to help carry someone else's burden and when to let it go so they can carry their own burden (Galatians 6:2, 5). | 1 2 3 4 |
| 5. I have a good sense of my emotional, relational, physical, and spiritual capacities, intentionally pulling back to rest and replenish (Mark 1:21–39). | 1 2 3 4 |
| 6. Those close to me would say that I am good at balancing family, rest, work, and play in a biblical way (Exodus 20:8). | 1 2 3 4 |

MARK 3 TOTAL _____

**Mark 4. Discover the Hidden Treasures
Buried in Grief and Loss**

Not very true
Sometimes true
Mostly true
Very true

1. I openly admit my losses and disappointments (Psalm 3, 5).	1 2 3 4
2. When I go through a disappointment or a loss, I reflect on how I'm feeling rather than pretend that nothing is wrong (2 Samuel 1:4, 17–27; Psalm 51:1–17).	1 2 3 4
3. I take time to grieve my losses as David and Jesus did (Psalm 69; Matthew 26:39; John 11:35; 12:27).	1 2 3 4
4. People who are in great pain and sorrow tend to seek me out because it's clear to them that I am in touch with the losses and sorrows in my own life (2 Corinthians 1:3–7).	1 2 3 4
5. I am able to cry and experience depression or sadness, explore the reasons behind it, and allow God to work in me through it (Psalm 42; Matthew 26:36–46).	1 2 3 4
MARK 4 TOTAL	_____

Mark 5. Make Love the Measure of Spiritual Maturity

1. I am regularly able to enter into the experiences and feelings of other people, connecting deeply with them and taking time to imagine what it feels like to live in their shoes (John 1:1–14; 2 Corinthians 8:9; Philippians 2:3–5).	1 2 3 4
2. People close to me would describe me as a responsive listener (Proverbs 10:19; 29:11; James 1:19).	1 2 3 4
3. When I confront someone who has hurt or wronged me, I speak more in the first person (“I” and “me”) about how I am feeling rather than speak in blaming tones (“you” or “they”) about what was done (Proverbs 25:11; Ephesians 4:29–32).	1 2 3 4
4. I have little interest in making snap judgments about other people (Matthew 7:1–5).	1 2 3 4
5. People would describe me as someone who makes “loving well” my number one aim (John 13:34–35; 1 Corinthians 13).	1 2 3 4
MARK 5 TOTAL	_____

Mark 6. Break the Power of the Past

- | | |
|---|---------|
| 1. I resolve conflict in a clear, direct, and respectful way, avoiding unhealthy behaviors I may 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 (Matthew 18:15–18). | 1 2 3 4 |
| 2. I am intentional at working through the impact of significant “earthquake” events from the past that have shaped my present, such as the death of a family member, an unexpected pregnancy, divorce, addiction, or financial disaster (Genesis 50:20; Psalm 51). | 1 2 3 4 |
| 3. I am able to thank God for all my past experiences, seeing how he has used them to uniquely shape me into who I am (Genesis 50:20; Romans 8:28–30). | 1 2 3 4 |
| 4. I can see how certain “generational sins” have been passed down to me through my family history, including character flaws, lies, secrets, ways of coping with pain, and unhealthy tendencies in relating to others (Exodus 20:5; cf. Genesis 20:2; 26:7; 27:19; 37:1–33). | 1 2 3 4 |
| 5. I don’t need approval from others to feel good about myself (Proverbs 29:25; Galatians 1:10). | 1 2 3 4 |
| 6. I take responsibility and ownership for my past rather than blame others (John 5:5–7). | 1 2 3 4 |

MARK 6 TOTAL _____

Mark 7. Lead out of Weakness and Vulnerability

- | | |
|---|---------|
| 1. I often admit when I’m wrong, readily asking forgiveness from others (Matthew 5:23–24). | 1 2 3 4 |
| 2. I am able to speak freely about my weaknesses, failures, and mistakes (2 Corinthians 12:7–12). | 1 2 3 4 |
| 3. Others would readily describe me as approachable, gentle, open, and transparent (Galatians 5:22–23; 1 Corinthians 13:1–6). | 1 2 3 4 |
| 4. Those close to me would say that I am not easily offended or hurt (Matthew 5:39–42; 1 Corinthians 13:5). | 1 2 3 4 |

	Not very true	Sometimes true	Mostly true	Very true
5. I am consistently open to hearing and applying constructive criticism and feedback that others might have for me (Proverbs 10:17; 17:10; 25:12).	1	2	3	4
6. I am rarely judgmental or critical of others (Matthew 7:1–5).	1	2	3	4
7. Others would say that I am slow to speak, quick to listen, and good at seeing things from their perspective (James 1:19–20).	1	2	3	4
MARK 7 TOTAL	_____			

TALLY YOUR ASSESSMENT RESULTS

For each group of questions:

- Add your responses to get the total for that group.
- Transfer your totals to the the right column of the chart on the next page.
- Plot your answers and connect the dots to create a graph on the bottom portion of the next page, following the sample at the top of the same page.
- Read the descriptions in this chapter to learn more about your level of emotional health in each area. What patterns do you discern?

SAMPLE

Marks of Emotionally Healthy Discipleship	Totals
Mark 1. Be Before You Do	<u>20</u> / 24
Mark 2. Follow the Crucified, Not the Americanized, Jesus	<u>9</u> / 20
Mark 3. Receive God's Gift of Limits	<u>10</u> / 24
Mark 4. Discover the Treasures Buried in Grief and Loss	<u>13</u> / 20
Mark 5. Make Love the Measure of Spiritual Maturity	<u>16</u> / 20
Mark 6. Break the Power of the Past	<u>14</u> / 24
Mark 7. Lead out of Weakness and Vulnerability	<u>21</u> / 28

	M1	M2	M3	M4	M5	M6	M7
	24	20	24	20	20	24	28
emotional adult	20	17	20	17	17	20	23
emotional adolescent	15	13	15	13	13	15	17
emotional child	10	9	10	9	9	10	12
emotional infant	6	7	6	5	5	6	7

Marks of Emotionally Healthy Discipleship

Totals

<i>Mark 1. Be Before You Do</i>	___/24
<i>Mark 2. Follow the Crucified, Not the Americanized, Jesus</i>	___/20
<i>Mark 3. Receive God's Gift of Limits</i>	___/24
<i>Mark 4. Discover the Treasures Buried in Grief and Loss</i>	___/20
<i>Mark 5. Make Love the Measure of Spiritual Maturity</i>	___/20
<i>Mark 6. Break the Power of the Past</i>	___/24
<i>Mark 7. Lead out of Weakness and Vulnerability</i>	___/28

	M1	M2	M3	M4	M5	M6	M7
	24	20	24	20	20	24	28
emotional adult	20	17	20	17	17	20	23
emotional adolescent	15	13	15	13	13	15	17
emotional child	10	9	10	9	9	10	12
emotional infant	6	7	6	5	5	6	7