

PEOPLE-PLEASING INVENTORY

Rating Scale	Points
Never (or Hardly Ever)	5
Seldom	4
Sometimes	3
Frequently	2
Always (or Almost Always)	1

1. I listen with anxious attentiveness when others discuss that which pleases or displeases them. _____
2. I strive to be politically correct more than biblically correct. _____
3. I like to go “fishing” for compliments. _____
4. I gossip about others to people whom I believe will be pleased with me for giving them such luscious tidbits of information _____
5. My desire for a good reputation is predominantly based on how such a reputation will benefit me rather than how that reputation will serve as a means to a greater end, such as the glory of God, the good of others, or some other unselfish objective. _____
6. I value the approval of certain individuals from whom I expect to receive certain honors more than approval of those from whom I do not expect to receive such honors. _____
7. I worry about what people think of me. _____
8. I am willing to sin rather than face the rejection of certain individuals. _____
9. I am struggling with being a respecter of persons and showing favoritism. _____
10. I believe that being rejected is one of the worst things that a person could possibly experience. _____
11. I avoid conflicts rather than trying to resolve them. _____
12. I take unnecessary precautions to protect my good name. _____
13. I become angry when I am contradicted by others, especially when being publicly contradicted. _____

14. When meeting new people, I spend more time thinking about how to impress them than how to minister to them. _____
15. My fear of being rejected paralyzes me to the extent that it keeps me from getting close to others. _____
16. I forget that being rejected by others is part of the suffering for righteousness' sake" that is my reasonable service to God and part of my Christian duty. _____
17. I long to be noticed more than I long to be godly. _____
18. I give in to peer pressure rather than standing up for what is right. _____
19. I do not witness to others as I should because I fear being criticized or rejected. _____
20. I overreact to criticism by dwelling on it too long or unnecessarily allowing it to depress me. _____
- TOTAL POINTS** _____

YOUR APPROVAL RATING

Here is a simple, albeit nonscientific, way to determine the level of your struggle with approval. If you've not yet done so, please take a moment right now to tally your inventory score. If you scored between 96 and 100, you do not have a problem with people-pleasing. (You may have a problem with being insensitive, callous, or even hard hearted, but you're definitely not a people pleaser.) If your total points fall between 90 and 95, you're probably free from the love of approval. If your total was between 80 and 89, you are probably a bit too concerned with the approval of others. If you scored between 70 and 79, you may, in fact, be a bona fide people-pleaser. If your score was 69 or below, you may very well be an approval addict. (You are probably somewhat enslaved to the approval of man.) The lower your score, the more helpful you should find the contents of this book.

How'd you do? Perhaps you scored better than you thought you would. Perhaps your score was worse than you had hoped. ***Because the problem of approval is rooted in pride, and pride is endemic to every human heart, each of us will, in varying degrees, struggle with the temptation to be people pleasers.*** So don't be too discouraged with your score, and don't be too proud of yourself if you obtained a high score on this preliminary evaluation. The real test of your approval addiction will come as we take a closer look at characteristics of a people-pleaser below.

Lou Priolo. Pleasing People: How not to be an "approval junkie" (Kindle Locations 105-106). Kindle Edition.