

CHRISTIAN NICE GIRL SELF-TEST

Wondering if you are a Christian Nice Girl? Below is a self-test that will help you identify if the CNG problem is infecting your life. Try not to overanalyze the questions. Just go with your first, instinctive response.

Spiritual and Church Life

- True False 1) Anger and conflict just seem wrong to me, like they are sins.
- True False 2) I am confused by or avoid discussing the parts of the Bible where Jesus isn't nice (e.g., overturning money changers' tables, calling Pharisees "white-washed tombs").
- True False 3) If I ask myself "WWJD," I assume he would have a gentle response.
- True False 4) A Christian woman should always have a smile on her face.
- True False 5) I probably do too much at church (Or, my family complains that I do too much at church.)
- True False 6) It would be wrong for me, as a Christian woman, to ever question my church staff about their beliefs, choices, actions, etc.
- True False 7) I feel like other women are usually closer to God than I am, and like I just can't seem to get it right spiritually.
- True False 8) I hide my flaws and struggles from other Christians, particularly other women.
- True False 9) I would ask for prayer for sick friends, but I won't ask for prayer for myself, particularly about a personal issue.
- True False 10) Praying about my sexuality seems weird.

Relationships

- True False 11) I've gotten burned trying to help a needy person.
- True False 12) I probably ask too many people for their opinions before I make a decision.
- True False 13) If someone gets mad at me, I usually apologize even if I don't think I've done anything wrong.
- True False 14) It's hard for me to ask other people for what I need.
- True False 15) It's better to lie to someone than to hurt his/her feelings with the truth.
- True False 16) I feel guilty when I say no or set firm boundaries with others.
- True False 17) I am very uncomfortable discussing sex (even with my husband).
- True False 18) My boyfriend or husband or close friend calls me names or puts me down.
- True False 19) I am not good at confrontations and avoid them as long as possible.
- True False 20) Sometimes I think that if people knew the real me, they wouldn't like me.

Work (can be paid or volunteer work, outside or inside the home)

- True False 21) I know I make less money than most people doing my job would earn.
- True False 22) Other people have told me I'm too soft-spoken at work.
- True False 23) Somehow I seem to end up working for abusive bosses.
- True False 24) My co-workers tend to dump their work on me.
- True False 25) I will back down rather than make waves (at work, home, or church) because I would hate to be seen as a pushy or complaining woman.
- True False 26) The people I supervise probably think I'm a bit of a pushover.
- True False 27) If given the choice, I'll play it safe instead of taking a calculated risk.
- True False 28) I usually volunteer to get coffee, make copies, take notes, etc., at meetings and leave the talking to others.
- True False 29) I feel guilty for taking scheduled breaks or sick days at work.
- True False 30) It's hard for me to accept compliments or take credit for a job well done.

Life in General

- True False 31) People tell me I'm too hard on myself.
- True False 32) I feel selfish for having my own wants and desires.
- True False 33) Avoiding all conflict leads to a better life.
- True False 34) Fear keeps me from moving ahead in life.
- True False 35) If I make a mistake, even if it's no big deal I will either cover it up or apologize profusely/try to explain too much about my error.
- True False 36) Even if I don't like what's happening to me, I will smile my way through it and then fume or complain later.
- True False 37) My health suffers if I know someone is disappointed or angry with me (e.g., headaches, nausea, insomnia, diarrhea, etc.)
- True False 38) Even though it was unwise, I've financially helped someone because it was too hard to say no to him/her.
- True False 39) I am more irritable and dissatisfied than most people would guess.
- True False 40) I wish people would just figure out what I need without me having to directly ask for it.

TOTAL NUMBER OF TRUE RESPONSES = _____

If you have five to nine true responses, you have the early stages of Nice Girliosis, and it may get worse if you don't take action now. If you answered true to ten or more questions, the Nice Girl problem has spread and needs immediate intervention! Dr. Degler recommends you take two aspirin and read ten chapters of *No More Christian Nice Girl*. To order a copy, go to www.jenniferdegler.com or www.cwives.com .