

Manifestations of the Flesh (Strategies of Living)

compiled by Lee LeFebre

Below is a list of words and phrases which may portray you much of the time when you are under pressure.

To cope when things aren't going right or going my way, I tend to...

become self-absorbed (self-consumed) by:

- * becoming overly introspective
- * feeling sorry for myself
- * engaging in self-pity
- * getting depressed by stuffing my anger and frustrations
- * beating up on myself
- * focusing on my suffering and trials to get attention and sympathy
- * playing the role of a victim / martyr

withdraw (isolate myself) by:

- * becoming aloof (pull away)
- * going into a shell
- * running and hiding (escape)
- * distancing myself from others
- * avoiding others (becoming a loner)
- * becoming unapproachable
- * being overly introverted
- * retreating to the silent treatment
- * not communicating

become obsessed with:

- * accomplishments
- * recognition
- * status
- * how I look
- * what others think of me
- * my physical health
- * the past (especially past hurts and failures)
- * a devotion to a cause
- * structure, order, rules, regulations

escape pain / pressure through:

- * carousing
- * drugs / alcohol
- * staying busy
- * television
- * athletics
- * hobbies / games
- * computers
- * pornography
- * sex
- * talking
- * school
- * sleep
- * religion
- * reading
- * fantasy
- * movies
- * entertainment
- * overeating
- * religious activity and service
- * becoming a workaholic
- * work (career, business, job)
- * gloom and doom thinking (refuse to be positive)

become self-disciplined (self-gratifying) by:

- * becoming impulsive (hasty)
- * buying things to feel better
- * assuming "if it feels good do it"
- * becoming compulsive (lacking self-control)
- * lusting (craving for alcohol, caffeine, sugar, cigarettes, drugs, sex, junk food)

become anxious (worry and fret) by:

- * becoming fearful (apprehensive)
- * lacking peace and rest
- * becoming paralyzed (go numb)
- * becoming paranoid (overly suspicious)
- * seeking astrology, horoscopes, fortune telling, (tarot cards, palm reading, Ouija boards etc.) and / or the occult for guidance and strength)

become dominant by:

- * becoming dictatorial (bossy)
- * becoming demanding (pushy)
- * becoming overbearing (controlling)
- * becoming manipulative
- * intimidating others
- * demanding my rights

try to stay in control through:

- * blackmail (making threats)
- * manipulation (use coercion)
- * profanity (swearing)
- * the silent treatment
- * passivity (play helpless)
- * not eating (anorexia/bulimia)
- * use of guilt
- * favoritism

To cope when things aren't going right or going my way I tend to come across as:

- * insensitive, uncaring, indifferent, unconcerned, and / or unsympathetic

become complacent (nonchalant) by:

- * saying things like, "It doesn't matter..it's ok"

challenge others by:

- * resisting authority
- * becoming uncooperative (unteachable)
- * causing dissension (strife)
- * irritating (aggravating) others
- * becoming argumentative, rigid, inflexible, close minded, stubborn, obstinate, unreasonable or unyielding

become pessimistic by:

- * lacking confidence and
- * becoming skeptical (suspicious)
- * distrusting others, myself, God, church, and / or government
- * expecting the worse
- * assuming the worse case scenario to protect myself from disappointment & pain
- * never being satisfied or content
- * never being pleased with self / others
- * becoming jealous of others' success and happiness

develop a critical attitude by:

- * finding fault with others, myself, and everything around me
- * nit-picking to death
- * becoming judgmental (opinionated)
- * becoming prejudiced (intolerant)
- * complaining a lot (becoming negative)

become hostile (vent my anger) by:

- * becoming unfriendly (cynical)
- * becoming hateful (malicious)
- * becoming harsh (cruel and brutal)

- * becoming sarcastic (caustic)
- * having a quick temper

become self-assured (self-confident) by:

- * depending on myself instead of God
- * becoming proud (haughty)
- * becoming egocentric (acting pompous)
- * bragging (being boastful)
- * becoming arrogant (cocky)
- * having a superior attitude (saying in effect: "I must always be right ...I must always win...I must always be the best")
- * pretending like I know it all
- * becoming conceited (smug)
- * having difficulty asking for help

become self-righteous (self-justifying) by:

- * becoming defensive
- * making excuses (rationalize)
- * covering up and hiding mistakes
- * assuming I am never the problem
- * avoiding taking responsibility for failure or problems
- * becoming critical of others (blaming others)
- * having difficulty: admitting I was wrong, apologizing, asking for forgiveness, expressing gratitude

become tense (nervous and agitated) by:

- * finding it hard to relax
- * becoming restless (high strung)
- * becoming impatient

become emotionally insulated by:

- * keeping people at a distance
- * becoming inhibited (bottling up emotions)
- * avoiding intimacy
- * denying feelings: having difficulty expressing feelings and opinions openly and honestly
- * becoming unable to express love in a meaningful way

deny reality by:

- * ignoring problems and hoping they will go away
- * denying anything is bad or wrong
- * lying (mislead)
- * deceiving others and myself
- * exaggerating (overstate matters)
- * playing games to hide real intent
- * conning people to get what I want

hold a grudge (be resentful) by:

- * becoming moody (sulk)
- * harboring bitterness
- * becoming unforgiving
- * keeping a scorecard of wrongs done to me or by me
- * trying to get even (seeking revenge)
- * wanting others to fail or get hurt
- * punishing myself or others

To cope when things aren't going right or going my way, I tend to ...

fight unfairly (take cheap shots) by:

- * becoming slanderous (misrepresent the actual situation)
- * gossiping (talking behind other's backs)
- * engaging in passive-aggressive behavior (i.e. using humor to hide real feelings, becoming sarcastic, refusing to communicate, becoming passive, forgetting things, procrastinating, being late, etc.)

put up a front (can't be real) by:

- * faking it (hiding what I really think and feel)
- * putting on a show (performing) to get attention and impress others
- * becoming pretentious (phony, unreal)
- * becoming superficial (plastic)
- * becoming gushy (too sentimental)
- * lack compassion, kindness, understanding, gentleness, and love

live by my feelings by:

- * becoming too subjective (believing that truth is only what I feel)
- * believing I'm ok only when I feel okay
- * becoming too sensitive to criticism
- * becoming hypersensitive
- * taking things too personally
- * reading-in rejection when it isn't there, or setting things up to bring about rejections
- * becoming touchy (irritable)
- * being controlled by anger, doubts, emotions, fear, etc.

become a pleaser (be nice) by:

- * trying to be all things to all people
- * trying to do the "proper / correct" thing
- * trying to keep everyone happy
- * trying to keep peace at all cost
- * avoiding conflict at all cost
- * becoming a doormat (letting others take advantage of me)
- * expressing to others what I think they want to hear
- * giving into others too easily
- * becoming controlled by others
- * having difficulty: saying no, setting boundaries, standing up for myself, becoming overly compliant, becoming too submissive

become passive (lack initiative) by:

- * quitting too easily (giving up)
- * not taking chances
- * playing it safe (pulling back and waiting)
- * waiting for someone to tell me what to do and how to think
- * depending on others instead of God
- * vacillating (becoming too changeable)
- * becoming indecisive (not making decisions)
- * wanting someone else to make the decision for me
- * avoiding failure at all cost
- * procrastinating (putting things off)
- * becoming irresponsible (becoming unreliable)
- * becoming lazy, apathetic, lethargic

become self-depreciating (self-condemning / self critical) by:

- * assuming I am always the problem
- * becoming overly apologetic
- * becoming too hard on myself
- * having difficulty: receiving love, receiving compliments, receiving forgiveness, forgiving myself
- * clinging (becoming a leech) to those who finally accept me
- * becoming uncomfortable with success

become a caretaker (rescuer) by:

- * becoming over protective
- * taking responsibility for other's feelings (becoming overly responsible)
- * making decisions for others
- * giving unsolicited advice
- * trying to prevent other's failure
- * becoming possessive (selfish)
- * becoming a busybody (becoming too involved in other's affairs)
- * becoming preachy (lecturing others)
- * trying to find someone who needs me and who I can rescue
- * nagging (badgering)
- * talking too much and listen poorly

become too intense (overly serious) by:

- * becoming stoical (unemotional)
- * having trouble dealing with feelings
- * becoming overly analytical
- * becoming stern (solemn / formal)
- * lacking joy or life
- * not being fun to be with

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"Search me, O God, and know my heart;
 Try me, and know my anxieties;
 And see if there is any wicked way in me,
 And lead me in the way everlasting." (Psalm 139:1-24).

"I say then: Walk in the Spirit, and you shall not fulfill the lust of the flesh...And those who are Christ's have crucified the flesh with its passions and desire"
 (Galatians 5:17,24)