

# **Living FROM Christ In The Workplace**



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**Christ Is Life Ministries**

***Contact Information***

# ***Christ Is Life Ministries***

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## ***Biographical Sketch***

### ***Bill Loveless***

Bill was born and raised in College Station, Texas and moved to Dallas, Texas in 1986. He was a commercial general contractor there for 25 years. Bill and his wife, Paige, have been married since 1988.

Although he was saved at age 18, Bill wandered in a wilderness of spiritual performance for the next thirty years trying to earn God's love and acceptance. He also wanted to experience victory over his severe internal struggles with fear, anxiety, and inadequacy that overcame him for most of those thirty years. He would ask, "Where is this abundant life that the Lord promised in John 10:10? Why, after living the Christian life so long, am I still being defeated by the same sin patterns? Why am I not experiencing God's promises of change?"

Bill's defeat in the Christian life got to a point that in 1998, while an elder at a former church, he told Paige that he wanted out of the Christian life. He was spiritually exhausted. In late 1998 Ian Thomas, founder of Torchbearers, was invited to Bill's church to speak. The first words that he shared were, "**God never intended for you to live the life that only Christ can live in and through you.**"

The Lord showed Bill through Ian Thomas's words that he had been living much of his Christian life out of self-effort and self-sufficiency. The Lord also revealed to Bill that God has designed us to be His vessels through which His life and His power would flow. He realized for the first time that God didn't want to help Christians live the Christian life. He discovered that God wants to be our **Source** for living the Christian life. This was such a transforming time for Bill that five months later God called Bill out of his business and eventually led him into full-time ministry with Exchanged Life Ministries Texas (ELMT) in Dallas. During his 2 ½ years with ELMT, Bill shared the Christ-life message in conferences and in follow-up discipleship curriculum. He was the conference coordinator for all the ELMT church conferences. While ministering in the churches, he recognized a growing need to partner with them on a continuing basis. He and Paige prayed for God's will concerning his growing passion to be more involved with churches.

Then in September 2003 the Lord called him and Paige to form a ministry with the primary focus being to teach, develop curriculum, and disciple "multipliers" in the local church. In November 2003 he and Paige formed Christ Is Life Ministries. They moved to San Antonio in April 2004, and they are now working with several churches in the area and throughout Texas.

# INTRODUCTION

***“In Him we live, and move, and have our being.”  
Acts 17:28***

***God is telling us through this verse that He is intimately involved in every area of your life INCLUDING the workplace.***

## **Questions**

- How do you see your relationship with God and the workplace connected?
- What are your greatest struggles/stresses in the workplace?
- How are you dealing with those struggles/stresses? Is what you are doing working?
- What do you think God is about in your life through your job?
- What do you believe God wants to do through you on your job?

## SESSION ONE

### ***What Is God About Through Your Job?***

#### **Introduction**

Many Christians have a difficult time connecting their workplace to their relationship with God. I believe the most difficult place to “be” a Christian is in the workplace. It is the world clashing head on with your walk with God. However, if you don’t see what God’s purpose is in your job, then you will never understand what it means to live from Christ in the workplace.

#### **Is God Your SOURCE In The Workplace?**

When you look at the three verses above together, I believe that we can sum up what it means that Christ is life from 1 Corinthians 1:30:

***“He is the SOURCE of your life in Christ Jesus...”***

Look at two other verses that reinforce the truth that God is your Source:

***“...I am the way, the truth, and the life...” John 14:6***

***“In Him we live, and move, and have our being...” Acts 17:28***

***Do you think you have your job because of your talents, abilities, and experience?***

***How do you believe God wants to be your Source on your job?***

## **What Is God ABOUT In Your Life Through Your Job**

### **#1 - Create A Need For Dependence On God**

Why do you need to depend on God in the workplace?

***You were created to depend on Someone GREATER than yourself.***

***“I am the vine, you are the branches; he who abides in Me, and I in him, he bears much fruit for apart from Me you can do nothing.” John 15:5a***

***“I work very hard at this, as I depend on Christ’s mighty power that works within me.” Colossians 1:29 (New Living Translation)***

If God’s design for the Christian is moment by moment dependence, then He will allow or cause events in your workplace to create a need to depend on Him. This can come through:

- **Your attitude towards your job.**
- **Conflict with your boss.**
- **Conflict with co-workers.**
- **You inadequacies.**
- **Stress on your job.**
- **Losing your job.**

***How is God creating a need for dependence on Him in your job?***

## **#2 – EXPOSE The Death Of Your Flesh And Turn You Back To Dependence On God**

**God uses your job as His potter's wheel to expose your flesh and the MISERY it causes and turn you back to God as your Source.**

### **What Is The Flesh?**

*“For I know that nothing good dwells in me, that is, in my flesh; for the wishing is present in me, but the doing of the good is not.” Romans 7:18*

**The Bible calls independent living from God as the Source the FLESH!**

**Flesh is the condition, mindset, attitude, or strategy of living that says, “I can live independent from God.”**

**Living from the flesh results in choosing to live life out of your own resources (such as education, IQ, personality, looks, talents, abilities, capabilities, and self-strength) apart from God as your Source.**

There is probably no greater opportunity

Choose from pages 14 and 15 three fleshly behaviors that are brought out through your job.

**The workplace is the easiest place to live independent of God because of our education, talents, abilities and experience.**

### **The Result of Living From The Flesh**

Romans 8:6 tells us that living from fleshly behavior leads to “death.”

*“The mind set on the flesh is death...” Romans 8:6a*

#### **The “Death”**

**referred to is defined in Strong's Lexicon as “the MISERY of the soul as a result of sin.”**

### **Examples of What The Misery of the Soul Looks Like:**

Condemnation	Stress	Anxiety	Shame	Unforgiveness
Anger	Guilt	Arrogance	Bitterness	Abuse
Self-pity	Inadequacy	Fear	Worry	Frustration
Unworthiness	Blame	Rejection	Insecurity	Dissatisfaction

### **Do You Feel Like Paul?**

*“For that which I am doing, I do not understand; for **I am not practicing what I would like to do, but I am doing the very thing I hate.**” Romans 7:15*

*“**Wretched man that I am! WHO will set me free from the body of this death?**”  
Romans 7:24*

### **What Is God’s Objective Through Your Flesh?**

*“For you were called to freedom, brethren; only **do not turn your freedom into an opportunity for the flesh, but through love serve one another.**” Galatians 5:13*

*“For we who live are **constantly being delivered over to death for Jesus’ sake, so that the life of Jesus may be manifested in our mortal flesh.**” 2 Corinthians 4:12*

**God wants to expose your fleshly behaviors and reveal to you the misery in your soul caused by it.**

**As you see and experience the misery in your soul caused by your flesh, God’s desire is that you will turn away from your flesh and turn back to God as your Source.**

**How much “misery” is your fleshly behavior causing you?**

### **#3 - Reveal To You What It Means For Christ To Be Your SUPPLY**

I believe the Christian life is a NEED-DRIVEN life. What God promises in Philippians 4:19 is this:

*“My God shall supply all your needs ..... in Christ Jesus.”*

**Does your job produce any of the following:**

Anger	Dissatisfaction
Insecurity	Rejection
Self-confidence	Anxiety
Fear	Pride
Secure in myself	Self-confident
Self-sufficient	Feeling like failure
Feelings of success	Anxious
Self-reliance	Inadequacy
Sense of being out of control	Feeling defeated
Condemnation	Stress
Unforgiveness	Self-pity
Worry	Frustration
Bitterness	Unworthiness
Feeling in control	Feeling competent

**Does your job create the need for any of the following:**

Unconditional Love	Worthiness	Humility
Security	Acceptance	Patience
Forgiveness	Adequacy	Wisdom
Discernment	Freedom	Victory
Compassionate	Discerning	Christ-confidence
Adequate	Thankful	Christ-Control

**#4 – Reveal To You That Your IDENTITY Is Not In Your Job**

***THE PROBLEM:***

***Christians are trying to find their IDENTITY through their job.***

**Your True Identity Is Who You Are IN Christ (Not In Your Job)**

*“Therefore if any man is in Christ, he is a new creation; the old things (old identity) passed away; behold, new things (new identity) have come.” 2 Corinthians 5:17 (Parentheses mine)*

One of the key truths of the New Testament is found in this verse. At salvation, God took you out of Adam and put you IN CHRIST. As a result you have a new identity. As a result, you no longer have to TRY and find your identity in the external things of this world: job, where you live, the amount money you make or have in the bank, etc.

## **Some Of The Characteristics of Your New Identity IN Christ**

Psalms 28:7	In Christ, I am strong.
Psalms 71:5	In Christ, I am confident.
Psalms 56:4	In Christ, I am fearless.
1 Corinthians 15:57	In Christ, I am victorious.
2 Corinthians 9:8	In Christ, I am sufficient.
Psalms 139:5	In Christ, I am secure.
Romans 8:35, 38-39	In Christ, I am unconditionally loved.
2 Corinthians 3:5	In Christ, I am adequate.
Romans 8:37	In Christ, I am more than a conqueror.
Romans 15:7	In Christ, I am accepted and acceptable.
Ephesians 4:24	In Christ, I am righteous and holy.
Colossians 3:13	In Christ, I am a forgiving person.
Colossians 2:10	In Christ, I am complete in Him.
Galatians 5:1	In Christ, I am free.
Colossians 3:12	In Christ, I am compassionate, humble, kind, patient.
Philippians 2:3	In Christ, I am others focused.
Galatians 5:22, 23	In Christ, I am joyful, peaceful, patient, kind, good, faithful, gentle.
1 Corinthians 2:16	In Christ, I am in possession of the mind of Christ.

**Which one of these would you most like to experience?**

### **What It Looks Like To Live From Your True Identity On Your Job**

1. Since your identity is in Christ, you no longer have to try to get your identity from your job.
2. A fellow worker or your boss may reject you, but you don't have to receive that rejection knowing that you are totally accepted in Christ.
3. If you lose your job, you no longer have to see yourself as a failure because in Christ you are more than a conqueror.
4. You can be free from the insecurity you have about your job knowing that your true security is in Christ.

## **#5 – To FULFILL Your Spiritual Destiny**

Have you thought about or do you know your spiritual destiny? God has set each Christian, at the point of salvation, on a course to fulfill his/her spiritual destiny that He laid out in eternity past. I simply define spiritual destiny as God's ultimate plan for a Christian's life. God tells us in Romans 8:29 what that spiritual destiny is.

*“For whom He foreknew, He also predestined to become **conformed to the image of His Son**, that He might be the first-born among many brethren.”*

God reveals our spiritual destiny as well in 2 Corinthians 3:18 and Galatians 4:19:

*“And we, who with unveiled faces all reflect the Lord's glory, are being **transformed into His likeness** with ever-increasing glory, which comes from the Lord, who is the Spirit.”*  
2 Corinthians 3:18

“My children, with whom I am again in labor until **Christ is formed in you.**” Galatians 4:19

**Your Spiritual Destiny**  
**Is to be transformed into the LIKENESS of Christ.**

**What Do These Verses Mean?**

What do you believe these three verses mean to you? What does it mean practically that we are being conformed and transformed into Christ’s likeness? To begin answering these questions let’s look again at 2 Peter 1:4:

*“For by these He has granted to us His precious and magnificent promises, in order that by them you might become **partakers of the divine nature**.....” 2 Peter 1:4*

We learned in our last lesson that as a partaker of God’s divine nature, He is sharing with the Christian Christ-like characteristics. I want to introduce another verse to further describe the meaning of “Christ-likeness.”

Paul tell us in Philippians 2:5:

*“have this **attitude** in yourselves which was **in Christ Jesus.**” Philippians 2:5*

Paul tells us that we are to live life with the same Christ-like attitude that Christ did. To better understand this verse let me define a Christ-like attitude.

**A Christ-Like Attitude:**  
**That part of God’s divine nature imparted to you at salvation that makes up your true identity.**

The fruit of the Spirit in Galatians 5:22, 23 are examples of Christ-like attitudes.

*“But the fruit of the Spirit is **love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control**.....”*

*“You slaves must obey your earthly masters in everything you do. **Try to please them all the time, not just when they are watching you. Obey them willingly** because of your reverent fear of the Lord. <sup>23</sup> **Work hard and cheerfully** at whatever you do, as though you were working for the Lord rather than for people. <sup>24</sup> Remember that the Lord will give you an inheritance as your reward, and the **Master you are serving is Christ.**” Colossians 3:22-24*

*“**Work hard**, but not just to please your masters when they are watching. As slaves of Christ, do the will of God with all your heart. **Work with enthusiasm**, as though you were working for the Lord rather than for people.” Galatians 6:6, 7*

**Below is a partial list of Christ-like attitudes that are listed in the Bible.**

Unconditional Love	Worthy	Humble
Secure	Acceptable	Patient
Forgiving	Kind	Fearless
Compassionate	Discerning	Wise
Adequate	Thankful	Christ-Confident
Sacrificial	Righteous	Selfless
Free	Victorious	Christ’s Power
Joyful	Peaceful	Good

### **The Difference Between A Human Attitude and A Christ-Like Attitude**

**Human attitude** – an attitude that can be **changed** by thoughts, feelings, the flesh, the power of sin, circumstances, relationships, Satan, or the world.

**Christ-like attitude** – an attitude that remains **unchanged** regardless of thoughts, feelings, the flesh, the power of sin, circumstances, relationships, Satan, or the world.

#### **Examples of Living From A Christ-like attitude On Your Job:**

1. You may have lost your job but that circumstance does not rob you of a Christ-like attitude of peace or confidence.
2. You may have been rejected by a co-worker but does not rob you of your Christ-like attitude of acceptance in Christ.
3. You may have been verbally wounded by your boss but you forgive them because of who you are as a forgiving person in Christ.
4. Expectations of your job make you feel inadequate but that does not rob you of your Christ-like attitude of your adequacy in Christ.

## SESSION TWO

### ***Living From Christ In The Workplace***

#### **The Power of Being**

*“In Him, we live and move and **have our being.**”  
Acts 17:28*

***If you are BEING dependent on God, how much of His life and power is flowing through you even if you can't speak about Christ?***

The truth is that the life and power of Christ flows as a result of DEPENDENCE, not whether or not we speak about Christ in the workplace. It is essential to pray for those opportunities to share Christ but the reality is that Christ's life and power flows through you just as powerfully if you are simply abiding in Him.

***As you do your job DEPENDENT on Christ,  
ALL of His life and power will be flowing through you.***

#### **What Does It Look Like To Live FROM Christ On Your Job?**

*“Lord, I am **trusting** you to live your life through me at my job.”*

*“Lord, I am **trusting** that you will be my wisdom and discernment as I go about my job.”*

*“Minister through me to reveal someone's need for Christ for salvation or for life.”*

#### **Attitude Towards Your Job**

*“My job is creating conflict. Lord, please **reveal** my need for Your (peace, patience, sovereignty, etc.) through this conflict.”*

*“I am **asking** You to provide a new job or to transform my negative attitude of \_\_\_\_\_ about my current job.”*

*“I am **entrusting** the stress of this job to You, and I am **trusting** You to be my peace and my rest in the midst of it.”*

*“I am **trusting** you to be my wisdom and discernment concerning this business decision.”*

“Lord, I am feeling insecure about my job. I am **trusting** you to be my security.”

“I feel inadequate in doing my job as it should be done. I am **trusting** You to be my adequacy as You do my work through me.”

### **Relational Struggles On The Job**

“I am struggling with \_\_\_\_\_. I am **asking** You to transform me so that I will experience an attitude of forgiveness towards this person.”

“I am **presenting** myself to You to change my negative attitude of \_\_\_\_\_ towards my job, co-worker, boss, employee.

“I am **asking** You to forgive \_\_\_\_\_ through me. I am **trusting** You to replace my anger with Your attitude of forgiveness.”

“I am **asking** You to unconditionally love my co-worker, boss, employee through me.”

### **Have A Christ-like Attitude**

**What are some of the following Christ-like attitudes that you would like to experience more of?**

Unconditional love	Worth	Humility
Security	Acceptance	Patience
Forgiveness	Kindness	Self-control
Compassion	Joy	Wisdom
Adequacy	Thanksgiving	Confidence
Freedom	Victory	Peace

“I am **trusting** You to transform my life so that I will walk in a Christ-like attitude of \_\_\_\_\_ on my job..”

“Lord, I blew it with my sinful attitude of \_\_\_\_\_. I am **asking** you to transform my life to walk with a Christ-like attitude of \_\_\_\_\_.”

### **What Is It The God Wants To Do THROUGH You In Your Workplace?**

“Don’t you believe that I am in the Father and the Father is in Me? The words I say are not My own, but **my Father who lives in Me does His work through Me.**”  
John 14:10

“For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand that we should walk in them.” Ephesians 2:10

“...See to it that you complete the work you have received in the Lord.” Colossians 4:17

“Christians who are slaves should give their masters full respect so that the name of God and his teaching will not be shamed. If your master is a Christian, that is no excuse for being

*disrespectful. You should work all the harder because you are helping another believer by your efforts.” 1 Timothy 6:1-2*

*“But you should keep a clear mind in every situation. Don’t be afraid of suffering for the Lord. Work at bringing others to Christ. Complete the ministry God has given you.” 2 Corinthians 4:5 (New Living Translation)*

**What Does Ministry Look Like In The Workplace?**

- Available to God to encourage someone in the workplace.
- Available to be a “safe” person to listen to someone’s struggle.
- Available to share Christ for salvation.
- Available to point fellow Christian workers to God as their Source.
- Allow God to be your rest in the midst of the stress in your workplace.
- Be used of God to be a peacemaker and a unifier.

- \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

***What God ULTIMATELY wants to accomplish THROUGH you on your job is to draw non-Christians to Christ for salvation and to draw Christians to Christ as the Source for living life.***

## **I AM**

**I AM your love – Galatians 5:22**  
**I AM your joy – John 15:11**  
**I AM your adequacy – 2 Corinthians 3:5**  
**I AM your wisdom – 1 Corinthians 1:30**  
**I AM your way – John 14:6**  
**I AM your truth – John 14:6**  
**I AM your rest – Matthew 11:28**  
**I AM your mind – 1 Corinthians 2:16**  
**I AM your desire – Psalm 73:25**  
**I AM your completion – Colossians 2:10**  
**I AM your sanctification – 1 Cor. 1:30**  
**I AM your purpose – Ephesians 1:10**  
**I AM your identity – 2 Corinthians 5:17**  
**I AM your security – Proverbs 1:33**  
**I AM your goodness – Galatians 5:22**  
**I AM your confidence – 2 Corinthians 3:4**  
**I AM your compassion – Psalm 25:6**  
**I AM your forgiveness – Daniel 9:9**  
**I AM your success – Romans 8:37**  
**I AM your endurance – Hebrews 10:36**  
**I AM your peace – Ephesians 2:14**  
**I AM your faith - Hebrews 12:2**  
**I AM your trust – Jeremiah 17:7**  
**I AM your strength – Romans 6:10**  
**I AM your sovereignty – 1 Timothy 6:15**  
**I AM your intimacy – Psalm 139:3**  
**I AM your kindness – Galatians 5:22**  
**I AM your humility – Matthew 11:29**  
**I AM your acceptance – Romans 15:7**  
**I AM your faithfulness – Galatians 5:22**  
**I AM your need-meeter – Galatians 4:19**  
**I AM your deliverer – Psalm 18:2**  
**I AM your freedom – John 8:32**  
**I AM your victory – 1 Corinthians 15:57**  
**I AM your gentleness – Galatians 5:23**  
**I AM your patience – Galatians 5:22**  
**I AM your courage – John 16:33**  
**I AM your conqueror – Romans 8:37**  
**I AM your holiness – Colossians 3:12**  
**I AM your self-control - 2 Timothy 1:7**  
**I AM your salvation – Psalm 27:1**  
**I AM your trust – Jeremiah 17:7**  
**I AM your guide – Psalm 48:14**  
**I AM your shepherd – Psalm 23:1**  
**I AM your comforter – John 14:16**  
**I AM your Abba – Galatians 4:5-6**  
**I AM your hope – Colossians 1:27**  
**I AM your life – John 14:6**

## ***Fleshly Behaviors***

set unrealistic standards  
for myself/others

### **Be self-absorbed**

become overly introspective  
feel sorry for myself  
get depressed  
beat up on myself  
play the role of victim/martyr  
focus on my suffering to get  
attention and sympathy  
be jealous of another's  
success and happiness

### **Withdraw** (isolate myself)

be aloof (pull away)  
distance myself from others  
avoid others (be a loner)  
go into a shell  
become unapproachable  
give them the silent  
treatment  
refuse to communicate

### **Be anxious** (worry and fret)

be fearful (apprehensive)  
lack peace and rest  
become paralyzed (numb)  
be paranoid (overly  
suspicious)  
refuse to see the positive  
assume the worst

### **Be self-disciplined** (self- reliant)

base acceptance of self and  
others on performance  
become a perfectionist  
try hard so as not to fail  
fear making mistakes  
be legalistic:  
be too hard on  
myself/others

### **Become obsessed with:**

accomplishments  
recognition/status  
acquiring material things  
what others think of me  
how I look physically  
my physical health  
the past (especially past hurts  
and failures)  
a devotion to a cause  
structure, order and  
regulations

### **Become dominant**

be dictatorial (bossy)  
be demanding (pushy)  
be overbearing (controlling)  
intimidate others  
refuse to give in

### **Stay in control** through:

blackmail (making threats)  
manipulation (use of guilt,  
pity, silence, flattery, etc.)  
coercion (physical threats)  
profanity (swearing)  
passivity (playing helpless)  
not eating (anorexia/bulimia)

### **Lack compassion, gentleness**

understanding, kindness,  
love, become defensive

### **Be self-righteous** (self- justifying)

make excuses (rationalize)  
cover up and hide mistakes  
have to prove my point

assume I am never the  
problem  
blame someone or something  
else as the problem  
avoid taking responsibility  
for failure or problems  
have difficulty: apologizing,  
admitting I was wrong,  
asking for forgiveness,  
asking for help, and/or  
expressing gratitude  
have a superior attitude  
(saying in effect):  
"I know what is best"  
"My way is the right way"

### **Be critical** (judgmental)

find fault with others, myself  
and everything around me  
nit-pick things to death  
be prejudiced (intolerant)  
complain a lot (nothing is  
ever good enough)

### **Be self-assured** (self- confident)

depend on myself instead of  
God or others  
become proud (haughty)  
be egocentric (act pompous)  
brag (be boastful)  
become arrogant (cocky)  
become conceited (smug)

### **Come across as insensitive,**

uncaring, unsympathetic,  
indifferent or unconcerned

### **Be complacent** (nonchalant)

say things like, "it's okay" or  
"it doesn't matter."

**Be pessimistic** (negative)  
lack confidence and optimism  
be skeptical (suspicious)  
distrust others, myself, God,  
church and/or government  
expect the worst  
never pleased with self  
or others  
never be satisfied or content

**Become hostile**

be unfriendly  
be sarcastic (caustic)  
be cynical (contemptuous)  
be hateful (mean-spirited)  
be cruel (malicious)  
have a quick temper  
rant and rave to vent my anger  
be physically abusive  
be verbally abusive  
break things

**Hold a grudge** (be resentful)

become moody (sulk)  
harbor bitterness  
be unforgiving  
keep a scorecard of offenses  
try to get even (seek revenge)  
want others to fail or get hurt  
punish myself or others

**Fight unfair**

be slanderous  
misrepresent the situation  
gossip (talk behind their back)  
engage in passive-aggressive  
behavior: use humor to hide  
real feelings, forget things,  
refuse to communicate, be  
late, procrastinate, etc.)

**Be self-depreciating**

assume I am always the  
problem  
become overly apologetic  
be too hard on myself  
uncomfortable with success

have difficulty receiving: love,  
compliments, forgiveness  
be unable to forgive myself

**Challenge others**

resist authority  
be uncooperative (inflexible)  
be unteachable (close-minded)  
cause dissention (strife)  
be irritating (aggravate others)  
be argumentative  
be stubborn (unyielding)  
be unreasonable

**Deny reality**

ignore problems and hope they  
will go away  
deny anything is bad or wrong  
be subjective  
deceive others and myself  
lie to self and others  
exaggerate (overstate matters)  
play games to hide real intent

**Put up a front**

hide what I really think  
pretend  
try to impress others  
and/or get attention  
fake it (act like I know  
something even when I don't)  
be pretentious (phony, unreal)  
be superficial (never let  
anyone  
get too close)

**Be passive** (lack initiative)

quit too easily (give up)  
don't take chances  
wait for someone to tell me  
how to think and what to do  
vacillate (be too changeable)  
be indecisive  
avoid failure at all costs  
procrastinate (put things off)  
be irresponsible (unreliable)  
be lazy (apathetic, lethargic)

**Be tense** ("on guard")

find it hard to relax  
be restless  
become impatient  
be easily agitated

**Become emotionally insulated**

avoid intimacy  
have difficulty expressing  
feelings and opinions  
suppress (stuff) emotions  
be inhibited (restrained)

**Live by my feelings**

believe that truth is what I feel  
be too sensitive to criticism  
be hypersensitive  
be touchy (irritable)  
be controlled by fear, anger,  
doubts and insecurities  
automatically read in rejection

**Be a pleaser** (be nice)

try to keep everyone happy  
avoid conflict/keep the peace  
say what I think others want  
overly submissive  
have difficulty saying "no"  
can't stand up for myself  
afraid to disappoint others  
give in to others too easily

**Be a caretaker** (rescuer)

be overly responsible  
become too involved with  
other's affairs/concerns  
talk too much and listen poorly  
make decisions for others

**Be too serious** (intense)

be overly analytical  
not be able to have fun  
lack joy or life