

# BEING GOD'S MAN SURVEY

This survey will help you measure how well you've integrated manhood principles and behaviors into your daily life. While it will show you the areas where you have grown, it will also allow you to identify your weaknesses and challenge you to ask God for help in improving them. It will provide a forum for sharing your memories, thoughts and feelings with your father, mentor or peers, which is one of the first steps of building strong relationships. Most of all, this exercise will help you establish a standard for what to expect of yourself as you continue your journey toward manhood.

As you complete the survey:

- Score yourself based on where you currently are in your manhood journey, not where you wish you were.
- If you are taking this journey with your father, a mentor or a men's group, have them score you on each question as well. Then compare your scores with theirs. Identify the areas where your answers are similar or different. Discuss how you each came up with your score.
- Discuss your progress and the areas you may need to work on more in the future.

For each question, determine whether you tend to act more like a male or like a man. Rate yourself on a scale of 1 to 5, where 1 is mostly male behavior and 5 is mostly manly behavior.

- \_\_\_\_\_ 01 Do I take care of myself physically?
- \_\_\_\_\_ 02 Do I control my anger?
- \_\_\_\_\_ 03 Do I guide my sexuality?
- \_\_\_\_\_ 04 Am I responsible and willing to face the challenges of life?
- \_\_\_\_\_ 05 Am I able to put the needs of others before my own when necessary?
- \_\_\_\_\_ 06 Do I have strong relationships with other men?
- \_\_\_\_\_ 07 Do I maintain a balance between work and positive forms of pleasure?



- \_\_\_\_\_ 08 Do I face the pain and disappointment of life with productive strategies?
- \_\_\_\_\_ 09 Do I hold myself to a high moral standard?
- \_\_\_\_\_ 10 Do I protect my family?
- \_\_\_\_\_ 11 Am I good at listening, communicating and valuing others?
- \_\_\_\_\_ 12 Am I able to express myself emotionally in healthy ways?
- \_\_\_\_\_ 13 Am I good at making decisions?
- \_\_\_\_\_ 14 Do I have a strong relationship with God?
- \_\_\_\_\_ 15 Am I aware of my dark side (sin, weaknesses, etc.)?
- \_\_\_\_\_ 16 Do I take appropriate action to correct my mistakes?
- \_\_\_\_\_ 17 Do I forgive others when they hurt me?
- \_\_\_\_\_ 18 Have I chosen manly principles for my life, and do I live by them?
- \_\_\_\_\_ 19 Have I learned from my mistakes and turned past pain into strengths?
- \_\_\_\_\_ 20 Do I act confidently and without unnecessary defensiveness?
- \_\_\_\_\_ 21 Do I spend quality time with the people I love?
- \_\_\_\_\_ 22 Do I verbally tell others that they are valuable?
- \_\_\_\_\_ 23 Do I demonstrate how to care for a woman by treating all women well?
- \_\_\_\_\_ 24 Do I live with integrity and good character?
- \_\_\_\_\_ 25 Do I control my anger and other emotions (fear, excitement, sadness, etc.)?
- \_\_\_\_\_ 26 Do I understand who I am and act in ways that demonstrate self-respect?
- \_\_\_\_\_ 27 Do I stay away from addictive substances, activities and behaviors (alcohol, drugs, food, work, sex, gambling and pornography)?
- \_\_\_\_\_ 28 Am I willing to teach others and support their need to learn?
- \_\_\_\_\_ 29 Do I sacrifice myself for others and contribute positively to my family?
- \_\_\_\_\_ 30 Am I continually pursuing a relationship with God?

