

Behavioral Management Questionnaire - Envy

“Wrath is cruel, and anger is outrageous; but who is able to stand before envy?” (Proverbs 27:4)

Please complete this worksheet and reflect on the past, present, and future. Use it as a development tool for intervention, resource, and guidance. Most of all pray for deliverance!

1. What is your governing mental and emotional condition concerning other people different from you? Let's be honest! Do you envy people more talented than you? Is professional counseling needed? Reflect.
2. Do I get up every morning thinking about a person who I desire to be, beyond jealousy? Do you begin to be resentful of the person and foster an environment of negative communication constantly concerning the person? Is professional counseling needed? Reflect.
3. Envy has a manipulation and control mechanism. In my circle of influences is there underlining motives to hold back positive growth with falsification of love and superiority? Close your eyes and examine your atmosphere. What happens? Do I become fearful when I see reality? Who is the perpetrator(s)? Reflect.
4. Envy growth is hostile, evil, seeks to take over, and even destroy because of inferiority. It is an abnormal behavior. It supersedes anger, rooted in hatred to take away life and hope. What will I do to avoid agents of envy? Will I be strong enough to cut relationship ties if needed? Have dreams and purpose been detoured because of envy? Reflect.
5. Does envy take over my thoughts every day? Is emulation directive prevalent to surpass a person by imitation? Do you thrive being in control, the spot light all the time, and grandiose? Is professional counseling needed? Are you willing to change? Reflect.

Two important strategies to implement – Honesty and Soundness of mind. “Let us walk honestly, as in the day; not in rioting and drunkenness, not in chambering and wantonness, not in strife and envying.” (Romans 13:13)

Honesty – To walk in truth about yourself and people. Reflect.

Conditions self to refocus on positive solutions and purpose: List three commitments to refocus from an envy environment or behavior to purpose (Hebrews 13:18). Think-out-of-the-Box.

- 1) _____

- 2) _____

- 3) _____

Soundness of Mind – Mental judgment to think clearly, aware of personal actions and the actions of others in truth. Reflect

Conditions self to balance and senses repercussions of an action: List three commitments in mental behavior to act soberly from an envy environment (Acts 26:25). Readjust-Refocus-Speak truth.

- 1) _____

- 2) _____

- 3) _____

