

CHANGE OF HEART

CONDITION OF MY HEART SELF ASSESSMENT (Appendix)

In the last column of the table below, write the number that most closely describes your typical response. “When I’m in a situation that calls for this character trait, I think/act just as described in the Definition”:

A. Never; B. Rarely; C. About half the time; D. Most of the time; E. Every time

Table 3-4 Symptoms of the condition of my heart

Trait	Definition	My typical response
1. Patient, 2. Perseverant	<ul style="list-style-type: none"> • Able to calmly wait, enduring annoyance or difficulty • To keep trying until the task is finished even when it’s hard 	1. ____ 2. ____
3. Humble, 4. Modest	<ul style="list-style-type: none"> • To consider yourself as having no special importance over others • Tending not to talk about your own abilities and achievements 	3. ____ 4. ____
5. Kind, 6. Respectful	<ul style="list-style-type: none"> • Generous, helpful and caring toward others • Behaving in ways that show regard for someone 	5. ____ 6. ____
7. Content, 8. Self- sacrificing	<ul style="list-style-type: none"> • To be satisfied with your life circumstances • Giving up your own interests for the well-being of others 	7. ____ 8. ____
9. Hopeful, 10. Trusting	<ul style="list-style-type: none"> • Optimistic that things will turn out well • Firm belief in the integrity of someone or something; to take at face value 	9. ____ 10. ____
11. Truthful, 12. Forgiving	<ul style="list-style-type: none"> • Being completely honest even when it appears not to be in your best interest • Granting pardon of a debt or offense of another 	11. ____ 12. ____
13. Peaceful, 14. Protective	<ul style="list-style-type: none"> • Free from strife, non-violent, steady • To be safe-guarding, shielding, watchful towards another 	13. ____ 14. ____