

Proud/Defensive	Broken
1. I am guarded/defensive.	1. I am open/weak.
2. I focus on the 'positive', strong, successful parts of myself.	2. I am aware of the weak, needy, limited parts of who I am.
3. I am highly 'offendable' and defensive.	3. I am approachable and open.
4. I give my opinion a lot, even when not asked.	4. I am slow to speak and quick to listen.
5. I blame others.	5. I take responsibility for myself and speak mostly in the 'I', not the 'you' or 'they'.
6. I am demanding.	6. I assert myself respectfully and kindly.
7. I keep people from really seeing what is going on inside me.	7. I delight in showing vulnerability and weakness, that Christ's power may be seen in me.