

FINDING THE ROOTS OF INSECURITIES

Full source and recognition and acknowledgement: Cassie Carstens

Thank you for doing the assessment I am sure that you will find it indispensable in understanding your business

The following section outlines the results of your assessment. These results are based on your scores. Take time to read each section and discuss the feedback with one another.

Overall summary

		YOUR SCORE	
1	Neglect of Conferring Identity		
2	Neglect of Emotional Security		
3	Neglect of Affirmation		
4	Neglect of Establishing Sound Moral Authority		

Basic Interpretation

- The questionnaire measure 4 dimensions
- Scores differ from minus 100% till plus 100%
- Focus on each dimension
- Look at your strengths first- Do a study on character. See link below
- http://www.amazon.com/Character-Anew-Mario-Denton-ebook/dp/B00IIMQUK6/ref=sr_1_3?ie=UTF8&qid=1393050210&sr=8-3&keywords=mario+denton
- Study each dimension first
- Minus areas indicates major growth areas
- Lower benchmarking starts at 40% and a very good benchmark 70%
- Remember there are always place for improvement

- Again the purpose is there to give feedback
- Reflect on the discussion questions
- Take some time to talk about the issues that you could resolve
- Please take note:
- The following questionnaires are available on the Internet. Please complete the tests on-line and copy and download the results or cut and paste the report for further discussion
- Assessment One: <http://www.typefinder.com/test/type-finder-personality-test>
- Assessment Two: <http://www.16personalities.com/test-results>
- Assessment Three: www.viacharacter.org

Reflect on the following questions before and after you have read your report

- How are you feeling about the assessment? What is your first impression of this profile? How did you find the items themselves? Anything you found odd or curious?


- Is there anything significant going on in your life that may have affected how you responded to the items?

- What surprises you? What questions do you have about your results?

- Where would you like to focus first? What concerns do you have with your current results? Why do you think that is so?



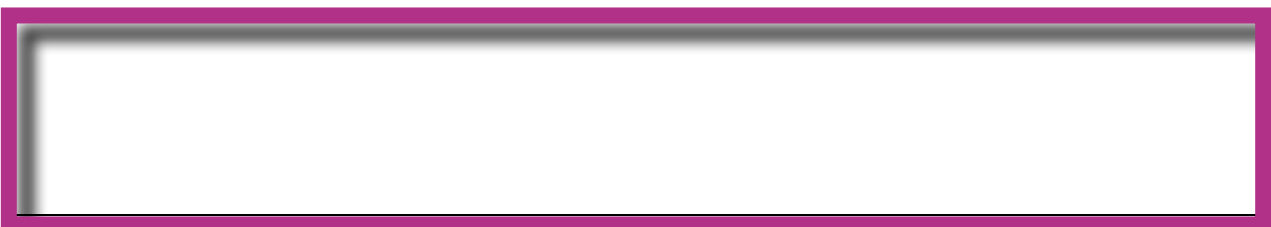
- What gets in your way of dealing with these insecurities? Why is that so frustrating? How do you see that holding you back?



- Do these areas interfere with achieving your goals in any way? What kind of support would be helpful?



- What is the ideal situation for the future? If you had a choice, what would you do?



- If you were going to work on one or two areas, which one(s) would you choose? What benefits would you like to achieve by improving in those areas?

- What is one thing you can do to further develop your managing your Insecurities? How would you like to move forward?

- How committed are you to your development plan? How will you remain accountable for developing in this area? What outstanding questions do you have?

1. IDENTITY

Moving from Identity Confusion to Clarity

Identity: Who I am?

Destiny: Why am I here?

Think about the following:

The True Me: is our deeper me; the conscience driven me; the me that reminds us of who God intended us to be and do. This is the me that remind us: this is the right thing to do.

The Actual Me is our constantly expressed behavior; that which people see; every-day life; the behavior that we generally practice

The Presented Me is the me adapted to expectation or perceived expectations of us; the me who presents the image we want to portray

The Perceived Me is how people read us or even stereotype us; it represents people's point of view on us

How do we overcome a fractured identity?

How do we shorten the gap between the True Me and the Actual Me

- Believe that the world needs your inner voice more than your outer performance
- Face and deal with the fears of being who you are
- Sharpening the listening to your conscience
- Act with immediate obedience to the voice of your conscience
- Do not shy away from the intimacy or confrontation of a life truly lived

How do we shorten the gap between the Actual Me and the Presented Me

- Do not lose yourself and your unique significance in an effort to be acceptable
- Do not fall into the snare of a performance trap
- Do not allow pride to pull you into an image that satisfies the flesh, but does not benefit the soul
- Ask people close to you to reveal your blind spots to you
- Invite mentors and soul mates to keep you accountable to express your true self
- Love people truly and unconditionally so that their response does not determine your attitude or behaviour

How do we shorten the gap between the Actual Me and the Perceived Me

- Do not allow others to pull you into their mold or stereotype
- Make sure you know who you are by understanding the fundamentals of your identity
- Make sure that you know about the imprint you want to leave on the lives of people and be intentional about it.

Primary identity

We have a primary identity and a secondary identity. Our first identity is as Kingdom people. Our secondary identity is our national and family identity. Look how clearly the Bible identifies who we are

- Colossians 2: 9-10
- Colossians 3: 3-4
- Galatians 4:7
- 1 John 3: 1
- Philippians 3: 20

Choose the right values, selecting the right friends and living the right choices For example:

Christian set of values	Secular set of values
Absolute truth	Relative truth
Integrity	Image
Interdependence	Individualism
Social involvement	Social isolation
Service	Self survival
Energetic participation	Passive observation
Originality/Creativity	Imitation
Constant reorientation	Thoughtless business
Skill and care	Haste and ease
Self- control	Impulsiveness
Long range perspective	Instant gratification
Productivity	Unproductively
Occupation as vocation/calling	Occupation for survival
Profit as means to further security	Profit as the ultimate goal
Honesty	Dishonesty
Family ties important	No family responsibility

Some ways a child's identity and destiny van be cursed by his/her father	Some ways a child's identity and destiny van be cursed by his/her mother
Shame of his heritage	Conceive in lust
Rejection of child's sex at birth and/or later	Unwanted conception
Refusal to relate to the child	Attempted abortion
Frequent expression of anger toward the child	Traumatic birth
Frequent physical beating of the child	Attempted adoption
Lack of affirmation or expression of delight in the child	Lack of breast-feeding or nurturing in infancy
Lack of discipline	Rejection of child's sex at birth and/or later
Physical beating of the child's mother	Over possessiveness
Constant quarreling among the parents	Rejection of child due to molestation or incest experience
Sexual molestation or incest	Resentment of child as an intrusion into her life or career
Lack of hugging and physical affection	Constantly criticizing the child
Blame of the child for his own unhappiness	Trying her identity to the child and demanding performance
Lack of blessing at puberty	Physically beating the child
Physical unavailability	Preferring a sibling
Emotional unavailability	Viewing the child as a replacement or replication of someone who died
Preference of a sibling	Death
Authoritarian and insensitive attitude	Divorce
Death	Abandonment
Divorce	Use of the child to sustain the marriage
Desertion	
Use of the child to sustain the marriage	

Select family friends with the right DNA

PRACTICAL APPLICATION: Restore the damage

1. **Identify historical emotional identity echoes – THE FIRE** Pray, Lord Jesus, what is the source of those feelings? Where is that coming from?

2. Identify the matching memory- THE FIRE. Stir up the darkness: keep focused on what feels true=- the Heart; not what is true the head. Would you take it to the Lord and express how that made you feel?

Lance the wound: The more intense the emotional pain that is expressed, the more intense the truth of God will penetrate and dispel the lie and its feelings. Lancing the wound most come in order for healing to begin

Discern for the original lie- THE FUEL

Seek the Lord to speak the TRUTH

Pray; Lord Jesus, what did you want to say to me?

Then, be quiet

Do not preempt the Lord through words of knowledge or prophecy. Let them be for confirmation only. It is more powerful when Jesus speaks the truth; this changes the image and the feelings. The memory is then devoid of fear and turmoil

Finally, check how true this feels. Look also for any other lies that you believed or vows and judgments and replace it with the positive

Doing the Post assessment on Insecurities Party One

Rate yourself again on a scale of 1 to 5.

1 –Not true

2 – Seldom true

3 – Sometimes true

4 – Often true

5 – Absolutely true

1.	I do not know where I belong/fit (orphan spirit)	1	2	3	4	5
2.	I do not know my unique significance	1	2	3	4	5
3.	I drift in an anchorless boat	1	2	3	4	5

4.	I am plagued by insecurities	1	2	3	4	5
5.	I find my identity in my work/performance	1	2	3	4	5
6.	I do not know how I am; I have identity confusion	1	2	3	4	5
7.	I mask my real self by adopting a different identity that will be accepted	1	2	3	4	5
8.	I sometimes become aggressively defensive	1	2	3	4	5
9	I am uncertain which choices to make	1	2	3	4	5
10	I do not have a clear set of values that I live by	1	2	3	4	5
11	I do not have close souls mates (intimate Friends) in my life	1	2	3	4	5
12	I do not have a clear purpose /calling in life	1	2	3	4	5

2. EMOTIONAL SECURITY

The seven brothers of destruction. They are a gang of robbers who war together and they strike in sequence

The oldest brother is **Expectation** who constantly moves the concept of success higher. Because he never stops growing, he continues to lift the bar saying, 'This is where you make the cut. The second brother is the cheerleader. He is so enthusiastic that he gets many to follow his mantra, "**Performance** trumps!" He makes everyone believe that there is no greater value than high performance. The third brother of **disappointment** swings on your emotions. The moment you fall a fraction short of perfection, he starts whispering into your ear, "You did not meet expectations. You will never get anything right."He drags you down and with his heavy weight he smothers many. Then the forth gangster, **Rejection**, steps in and drives the knife into your soul. He announces with conviction, "You are not good enough! You are not accepted. We move on without you" Mostly he leaves only you with the conviction what you did not make the cut, but sometimes he even manage to convince others to believe this about you as well. **Shame, Guilt** and **Fear** are triplets. They mostly work together and their job is to bury you in a deep dark hole under the ground

God is the only source of pure love and wants to change the love concept of this world to pure love of his heart

Externally determined (you are given power to make me unhappy)	Internally (and externally sourced)
Exchange determined (you need to earn my love or return it)	One- directionally unconditional
Expectations determined (you have to meet the expectations of my love)	Intentionally driven

Cursing	Blessing
Cursing is like pouring hydrochloric acid on someone's heart	Blessing is like pouring nutrient-laden plant food on someone's heart

PRACTICAL APPLICATION:

Breaking the insecurity curse and releasing God's blessing

- Humility: agreement with God about your own need James 5: 16
- Ask God to show you in what areas your identity and security has been cursed
- Ask God to reveal to your own feelings from specific experiences
- Confess to God how you felt
- Repent and receive forgiveness for not running to \Him at that time
- Repent of resentment, bitterness and hatred
- Receive God's forgiveness
- Forgive each parent
- Release and cut the tie and inner longing for blessing with each parent
- Go to the cross of Jesus Christ and receive His blood for restoration and relationship with the Father , cleansing from defilement and also healing of hurts and wounds
- Go to the Father and ask Him to reveal to you the truth of who He is and Hoe he has always related to you and who you are in His sight and your value to Him
- Receive your Heavenly Father's blessing on your identity and security

Doing the Post assessment on Insecurities Party Two

Rate yourself again on a scale of 1 to 5.

1 –Not true

2 – Seldom true

3 – Sometimes true

4 – Often true

5 – Absolutely true

1	I am not sure if people really accept (love) me	1	2	3	4	5
2	I probably deserve nothing	1	2	3	4	5
3	I can never get enough attention/care	1	2	3	4	5
4	I support the underdog	1	2	3	4	5
5	I struggle to identify my real deepest feelings	1	2	3	4	5
6	I struggle to manage my emotions	1	2	3	4	5
7	I try to earn respect/love	1	2	3	4	5
8	I am pestered by huge bouts of shame and fear	1	2	3	4	5
9	I have a negative approach to most things in life	1	2	3	4	5
10	I am not confident to correctly interact with others emotionally	1	2	3	4	5
11	I sometimes feel emotionally threatened by others	1	2	3	4	5



"I feel like I'm hanging on by a thread!"

- What picture does this bring to mind?
- What is this saying to you?
- What's the positive version of this image?
- What does that mean practically for you?

3. AFFIRMATION

Affirmation is a much better educator than correction

On average parents communicate between 19 and 36 minutes per day with their children and researchers are saying that 70% of it is negative or corrective communication

Your first responsibility is to affirm positive behavior

Catch people doing something good or helping you

Show faith in their abilities

Praise for efforts not just results

Praise people immediately

Tell people what they did right

Tell people how good you feel about what they did right

Encourage them

Build a person up spiritually, intellectually, emotionally, socially and physical

Affirm each person's gifts and unique style and also social style

Driver Forceful, debating Organised Planned Strategic Proactive Reasoning	Inspirer Motivating Promoting Innovative Persuasive Charismatic Enthusiastic
Calculator Detailed Practical Specific Rules Standards Perfect Controlled	Harmony Patient Loyal Team player Relaxed Steady Supporting Security

Remember

This is the best thing a father can say to his child

You are God's and my beloved son (or daughter) on whom my favor rest. You are designed, chosen and designated for something special. You are valuable and worth it. God knew that the world now needed the potential that you are born with. Go be and do!

Reflect on the following verses

- 2 Corinthians 5: 20
- 2 Timothy 2: 20-21
- Hebrews 2: 5, 7-8
- 1 Peter 2: 9
- 2 Peter 1: 3-4

EMOTIONALLY INTELLIGENT SKILLS

After you have read each statement, please decide the degree to which the statement accurately describes your own situation and your own feelings, using the following scale:

1. Completely disagree
2. Disagree
3. Undecided
4. Agree
5. Completely agree

1.	It is easy for me to recognise what emotions I am experiencing in a particular situation.	1	2	3	4	5
2.	I appreciate other people's feelings and emotions.	1	2	3	4	5
3.	I visualize a picture of what I want to create in the future.	1	2	3	4	5
4.	When I commit to a plan, I carry it out.	1	2	3	4	5
5.	I can be impulsive.	1	2	3	4	5
6.	I spend time thinking about the broad perspective of a work situation.	1	2	3	4	5
7.	I decide what I'm going to do based on my vision of the future.	1	2	3	4	5
8.	When problems develop. I'll be there to help sort them out.	1	2	3	4	5
9.	I develop clear intentions before I act.	1	2	3	4	5
10.	It's difficult for me to consider my options when I get frustrated or angry.	1	2	3	4	5
11.	I tend to get very involved and it makes it hard for me to be objective.	1	2	3	4	5
12.	I examine the feelings, thoughts, and actions of others.	1	2	3	4	5

13.	I ask myself. "What's the right thing to do here?"	1	2	3	4	5
14.	People tell me I'm hard to talk to.	1	2	3	4	5
15.	I go beyond standard procedures to solve a problem.	1	2	3	4	5
16.	I resist changing my point of view.	1	2	3	4	5
17.	I am open to all the possibilities in any given thought, act, or situation.	1	2	3	4	5
18.	When I am fearful at work, I push through to achieve my goal.	1	2	3	4	5
19.	It's hard to act independently and with accountability.	1	2	3	4	5
20.	I communicate my vision for the future to those with whom I work.	1	2	3	4	5
21.	I am able to speak my mind without getting others upset.	1	2	3	4	5
22.	I recognize the choices inherent in a situation.	1	2	3	4	5
23.	I take appropriate risks.	1	2	3	4	5
24.	I am able to figure out the reasons behind different emotions.	1	2	3	4	5
25.	It's hard to understand why others feel the way they do.	1	2	3	4	5
26.	I can stay committed to a plan of action over a long period of time.	1	2	3	4	5
27.	I am able to be flexible in dealing with others.	1	2	3	4	5
28.	When I feel angry I can still stay composed.	1	2	3	4	5
29.	When I speak or act I do so positively.	1	2	3	4	5
30.	It's hard for me to realize when I am having different emotions.	1	2	3	4	5
31.	I have a good understanding of why people act as they do.	1	2	3	4	5
32.	If several people suggest a course of action that I don't necessarily agree with, I tend to keep my doubts to myself.	1	2	3	3	4

33.	I focus on how I want things to be in the future.	1	2	3	4	5
34.	In assessing a situation. I look at my biases and adjust my assessment accordingly.	1	2	3	4	5
35.	If a needed action is not in my job description, I won't do it.	1	2	3	4	5
36.	I'm very determined in completing what I set out to do.	1	2	3	4	5
37.	When I think I'm right, I have a hard time listening to other people's alternative solutions.	1	2	3	4	5
38.	I get inappropriately hung up on my emotional reaction.	1	2	3	4	5
39.	I avoid whatever makes me afraid.	1	2	3	4	5
40.	I act firmly, according to my core values.	1	2	3	4	5
41.	I think about the long-term future when deciding what to do right now.	1	2	3	4	5
42.	I watch how others react to me to better understanding my own behaviour.	1	2	3	4	5
43.	When I try to solve a problem, I solicit choices and ideas from others.	1	2	3	4	5
44.	In sizing up a situation, I get caught up in how I'd like things to be.	1	2	3	4	5
45.	I think about the feelings behind my actions.	1	2	3	4	5
46.	If I'm part of a group working on a task, I take responsibility for the group succeeding.	1	2	3	4	5
47.	I say what I'm feeling no matter how it will impact others.	1	2	3	4	5
48.	When I feel a strong impulse to do something, I generally pause to reflect and consider if I really want to act on it.	1	2	3	4	5

49.	I take my “emotional temperature” before I make important decisions.	1	2	3	4	5
50.	I try for a “win-win” solution whenever I speak or act.	1	2	3	4	5

Source: The handbook of Emotionally Intelligent Leadership: Inspiring others to achieve results. – Daniel A. Feldman, Ph.D.

Doing the Post assessment on Insecurities Party Three

Rate yourself again on a scale of 1 to 5.

1 –Not true

2 – Seldom true

3 – Sometimes true

4 – Often true

5 – Absolutely true

1	I do not know what my real value (unique significance) is	1	2	3	4	5
2	I observe compliments with suspicion	1	2	3	4	5
3	I do not feel I have any contribution to make	1	2	3	4	5
4	I always feel uncertain	1	2	3	4	5
5	I always question myself	1	2	3	4	5
6	I try to impress people all the time	1	2	3	4	5
7	I struggle with immaturity	1	2	3	4	5
8	I do not understand the significance of this specific phase of my life	1	2	3	4	5
9	I do not trust someone giving me compliments	1	2	3	4	5
10	It is very difficult for me to discern my gifts/talents	1	2	3	4	5
11	I do not feel supported	1	2	3	4	5

12	I do not know if I have got what it takes	1	2	3	4	5
13	I am not sure if I will ever meet up to expectations	1	2	3	4	5

4. MORAL AUTHORITY

Authority was never meant for destruction

Study the following verses

John 5: 30

John 8: 28

John 8: 50

John 5:41

Mark 10: 45

Seeking wisdom is crucial in our age of accumulated knowledge

Proverbs 2: 4, 20; 5

Proverbs 2:6 the Lord gives wisdom

Proverbs 11:2. Wisdom starts with humility

Proverbs 10:1, 13; 1

Proverbs 10: 7, 13:10. Wisdom grows with a teachable heart

Proverbs 19: 25. The wise learns from pain

Proverbs 16:23. The wise check what they says

Doing the Post assessment on Insecurities Party Four

Rate yourself again on a scale of 1 to 5.

1 –Not true

2 – Seldom true

3 – Sometimes true

4 – Often true

5 – Absolutely true

1	I struggle to submit to absolute norms	1	2	3	4	5
2	I do not like to be held accountable	1	2	3	4	5
3	I have not learned, through the distillation of wisdom, the right basic orientation to life	1	2	3	4	5
4	I am void of clear convictions that guide my decisions	1	2	3	4	5
5	I struggle to listen to and to obey my conscience	1	2	3	4	5
6	I do not own responsibility easily	1	2	3	4	5
7	I cannot apply delayed gratification easily (I want everything now)	1	2	3	4	5
8	I struggle to stand under authority	1	2	3	4	5
9	I find it difficult to respect superiors	1	2	3	4	5
10	I want to do things my way	1	2	3	4	5
11	I struggle with receiving or applying discipline	1	2	3	4	5
12	I do not know how to use power/authority the right way	1	2	3	4	5
13	I find it difficult to differentiate between right and wrong	1	2	3	4	5
14	I do not know healthy ways of leading people	1	2	3	4	5
15	I tend to manipulate myself out of direct submission	1	2	3	4	5

WRITING YOUR PERSONAL MISSION STATEMENT

FIRSTLY, YOU NEED TO KNOW WHAT GOD IS TRYING TO CHANGE OR ACCOMPLISH IN THE WORLD RIGHT NOW.

SECONDLY, YOU NEED AN UNDERSTANDING OF HOW OUR SPECIFIC CONTEXT AFFECTS THE WAY GOD'S PURPOSE CAN BE ACHIEVED.

LASTLY, CONSIDER HOW YOUR UNIQUE PASSIONS, SKILLS AND CHARACTER CAN HELP ACCOMPLISH THAT PURPOSE.

Steps towards personal mission statement development

Step 1: Identify past successes. Spend some time identifying four or five examples of personal successes in recent years. These successes could be at work, in your community or at home. Write them down. Try to determine whether there is a common theme -- or themes -- in these examples. Write them down.

Step 2: Identify core values. Develop a list of attributes that you believe identify who you are and what your priorities are. The list can be as long as you want it to be. Once your list is complete, see whether you can narrow your values down to the five or six most important values. Finally, see whether you can choose the one value that is most important to you.

Step 3: Identify contributions. Make a list of the ways in which you could make a difference. In an ideal situation, how could you contribute best to?

- The world in general?
- Your family?
- Your employer or future employers?
- Your friends?
- Your community?

Step 4: Identify goals. Spend some time thinking about your priorities in life and the goals you have set for yourself. Make a list of your personal goals, perhaps in the short term (up to three years) and the long term (beyond three years).

Step 5: Write a mission statement. Based on the first four steps and a better understanding of yourself, begin writing your personal mission statement.

Are you making significant eternal impact with your personality, skills, interests and values?

<p>1. What Makes You "Tick?" Why do you enjoy it?</p>	
<p>2. What are your greatest gifts, talents/strengths or abilities that you also enjoy doing?</p>	<p>Analyzing, Writing, Coaching Creating,, Designing, Influencing others, Implementation, Leading teams, Managing people and/or projects Managing Numbers/Money, Manual skills, Marketing, Organizing, Persuading Performing (art, music, etc), Researching Speaking/teaching, Technical skills</p> <p>Counseling, Compassion, Knowledge, leadership</p>
<p>3. What cause could you give your life to? See Examples. Now write down your examples in the space below</p>	<p>Poverty, homelessness, marriage, education, financial management, inner city, crime, drugs, prostitution, medical care, domestic abuse, government, environmental, entertainment, cultural ethics issues or other causes</p>
<p>4. What group of people are you most interested in serving? See Examples. Now write down your examples in the space below. Do not mark more than three</p>	<p>Infants, children, youth, students, college students, singles, young married couples, boomers, seniors, internationals, people of other faiths, women/men, handicapped, professionals, executives, educators, government leaders, athletes, military personnel, other groups of people, other faiths, poor, unemployed, disabled, leaders,</p>

		prisoners
	<p>5. If you open a newspaper or website with articles on all of the topics listed on the right hand side, which of them are you most likely to read from beginning to end? Do not mark more than three</p>	<p>Environment, Child care, AIDS, Homosexuality, Politics, Discipleship, Violence, In justice, Racism, Education, Addictions, International, Economy, Reaching the lost, corruption, Homelessness, Crime, Health care, Poverty, Family, Abortion, Hunger, Literacy, Church, Sport, Medical care, Arts, Domestic abuse, Technology</p>
	<p>6. What <i>spiritual</i> needs are you most keen on Meeting? Now write down your examples in the space below</p>	<p>Mentoring, evangelism, discipleship, worship, fellowship, shepherding, mobilizing or other spiritual needs</p>
	<p>7. How do those interests combine?</p> <p>Write down the group, the cause and the spiritual need that sums up your passion in life</p>	<p>(For example, children in the inner city who need discipling</p>
	<p>8. What is your best serving role? Write down 2 or 3 roles you think you are equipped for and would be interested in and energized by:</p>	<p>Board member Consultant Expert Leader Partner Project Leader Strategist Team member</p>

	<i>I am trusting God to use my</i>	Significant Strengths
	<i>to impact and serve</i>	(Pressing Need of Preferred Audience)
	<i>in order to</i>	(Desired Outcome)
	<p>9. Without over thinking it, write from your heart how you dream of investing the rest of your life</p> <p>I intend/purpose to (verb).....</p> <p>the..... target group</p> <p>From (the current status of the target Group)</p> <p>To (The outcome you desire).....</p> <p>Through the means of (the vehicle).....</p>	
	<p>10. Action plans</p> <p>Share it with someone who will keep you accountable to start moving in the direction of your calling</p>	

May God bless you in doing this as part of his big mission to bring heaven to earth!

As a result of me completing the assessment I plan to:

Stop doing the following

Start doing the following

Keep on doing the following

Contact us for further information on these life-giving fundamental principles

DR MARIO DENTON - (MEcon, MBA, PhD)
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