

Extreme Makeover of the Mind Self Analysis Evaluation

Matthew 7:3 – “And why do you look at the speck in your brother’s eye, but do not consider the plank in your own eye?”

Self Analysis “Mindsets”

I would ask that you be honest with yourself, or ask someone you respect to review the following list and see if you identify with any of these mindsets. The last option is to look for anything you have been accused of by your family members or closest friends. Sometimes those closest to us can identify things that we cannot see in ourselves.

Remember, in order to change, you have to be willing to admit that there is a need for change, and address the dilemma by being honest with yourself.

The Mindsets (Check all That Apply)

1. **The Miser Mindset** – this mindset is hanging onto what they have got because it is theirs. He won’t give any away or share it with others because he wants it all. This can be hoarding and saving up one’s possessions as well.
2. **The Selfish Mindset** – this is an attitude that believes *“it’s all about me and mine!”* we are number one and we come first. They do not consider nor understand the needs of others because they are devoted to caring for only themselves.
3. **The ‘Live-for-Today’ Mindset** – these live only for the present and do not plan, set goals, or consider the future. They spend all they have and live it up continually. They also do not consider the outcome and repercussions of wrong-doing or making immoral choices.
4. **The Controlling Mindset** – this mindset believes they are in authority, so they dominate and command others. They manipulate and twist truth to entice and deceive another person to get them to feel they owe them something, also to overpower and to confuse that person’s personal choices and decisions. They are unconsciously intimidating because they want to scare others into accepting their authority as final word.

5. **The “I’m Not Worthy of Better” Mindset** – this mindset feels they have never done anything good enough to deserve prosperity or first-class things in their life. when spiritualized, they do not value themselves. They feel they must endure pain and suffering and go without luxuries for God to be happy with them. They think this is true humility, but this is not right, because He has already suffered for us so we could like the abundant life.
6. **The Poor/Poverty Mindset** – this mindset believes they have nothing; they never did and they never will. They blame everything on the “Lacks” in their life (i.e., no education, no job experience, not being in the right ethnic group, lack of opportunities, and so on).
7. **The Lazy Mindset** – this is an attitude where one feels they need to rest and take it easy, so they put things off until later and lay aside their responsibilities. They never seem to finish anything. This mindset causes idleness and sluggishness; it also makes one disinclined to work.
8. **The Unfaithful/Faithless Mindset** – this mindset is where one lacks the trust, faith and belief in another person that it takes to be loyal, devoted, honest, and committed.
9. **The Greedy Mindset** – this is a mindset that always wants more and will even stoop to illegal means if necessary to get it. They are desirous of wealth, profit and gain. They never have enough. They won’t give any of it to those in need, but feel that others should “*get a job,*” stop living off the government and just take care of themselves. They eat more than they should and do not consider that others in the household need to eat, too. It is covetousness to want to eat or drink more than one can reasonably consume.
10. **The Thief’s Mindset** – says, “*It’s just a little thing, they won’t even miss it.*” This person wants “*things*” and makes excuses as to why they have a right to steal someone else’s possessions. They feel it is okay to get them dishonestly if they need to, because of their own justifications. They are full of excuses, and feel they have done no wrong at another’s expense.
11. **The Perverted/Lust Mindset** – this is an attitude that is evil and warped in its thinking and its way of judging things. It causes someone to turn away from what is right for wickedness, corruption and ungodliness. There is no wrong or right, just how

they feel and what makes them feel good or satisfied. The act takes place in their mind before it's ever carried out. Uncontrolled temptations affect their thinking process and distort the way they see things.

12. **The Violent Mindset** – this way of thinking does not see any other way to solve a disagreement or to make their point. They cannot control their own anger and make violence their outlet and way of expression. They see *“talking it out”* as a way of *“giving in and surrendering”* to the other party.
13. **The Oppressor's Mindset** – this way of thinking expresses a false and extreme level of authority or dominion, though the person may feel they are just being strict or stern. This causes them to exert fear, extreme pressure, distress and unjust impositions on another person (adult or child). They use strictness and psychological games to the point of breaking one's spirit.
14. **The Low Self-Esteem Mindset** – this is an attitude where one has a distorted way of viewing themselves and their way of doing things. They see themselves unusually negative and cannot receive a compliment because they feel it is not really true. This mindset believes they are different than others and doomed to be a loser. They are usually withdrawn or soft spoken. This is usually due to a sum total view of a set of judgments about one's value, worthiness, and competence in various environments. This person does not know who they are or the reason God made them.
15. **The Abuser's Mindset** – an abuser's (male or female) mindset is one of using rage and violence (physical, emotional or spiritual) as a way of attaining what they desire. As a result of this way of thinking, they abuse, misuse and mistreat things and people. They act as if nothing has happened in order to excuse their own behavior. They always feel that what they did or said is someone else's fault, and that the other person made them act that way. The abuser's mistreatment of others will bring him much heartache and rejection, but he does not understand that what he is doing is wrong, and he is not open to the help of others. This person usually denies there is any problem and will not admit they have done anything wrong.
16. **The Thug's Mindset** – this attitude sees through the eyes of crime and hatred. They have suppressed their emotions into their subconscious so they don't have to feel one way or the other

about who they are or what they do. They don't even care about the results of their wrong choices. This person is a bully by nature; tormenting others through verbal harassment, physical assault, and threats.

17. **The Inconsiderate Mindset** – this person thinks life is all about them. They do not notice or show any concern for others or the things they are going through. They do not see or understand that other people have feelings, too, and have needs also. Others would only get in the way of taking care of or working things out for themselves.
18. **The Violator's Mindset** – this mindset has no regard for laws or boundaries. He crosses the lines of intimacy and personal "*space*" against another's will. He steals a sense of security, self-worth and self-confidence from others and doesn't care in the least.
19. **The Settler's Mindset** – this is an attitude where one views everything as hopeless or too hard to ever attain. Because they have no hope, they do not even try: feeling like "*what's the use.*" They are willing to just settle for what they've got and where they are in life.
20. **The Rebellious Mindset** – this attitude has no respect or reverence for authority. Nor do they see that anyone has a right to tell them what to do. Even if their peers disagree with them, they will fight to be right. As a result of this thinking they are stubborn, unruly and defiant.
21. **The "I'm Better than You" Mindset** – this is a prejudiced and bigoted mindset. They are blinded by their own pre-judged way of seeing things. They see themselves "*above others*" in life and do not try to hide it. They look down on certain classes, and treat them with disrespect and condescension. They can be very prideful, having an inordinate opinion of their own dignity and importance over others, along with a superior attitude.
22. **The Adulterer's Mindset** – this is an attitude where one feels they have no control over themselves. Temptation is just too strong for them and "*oops*" they messed up. Its root is lust and untamed desires. They may say, "*I could not help it,*" or "*It just happened.*" With this mindset comes inconsideration, a lack of commitment, disloyalty, and a covenant breaker.
23. **The Predator's Mindset** – this mindset preys on others' weaknesses and insecurities in order to take advantage of them and use them for their own purpose. They are sly, sneaky, and

deceptive, intending to set-up others to kill, steal or destroy, even attacking the most innocent.

24. **The Loser's Mindset** – this person thinks nothing ever works for them. They give up on themselves. There's a sense of self-pity and speaking negatively due to negative thoughts.

25. **The Excuse Maker's Mindset** – this person has an answer for everything. He believes there is always a good reason he can't do something he said he would do. In addition, this attitude believes all his problems, misunderstandings, and circumstances are because of others. He is never at fault nor sees himself as a problem.

26. **The Victim Mindset** – this person feels they are always taken advantage of, abused emotionally and terribly misunderstood. This mindset feels they are always blamed for something and getting in trouble for things they had nothing to do with. No matter what happens, they end up miserable. They think "*things*" just happen to them and everyone is out to get them. They never take responsibility for their own actions or responses because they feel they need to protect themselves, so it is okay.

27. **The Restricted/Limited Mindset** – this is an attitude of "*I can't.*" "*I cannot see myself ever doing that.*" They do not see themselves as able to reach a certain accomplishment or pass a certain point; therefore, they set limitations on themselves and believe that is as far as they can go.

28. **The Covetous Mindset** – this mindset always wants to "*keep up with the Joneses*" next door. If you've got a new car, they'll buy a new car, too. This is a mindset that could get a person in a lot of trouble because of spending beyond their means, always desiring what others have, always wanting the best, not settling for the norm, and always wanting more. They want more even if it hurts them. They are unusually jealous.

29. **I Don't Think You Should Have Wealth Mindset** – this person thinks they have never seen you do anything to deserve wealth. "If anyone deserves money and riches, it's me not them." They are never happy when others get promoted; nor with other people's financial income, nor when someone makes a major purchase such as a house or a car.

30. **The Paranoid Mindset** – this mindset believes everyone is out to get him, and that there are ulterior motives regarding everything that happens to him. This is a suspicious mind that is afraid to trust anyone or take them at their word. He believes that no matter what nice thing someone wants to do for him, there is always something underhanded behind it. He is obsessed about others' words, actions, and intentions. His outlook on other people is very distorted.
31. **The Joker Mindset** – this person sees everything as funny or something to make funny. He thinks it is okay to laugh and make fun of people. He never takes things seriously and believes he lives under mercy and does not really have to be accountable – after all, he is just having fun. He believes others just take life too seriously. He does not face or confront issues, but covers them up by making everything a joke.