



Manifestations of the Flesh (Strategies for Living)

Below is a list of different fleshly (self-sufficient) words and phrases which are common ways that people respond in an attempt to protect themselves from pain or vulnerability and promote themselves and meet their own need for love, acceptance, worth, and security.

Take an inventory of your flesh patterns by circling all the different ways that you have or do behave, especially when you are under pressure or having a bad day.

To cope with pain or stress, meet my needs, or try to be successful, I tend to:

- withdraw
- become aloof (pull away)
- keep people at a distance
- avoid others (a loner)
- deny things hurt or bother me

- push my feelings down
- be finding fault
- nit-pick things to death
- be opinionated
- complain

- worry (expect the worst)
- be overly suspicious
- seek astrology, horoscopes, fortune-telling, etc.
- holding a grudge
- sulk

- harboring bitterness (unforgiving)
- keep a scorecard
- seek revenge or punish others
- vent my anger or frustration
- becoming unfriendly (cynical)

- be harsh
- be sarcastic
- gossip or slander
- engaging in passive-aggressive behavior
- seek recognition or status

- put on a show for attention or to impress
- be gushy
- be a pleaser, can't say "No."
- avoid conflict and give in easily
- tell people what I think they want

- be a busybody or nosy
- brag or boastful
- make decisions for others or give unsolicited advice
- lecture or nag
- resist authority

To cope with pain or stress, meet my needs, or try to be successful, I tend to:

- be a know it all
- be argumentative
- be self-reliant
- be haughty or smug
- think others are the problem

- try to keep everyone happy
- be defensive
- make excuses
- cover and hide mistakes
- avoid responsibility

- blame shift
- escape through sex, fantasizing, or pornography
- escape through drugs or alcohol (legal or illegal)
- escape through television or entertainment
- stay busy

- overeat or under eat
- escape through religious activity and service
- be a workaholic (career, business, job)
- talk things to death
- take everything personal

- be passive or complacent or irresponsible
- quit or give up
- depend on others to make decisions or think for me
- be indecisive or put things off
- overwhelm or badger others

- be bossy or demanding or coercive
- be manipulative (blackmail, guilt-trip, or threaten)
- be a perfectionist
- overspend or overindulge
- be impulsive (hasty)

- be compulsive (lack self-control)
- use the silent treatment
- be a rescuer or overprotective
- obsess over things
- read people's mind

- put up a front (mask) or be phony
- be uncooperative
- be close-minded or unteachable
- be the correction police
- change the subject

- be unforgiving
- be vindictive (get even)
- hateful
- clingy