

# REACTIVE CHARACTER TRAITS WORKSHEET

You struggle with negative emotions. You are more likely than the average person to feel sad, anxious, and self-conscious. You often interpret people or situations as threatening, causing anxiety. In social situations, you are likely to sense that you are being evaluated harshly or rejected by others. When problems or difficult situations arise, you may tend to take them personally, thinking of them as your responsibility or problems to solve, even if they were caused by or belong to someone else. You may doubt your abilities and feel uncomfortable with yourself. The Lord understands these fears and anxiety.

## Key Characteristics

- **Emotional Sensitivity:** Reactive individuals are more emotionally sensitive and tend to experience intense reactions to various situations. You may be more prone to feeling anxious, sad, and upset by everyday challenges.
- **Anxiety:** You may experience higher levels of anxiety and worry about future events and uncertainties. Individuals like you may be more prone to excessive worrying and can be overly cautious.
- **Mood Swings:** Reactive individuals can have frequent and dramatic shifts in their moods, which may seem unpredictable to others. You may go from feeling elated to experiencing deep sadness or irritation rapidly.
- **Self-Consciousness:** You may be overly self-conscious and worry about how others perceive you. Reactive individuals may be sensitive to criticism and often seek reassurance from others.
- **Reactivity to Stress:** You may have a heightened response to stressors. Minor challenges might cause you significant distress or emotional upheaval.

## Jesus' Teachings

It's important to note that interpretations of religious teachings can vary among individuals and denominations, but here are some ways in which the above characteristics may relate to Jesus' teachings.

- **Worry:** Jesus encourages his followers not to worry about material needs such as food, clothing, or shelter. He points out how God cares for the birds of the air and the flowers of the field. If God takes care of them, how much more will He take care of humans, who are of much greater value? Jesus emphasizes seeking God's kingdom and righteousness first and trusting that God will provide what is needed. ([Matthew 6:25-34](#))
- **Do Not Be Anxious:** Similar to the passage in Matthew, Jesus teaches his disciples not to worry about their basic needs. He advises them to seek God's kingdom and trust in God's provision. He highlights the futility of excessive worrying, as it does not add anything positive to one's life. ([Luke 12:22-31](#))
- **Prayer and Thanksgiving:** While this is not a direct teaching of Jesus during his earthly ministry, the apostle Paul, influenced by Jesus' teachings, addresses anxiety in his letter to the Philippians. He advises believers to bring their concerns to God through prayer and supplication, accompanied by thanksgiving. He promises that God's peace, which transcends understanding, will guard their hearts and minds. ([Philippians 4:6-7](#))
- **Calming the Storm:** In Mark, Jesus and his disciples are caught in a storm while in a boat. The disciples become anxious, but Jesus rebukes the storm and calms it. This story serves as a metaphor for how Jesus can bring calm to the storms of life, including the emotional turmoil that anxiety can bring. ([Mark 4:35-41](#))

