

# PERSONAL INVENTORIES

## MEDICAL HISTORY

Here are some “highly scientific,” but not so rare “diseases.” As someone reads the descriptions one at a time, stand up if that’s part of *your* “medical history”!

**INTERNET-ITIS**—staring at a monitor for hours while typing messages to people you’ve never met

**MONOTONE-EOSIS**—A sure sign of this disease is when people move away from you like you have the plague when you sing *The Star Spangled Banner*.

**CHOCO-HOLISM**—snarling when people suggest you share your “chocolate decadence” dessert

**MALL-ITIS**—a strong compulsion to spend many hours (and many dollars!) at the mall

**ESPN DEFICIENCY SYNDROME**—going into convulsions when you haven’t heard the sports scores in too long a time

**EXERCISE-SPASTITIS**—a spasm that keeps you from exercising, even when you get the urge

**CHANNELSURF-EOSIS**—cramps in your index finger from having to push the remote control buttons so much—often makes you bed or couch-ridden

**FISHERMANEYE-OPIA**—makes what you catch appear about a foot longer

**INVOLUNTARY LEADFOOT REFLEX**—a physiological phenomenon that results in “keeping the pedal to the metal” while driving

## LIFE SIGNS

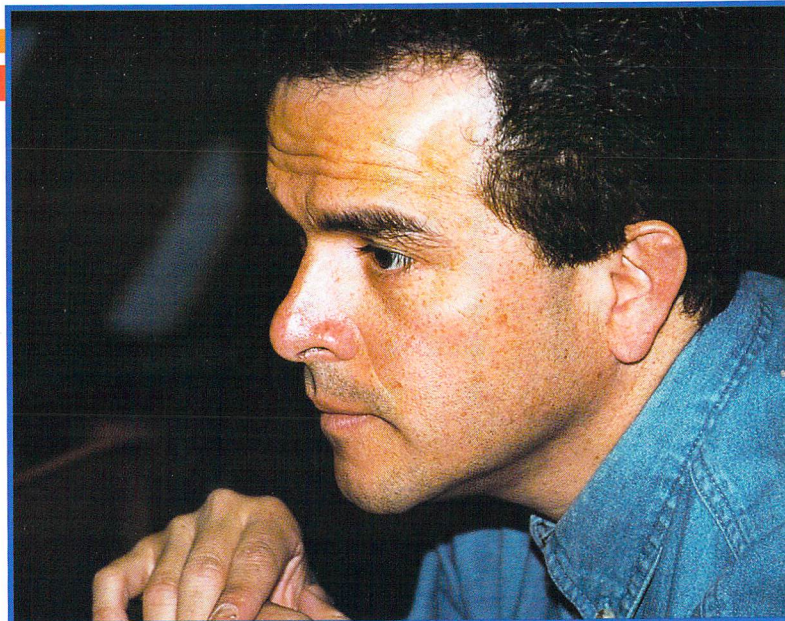
Get together in groups of about 4 and spend some time thinking about your lives in terms of traffic signs. Have each person share their response to each question.

1. If you were to select a traffic sign to tell how you’ve been seeking to live your life, what sign would it be?
  - “Merge”—because I’ve been trying to get along with everyone
  - “Slow”—because I’ve been seeking to slow down and experience more of life
  - “Keep Right”—because I’m trying to keep my life on the right track
  - “No U-Turn”—because I’m resisting the urge to go back to the past
  - “One Way”—because I’m seeking to be more decisive in my life
  - “Yield”—because I’m seeking to yield my life to God
  - “Children Playing”—because I’m trying to let out the “child” in me
  - “Under Construction”—because I’m changing so much
2. What sign are you displaying in your relationship with others?
  - “No Trespassing!”—because I keep people at a distance
  - “Help Wanted”—because I’m reaching out for support
  - “One Way”—because I’m not always tolerant of differences
  - “Open 24 Hours”—because I’m always available to others
  - “Keep Right”—because I encourage others to do what is right
  - “No Vacancy”—because there’s no room in my life for anyone else right now
3. If God were to give you a “traffic ticket” right now for how you are living your life, what would it be for?
  - “Speeding”—not slowing down enough to really live
  - “Failing to Yield”—trying to do things my own way
  - “Blocking Traffic”—I feel I’ve gotten in the way of others who are doing more.
  - “Illegal U-Turn”—I have been trying to live in the past.
  - “Driving the Wrong Way on a One-Way Street”—I need to turn my life around.

## THINGS THAT DRIVE YOU CRAZY

Here's a list of things that drive a lot of people crazy. Do they drive you crazy, too? After checking the appropriate response, form groups of about 4 and share your choices with the group.

	YES	NO	SOMETIMES
bathtub rings that aren't yours	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
waiting at stoplights	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
people who constantly channel-surf	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
dripping faucet	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
someone talking during a movie	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
losing one sock	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
not enough toilet paper	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
someone who is always late	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
someone who sings in the car	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
boring speakers or teachers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
a motormouth	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
preempting of a television program	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
getting cut off in traffic	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
getting put on hold on the phone	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
people who take up two parking spaces	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
an itch you can't reach	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
screeching chalk on a chalkboard	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
an annoying song that gets stuck in your head	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
people who crack their knuckles	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
people who crack their gum	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
people who chew with their mouths open	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
backseat drivers	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
telephone solicitors	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
someone leaving the toilet seat up	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>



## SCOUTING REPORT

Get together with one or two others and work together on the scouting report below. In each category check your one or two best points. See if your partners agree with you ... and let them add one more that you did not mention. Then do the next person's list.

### MENTAL

\_\_\_ intelligence  
 \_\_\_ creativity  
 \_\_\_ good judgment  
 \_\_\_ self-confidence  
 \_\_\_ common sense  
 \_\_\_ determination  
 \_\_\_ sense of humor  
 \_\_\_ perception  
 \_\_\_ comprehension  
 \_\_\_ good memory

### EMOTIONAL

\_\_\_ warmth  
 \_\_\_ sensitivity  
 \_\_\_ consistency  
 \_\_\_ enthusiasm  
 \_\_\_ patience  
 \_\_\_ self-control  
 \_\_\_ cheerfulness  
 \_\_\_ dependability  
 \_\_\_ loyalty  
 \_\_\_ peacefulness

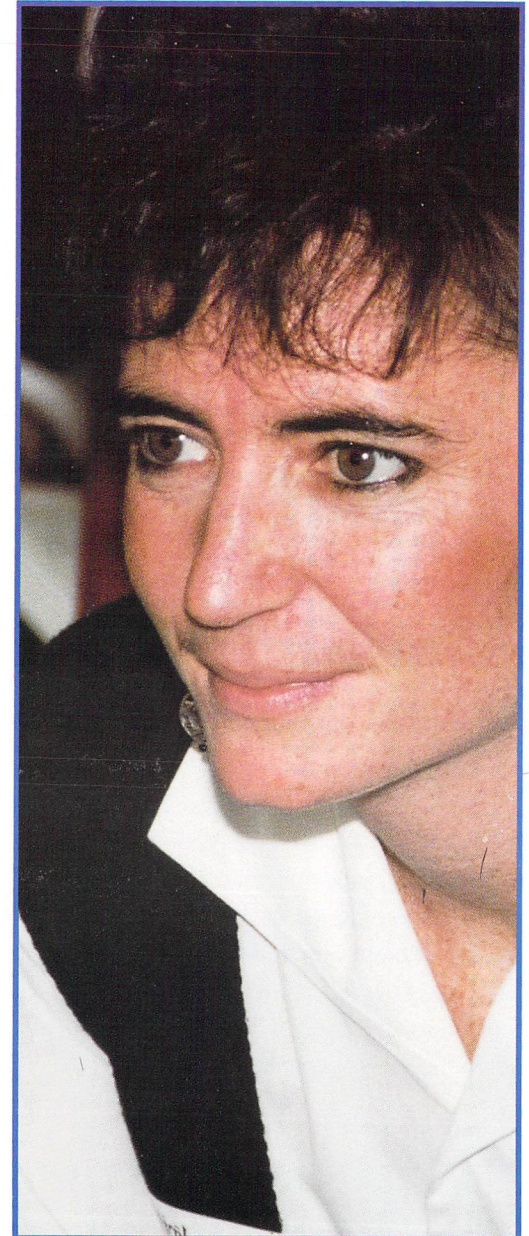
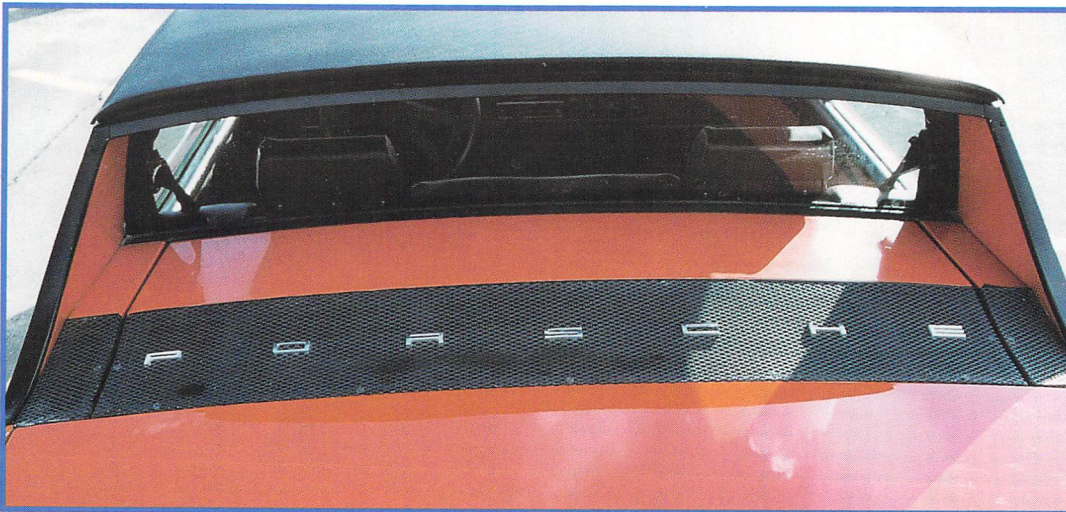
### SPIRITUAL

\_\_\_ compassion  
 \_\_\_ joyfulness  
 \_\_\_ serenity  
 \_\_\_ dedication  
 \_\_\_ gentleness  
 \_\_\_ generosity  
 \_\_\_ humility  
 \_\_\_ discipline  
 \_\_\_ faith  
 \_\_\_ courage

## WHO INFLUENCES YOU?

Get together with one or two others and discuss who has influenced you most in making decisions in your life. In each category, check two columns—either parents / siblings; spouse / boyfriend / girlfriend; friends; teachers; church / youth group or popular culture.

WHO HAS INFLUENCED ...	parents / siblings	spouse / boyfriend / girlfriend	friends	teachers	church / youth group	popular culture
How I spend my time						
How I spend my money						
How I dress						
What I feed my mind						
Where I draw the line						
What I believe						
What I want out of life						
How I see myself						
How I handle fear, failure and guilt						



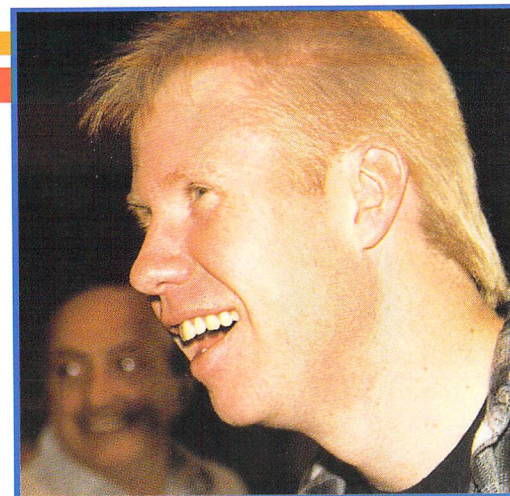
## DO-IT-YOURSELF STRESS TEST

Take a moment and determine your stress level right now, based on a chart developed by Thomas Holmes and Richard Rahe. If you score more than 150 points for events in the last year, you are probably under a lot of stress right now. Share your score (and as many details as you feel comfortable) with the group.

EVENT	STRESS POINTS
Death of a spouse	100
Divorce	73
Marital separation	65
Jail term	63
Death of a close family member	63
Personal injury or illness	53
Marriage	50
Loss of job	47
Marital reconciliation	45
Retirement	45
Health problem in family	44
Pregnancy	40
Sex difficulties	39
Gain of a new family member	39
Business readjustment	39
Change in financial state	38
Death of a close friend	37
Change in line of work	36
Increased arguments with spouse	35
Large mortgage taken out	31
Foreclosure of mortgage or loan	30
Change in work responsibilities	29
Son or daughter leaving home	29
Trouble with in-laws	29
Major personal achievement	28
Spouse starting or stopping work	26
Change in living conditions	25

Revision of personal habits	24
Trouble with boss	23
Change in work hours	20
Change in residence	20
Change in school	20
Change in recreation	19
Change in church activities	19
Change in social activities	19

TOTAL SCORE \_\_\_\_\_



## MY RISK QUOTIENT

Pair off with one or two other people and discuss your "risk quotient." The test below is a fun way to figure out how much of a risk-taker you really are. First complete the questionnaire. Then figure out your score and share your results with each other.

1. In playing Monopoly, I usually:
  - a. play it safe / hide money under the table
  - b. stay cool and hold back a little
  - c. go for broke—gambling everything
2. In choosing a job, I would prefer:
  - a. a boring job with security
  - b. an interesting job with some security
  - c. start my own company with no security
3. On a menu, I usually pick:
  - a. something familiar that I know I like
  - b. something that's a little different
  - c. something way-out that I've never tried
4. At a party, I usually:
  - a. stick with my friends
  - b. reach out to one stranger
  - c. see how many new people I can meet
5. In starting a relationship, I usually:
  - a. let the other person do the talking
  - b. meet the other person halfway
  - c. take the initiative
6. I would prefer my life to have:
  - a. no risks and lots of safety
  - b. some risks and some safety
  - c. lots of risks and little safety

**Scoring:** Give yourself 1 point for every "a," 2 points for every "b," and 3 points for every "c." Then circle the total on the line below to get your risk quotient.

PLAY IT SAFE

TAKE A CHANCE

6   7   8   9   10   11   12   13   14   15   16   17   18

## POWER PEOPLE

Some people in your life have a powerful effect on you. Different kinds of "power people" are listed below. Fill in the name of at least three of the "power people" in your life. Then share your answers with your group.

- \_\_\_\_\_ LISTENER: the person who is always there to hear what I have to say without trying to change me
- \_\_\_\_\_ CHALLENGER: that special person who has a way of bringing out the best in me, even when I am complacent
- \_\_\_\_\_ CONFRONTER: a person who loves me enough to tell me things I might not want to hear
- \_\_\_\_\_ ENCOURAGER: someone who helps me look on the bright side of things
- \_\_\_\_\_ PRAYER PARTNER: someone I trust enough to come with me when I go to God in prayer
- \_\_\_\_\_ ROLE MODEL: the kind of person I want to be like in my actions, character and reputation
- \_\_\_\_\_ MENTOR: that special person who has been willing to take me under their wing and guide me on my life's journey
- \_\_\_\_\_ INSPIRER: that wonderful person who can elevate my spirit and remind me that God has everything under control
- \_\_\_\_\_ CONSOLER: the person who can calm me down when life gets out of control
- \_\_\_\_\_ PLAYMATE: someone who I can always count on to do something fun and bring out the child in me
- \_\_\_\_\_ DREAMER: that special person who will listen to and appreciate my dreams

