

APPROVAL ADDICTION INVENTORY

RATING SCALE:

Hardly Ever/Never
Seldom
Sometimes
Frequently
Almost Always/Always

POINTS:

5
4
3
2
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 "go fishing" for compliments.
4. ___ I gossip about others to people I believe will be pleased with me for giving them such luscious tidbits of information.
5. ___ My desire for a good reputation is based predominately on how such a reputation will benefit me in some way rather than on how such a good reputation will serve as a means to a great end, such as the glory of God, the good of others or some other similar unselfish objective.
6. ___ I value the approval of certain individuals from whom I expect to receive certain honors more than the approval of others from whom I expect to not receive such honor.
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 have an attitude of personal favoritism (I am a respecter of persons).
10. ___ I believe that being rejected is one of the worst things a person can 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 publicly contradicted.
14. ___ When meeting a new person, I spend more time thinking about how to impress him or her than how to minister to him or her.

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 a part of the suffering for righteousness sake that is my reasonable service to God & a part of my calling as a Christian.
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 I know is right.
19. ___ I do not witness to others as I should due to my fear of being criticized or rejected.
20. ___ I overreact to criticism by dwelling too long on it or allowing it to depress me unnecessarily.

Rating Scale:

96-100	You have no problem with men-pleasing
90-95	You probably are free from the inordinate love of approval
80-89	You are too concerned with the approval of others
70-79	You probably are a men-pleaser
69-below	You probably are an approval addict (in bondage to approval).

Adapted from Pleasing People: How to Overcome the Love of Approval
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