



Retreat: **INTO THE WILD**

Step #1: Honestly evaluate each of the following statements based on what is typical for you. Next to each statement, write the number that best describes your reaction to the statement.

Strongly Disagree Disagree Neutral Agree Strongly Agree

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0 1 2 3 4 5 6 7 8 9 10

- ___ 1. I like to think I know what's best for me, not my parents, coaches, or teachers.
- ___ 2. How I feel about myself depends on what others have (or have not) said about my appearance lately.
- ___ 3. I am often drawn to look at sexual images or things that I know I shouldn't.
- ___ 4. I often daydream about having more than I do.
- ___ 5. I find it difficult to get motivated to do things I know I should do.
- ___ 6. I post things on social media knowing it may negatively impact certain people.
- ___ 7. When someone else upsets me, I often try to get even with them.
- ___ 8. I am often unsatisfied with having just one of something.
- ___ 9. It bothers me when someone else does better than I do at something.
- ___ 10. I only post something on social media if I think enough people will like or comment on it.
 If they do not, I may even remove it.
- ___ 11. Viewing pornography is a weekly temptation for me.
- ___ 12. I often think that other people don't deserve the things that they have.
- ___ 13. I'd often rather sit or lay around than do anything else.
- ___ 14. My close friends would say that I like to talk about others who aren't around.
- ___ 15. When I am unsuccessful at something, I tend to get angry to the point of not thinking clearly.
- ___ 16. It is difficult for me to share my possessions with others.
- ___ 17. I often compare myself to others.
- ___ 18. I base my decisions of what to wear and how I should look based on what others might think or say when they see me.
- ___ 19. I have a hard time saying no to things that are tempting to me and often give in.
- ___ 20. I often wish that I had what my friends or others have.
- ___ 21. I wait until the last minute to do things I don't want to do.
- ___ 22. I want to be the first to tell my friends news I've heard about someone else.
- ___ 23. When things don't go the way I want them to, I look to blame others or God.

- ___ 24. I can't watch just one episode, I just let (Youtube, TikTok, Netflix, etc.) keep going.
- ___ 25. I know better than others of how to run my life.
- ___ 26. I am not okay with people seeing anything less than what I think is "my best."
- ___ 27. I find it hard to control my desires for things I want and think about them constantly.
- ___ 28. I am rarely satisfied with what I have.
- ___ 29. I rarely turn in my best work and I know I could do better.
- ___ 30. I enjoy sharing with others how someone else has messed up or made a mistake.
- ___ 31. When I'm upset with someone, I find myself thinking of things to say or do to hurt their feelings.
- ___ 32. I like to have a bigger "piece of the pie" than my friends.
- ___ 33. It bugs me when others confront or disagree with me.
- ___ 34. I have a hard time laughing at myself.
- ___ 35. Even though I know certain things I engage with online are inappropriate, I often do so anyway.
- ___ 36. When I look at other people's photos, I find myself getting jealous.
- ___ 37. I have had other people tell me that I am lazy or that I don't work hard.
- ___ 38. I have hurt friendships in the past by the way I talked about those friends.
- ___ 39. I often get in loud arguments or shouting matches with my parents, siblings, or peers.
- ___ 40. I often want more than what my parents provide for me.

Step #2: Write the number you assigned to each question in the corresponding spaces below and then add up each row and place the total next to each letter.

Score 1 ___ 9 ___ 17 ___ 25 ___ 33 ___ = _____ : A

Score 2 ___ 10 ___ 18 ___ 26 ___ 34 ___ = _____ : B

Score 3 ___ 11 ___ 19 ___ 27 ___ 35 ___ = _____ : C

Score 4 ___ 12 ___ 20 ___ 28 ___ 36 ___ = _____ : D

Score 5 ___ 13 ___ 21 ___ 29 ___ 37 ___ = _____ : E

Score 6 ___ 14 ___ 22 ___ 30 ___ 38 ___ = _____ : F

Score 7 ___ 15 ___ 23 ___ 31 ___ 39 ___ = _____ : G

Score 8 ___ 16 ___ 24 ___ 32 ___ 40 ___ = _____ : H

Step #3: Write the LETTER corresponding with your First and Second highest totals in the spaces below.

First Highest: _____ Second Highest: _____