



## REACTIVE TRAIT WORKSHEETS

This document is designed to guide you through a series of reflective worksheets focused on identifying and strengthening your reactive traits. These traits play a crucial role in your ability to navigate challenges, build relationships, and foster personal growth. By completing each session, you will gain a deeper understanding of your unique qualities and how they can be developed to support identity, purpose, resilience, and success.

**Session 1: Take the Identity Assessment**

*Reactive is your 'Primary' or 'Secondary' Trait (circle)*

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# 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



# REACTIVE SPIRITUAL STRENGTHS 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.

While reactive individuals may face challenges related to emotional stability, they bring valuable strengths to their spiritual journeys, including heightened empathy, introspection, motivation for growth, awareness of limitations, creative expression, and sensitivity to spiritual matters. Recognizing and nurturing these strengths can enhance their relationship with God and their contributions to their faith communities.

## Spiritual Strengths

### Heightened Empathy:

- **Strength:** Reactive individuals often have a strong sense of empathy, allowing them to connect deeply with the feelings and struggles of others.
- **Bible Reference:** "Rejoice with those who rejoice, weep with those who weep." (Romans 12:15, ESV) – This encourages emotional connections and support within the community.

### Introspection and Self-Reflection:

- **Strength:** They may engage in significant self-reflection, seeking to understand their emotions and spiritual struggles, which can lead to personal growth.
- **Bible Reference:** "Examine yourselves, to see whether you are in the faith. Test yourselves." (2 Corinthians 13:5, ESV) – This highlights the importance of self-examination in spiritual growth.

### Motivation for Spiritual Growth:

- **Strength:** The challenges may drive individuals to seek spiritual practices that promote peace, healing, and emotional stability.
- **Bible Reference:** "Come to me, all who labor and are heavy laden, and I will give you rest." (Matthew 11:28, ESV) – This verse speaks to the comfort and rest found in Christ.

### Awareness of Personal Limitations:

- **Strength:** They are often aware of their limitations and vulnerabilities, which can lead to greater dependence on God and a stronger prayer life.
- **Bible Reference:** "But he said to me, 'My grace is sufficient for you, for my power is made perfect in weakness.'" (2 Corinthians 12:9, ESV) – This emphasizes reliance on God's strength in moments of weakness.

### Creative Expression:

- **Strength:** Reactive individuals can fuel creativity, leading to unique forms of artistic expression that convey deep spiritual truths and personal experiences.
- **Bible Reference:** "Whatever you do, work heartily, as for the Lord and not for men." (Colossians 3:23, ESV) – This encourages creativity and dedication in all pursuits, including artistic expressions of faith.

### Sensitivity to Spiritual Matters:

- **Strength:** Their heightened sensitivity may lead to a deeper awareness of spiritual issues, helping them and others engage in meaningful conversations about faith and struggles.
- **Bible Reference:** "For I know the plans I have for you," declares the Lord, "plans to prosper you and not to harm you, plans to give you hope and a future." (Jeremiah 29:11, NIV) – This speaks to the importance of understanding God's plan amid struggles.



# REACTIVE VULNERABILITIES WORKSHEET

Reactive individuals often experience heightened emotional sensitivity, anxiety, and mood swings. While this can lead to deep emotional experiences and creativity, it also comes with specific vulnerabilities.

## Vulnerabilities

- **Increased Anxiety:** Individuals may frequently experience anxiety or worry, which can hinder their ability to enjoy life and make decisions.
- **Emotional Instability:** Mood swings can lead to unpredictable emotional responses, making it challenging to maintain stable relationships.
- **Difficulty Coping with Stress:** Low levels of emotional stability can result in a lower tolerance for stress, leading to feelings of overwhelm in challenging situations.
- **Negative Self-Perception:** Individuals may struggle with self-doubt and have a tendency to be overly critical of themselves, impacting self-esteem.
- **Tendency to Ruminates:** Low emotional stability can lead to excessive rumination on past events or mistakes, which can prevent personal growth and forward momentum.

## Jesus' Teachings

By reflecting on these teachings of Jesus, reactive individuals can find guidance in addressing their vulnerabilities. Integrating these principles into daily life can promote emotional resilience, enhance self-compassion, and foster a deeper sense of peace and purpose.

- **Increased Anxiety:** *"Do not be anxious about tomorrow, for tomorrow will be anxious for itself." (Matthew 6:34)*  
This teaching encourages individuals to focus on the present moment and trust in God's provision. It serves as a reminder to let go of worries about the future and embrace a more peaceful mindset.
- **Emotional Instability:** *"Peace I leave with you; my peace I give to you. Not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid." (John 14:27)*  
This verse emphasizes the importance of inner peace. Seeking spiritual grounding can help individuals manage emotional fluctuations and find stability in their faith.
- **Difficulty Coping with Stress:** *"Come to me, all who labor and are heavy laden, and I will give you rest." (Matthew 11:28)*  
This teaching invites individuals to seek rest and solace in Jesus during times of stress. It encourages them to rely on their faith for support and relief from burdens.
- **Negative Self-Perception:** *"For I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you, plans to give you hope and a future." (Jeremiah 29:11)*  
This verse serves as a reminder of one's inherent value and potential. Reflecting on God's positive intentions can help individuals combat negative self-perception and cultivate hope.
- **Tendency to Ruminates:** *"Therefore do not judge, lest you be judged." (Matthew 7:1)*  
This teaching encourages individuals to be less critical of themselves and others. Practicing grace and understanding can reduce the tendency to ruminate on past mistakes and foster a more forgiving mindset.

## Other Practical Guidance

### Personal Guidance

- **Practice Mindfulness and Relaxation Techniques:** Incorporate mindfulness practices, such as meditation, deep breathing exercises, or yoga, into your daily routine. These techniques can help reduce anxiety and promote emotional regulation.
- **Set Realistic Goals:** Break larger tasks into smaller, manageable steps, and set achievable goals. This can help reduce feelings of overwhelm and provide a clearer path forward.
- **Challenge Negative Thoughts:** Keep a journal to identify negative thought patterns. When negative thoughts arise, challenge them by looking for evidence to the contrary and reframing them in a more positive light.
- **Develop Coping Strategies:** Identify healthy coping mechanisms for managing stress, such as exercise, engaging in hobbies, or spending time in nature. Experiment with different strategies to find what works best for you.
- **Seek Professional Help if Needed:** Consider talking to a therapist or counselor if feelings of anxiety or emotional instability become overwhelming. Professional support can provide valuable tools and strategies for managing these challenges.

### Relationship Guidance

- **Communicate Openly:** Share your feelings and concerns with close friends or loved ones. Being open about your experiences can foster understanding and support.
- **Practice Active Listening:** When engaging in conversations, focus on actively listening to others. This can help you become more present in relationships and reduce anxiety about your own feelings.
- **Set Boundaries:** Establish healthy boundaries in your relationships to protect your emotional well-being. This might include knowing when to take a break or stepping back from stressful interactions.
- **Seek Supportive Relationships:** Surround yourself with supportive individuals who understand your challenges and can provide encouragement. Engage with those who are patient and empathetic to your needs.
- **Engage in Positive Activities Together:** Spend time doing enjoyable activities with friends or family, such as going for walks, watching movies, or participating in hobbies. Focus on positive experiences to enhance your emotional well-being.

## Notes

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# REACTIVE TRAIT NAVIGATING CHALLENGES

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.

## Challenges You May Experience from Yourself and Others

Negative emotions tend to surface or are exaggerated in stressful or challenging situations. Stressful situations or settings can be common in certain jobs. These situations may include tight or unrealistic deadlines, feeling overworked, dealing with a difficult coworker, supervisor or customer, etc. When you are working in a stressful setting you may be perceived by others as being anxious, tense, restless, easily discouraged, temperamental, or worried. It's helpful to be aware of your emotions when under stress at work so that you can monitor your behavior.

## How to Effectively Manage Challenges

- **Practice self-awareness:** Recognize when negative emotions arise in stressful situations and acknowledge their impact on your thoughts and behavior.
- **Utilize coping strategies:** Develop healthy coping mechanisms such as deep breathing, mindfulness, or taking short breaks to manage stress and anxiety.
- **Seek support:** Reach out to trusted colleagues, friends, or supervisors for emotional support and guidance during challenging times.
- **Set realistic expectations:** Avoid setting overly ambitious goals or expectations for yourself that may contribute to increased stress and anxiety.
- **Communicate effectively:** Clearly express your concerns or limitations to colleagues or supervisors, when necessary, while maintaining professionalism and seeking solutions collaboratively.
- **Prioritize self-care:** Invest time in activities that promote mental and emotional well-being, such as exercise, hobbies, or spending time with loved ones outside of work.
- **Learn from setbacks:** Use challenging experiences as opportunities for growth and self-improvement, reflecting on lessons learned and adjusting your approach accordingly.

## Jesus' Teachings

By integrating these teachings of Jesus into your approach, you can navigate workplace challenges more effectively. Practicing self-awareness, utilizing coping strategies, and seeking support will help you manage stress and negative emotions while fostering a more positive work environment. This alignment with Jesus' principles can lead to personal growth and resilience in the face of challenges.



- **Practice Self-Awareness:** Jesus emphasized the importance of self-reflection and understanding one's own heart and motivations (e.g., Matthew 7:3-5, where He speaks about examining oneself before judging others). Recognize when negative emotions arise in stressful situations and acknowledge their impact on your thoughts and behavior. This self-awareness can help you manage your reactions.
- **Utilize Coping Strategies:** Jesus often withdrew to pray and seek solitude, highlighting the importance of taking time for oneself to find peace (e.g., Mark 1:35). Develop healthy coping mechanisms such as deep breathing, mindfulness, or taking short breaks to manage stress and anxiety, following Jesus' example of prioritizing time for reflection and rejuvenation.
- **Seek Support:** Jesus encouraged community and support among His followers, as seen in Matthew 18:20, where He said, "For where two or three gather in my name, there am I with them." Reach out to trusted colleagues, friends, or supervisors for emotional support and guidance during challenging times, fostering a sense of community in your workplace.
- **Set Realistic Expectations:** Jesus taught about the importance of being realistic and prepared, as illustrated in the Parable of the Talents (Matthew 25:14-30), which emphasizes using resources wisely and not overextending oneself. Avoid setting overly ambitious goals or expectations for yourself that may contribute to increased stress and anxiety. Instead, focus on achievable objectives.
- **Communicate Effectively:** Jesus was direct yet compassionate in His communication, addressing concerns clearly (e.g., John 16:12-15, where He prepares His disciples for what is to come). Clearly express your concerns or limitations to colleagues or supervisors when necessary, maintaining professionalism and seeking collaborative solutions.
- **Prioritize Self-Care:** Jesus highlighted the importance of rest and renewal, as seen in Matthew 11:28-30, where He invites those who are weary to come to Him for rest. Invest time in activities that promote mental and emotional well-being, such as exercise, hobbies, or spending time with loved ones outside of work, ensuring you take care of your holistic health.
- **Learn from Setbacks:** Jesus often used challenges and setbacks as teaching moments for His disciples, emphasizing growth and understanding (e.g., Luke 22:31-32, where He tells Peter that his faith will be tested but also strengthened). Use challenging experiences as opportunities for growth and self-improvement, reflecting on lessons learned and adjusting your approach accordingly.

**Notes**

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# REACTIVE LEARNING STYLES

Based on your learning styles, here are the best way to engage and learn from the Bible.

## Primary Learning Style: Auditory



Auditory learners learn best through sound and spoken word. They tend to retain information better through lectures, discussions, podcasts, and listening to explanations or recordings.

### Auditory Learner Resources

As an 'auditory' learner, here are some resources to help you better understand the bible and other concepts.

- **Listen to the Bible from Bible.com at <https://www.bible.com/>**  
Take God's Word with you wherever you go by downloading the free Bible App. Listen to audio bibles, create prayers, study with friends, and much more.
- **BibleProject audio podcasts at <https://bibleproject.com/podcasts/the-bible-project-podcast/>**  
The BibleProject podcast features detailed conversations exploring the biblical theology behind each animated video and series they create.
- **Through the Word audio podcasts at <https://throughtheword.org/platforms/plans/>**  
Understand the Bible in 10-minutes a day with clear and concise plans for every book and audio guides for every chapter of the Bible.

## Secondary Learning Style: Read/Write



Read/write learners excel when they engage with written materials. They prefer reading text, taking notes, and creating written summaries to understand and remember information.

### Read/Write Learner Resources

As a 'read/write' learner, here are some resources to help you better understand the bible and other concepts.

- **YouVersion reading plans at <https://www.bible.com/reading-plans>**  
YouVersion has the most comprehensive reading plans and daily devotionals available in multiple bible versions and languages.
- **Where to start from Spoken Gospel at <https://www.spokengospel.com/quiz>**  
**Not sure where to start?** Take our short quiz, and we'll find the perfect book for you.
- **BibleProject reading plans at <https://bibleproject.com/explore/>**  
BibleProject has over thirty reading plans available on YouVersion's Bible app.

# REACTIVE RELATIONAL STRENGTHS WORKSHEET

Reactive individuals are often characterized by a heightened sensitivity to emotions, stress, and anxiety. While this may seem like a challenge in relationships, it can also foster certain relational strengths that contribute meaningfully to both community dynamics and conversations. Their emotional awareness, empathy, and attentiveness to the emotional atmosphere can create depth and emotional connection within social settings.

## Relational Strengths in a Community

- **Heightened Emotional Sensitivity:** Reactive individuals are often highly attuned to the emotional states of others. This sensitivity allows them to detect when someone is feeling upset, anxious, or excluded, making them effective at offering support or addressing emotional issues in the community.
- **Empathy and Compassion:** Their own emotional experiences make them more empathetic toward others who may be going through difficult times. In a community, they are often the ones who provide emotional support, understanding, and compassion to those who are struggling.
- **Strong Sense of Loyalty:** Because they may be more prone to worrying about relationships, reactive individuals often go out of their way to maintain close bonds. This can lead to a strong sense of loyalty and commitment to the people in their community.
- **Deep Connections with Others:** Reactive individuals often seek deep, emotionally rich connections. This can lead to stronger one-on-one relationships where both parties feel truly understood and supported on an emotional level.
- **Vulnerability as a Strength:** Their willingness to express vulnerability can create a culture of openness within the community. When they share their own struggles or emotions, it encourages others to do the same, fostering a supportive and understanding community environment.
- **Attention to Emotional Well-Being:** Because they are emotionally sensitive, reserved individuals are more likely to prioritize the emotional well-being of those around them. They can advocate for group activities or discussions that focus on mental health, self-care, or emotional support, enhancing the community's focus on holistic well-being.

## Jesus' Teachings

Reactive individuals are often emotionally sensitive, deeply empathetic, and attuned to the feelings of others. Their relational strengths in a community include their ability to offer compassion, empathy, and emotional support, as they are often highly aware of both their own emotions and those of the people around them. While they may experience heightened anxiety or emotional intensity, these qualities often translate into profound care for others. Jesus' teachings reflect the values of empathy, compassion, and bearing one another's burdens, which align with the strengths of reserved individuals, who tend to be emotionally responsive and supportive.

### Teaching on Compassion, Empathy, and Emotional Support

One of Jesus' teachings that reflects the relational strengths of reactive individuals is His emphasis on compassion and caring for others in their time of need. In Matthew 11:28-30, Jesus offers rest to those who are burdened and weary, showing His deep empathy for those who are emotionally or physically struggling.

**Matthew 11:28-30:** *“Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light.”*

This teaching emphasizes Jesus' empathy and willingness to provide comfort, which mirrors the relational strength of reserved individuals. They often offer emotional support and a listening ear to those in distress, helping to ease the burdens of others within their community.

### Teaching on Mourning with Others

Jesus also taught the value of mourning with those who mourn, showing empathy and emotional depth. One key teaching comes from the Beatitudes, where Jesus blesses those who mourn and are emotionally vulnerable, affirming their importance in the kingdom of God:

**Matthew 5:4:** *“Blessed are those who mourn, for they will be comforted.”*

This teaching highlights the emotional strength of individuals who are sensitive and empathetic, as they are often the ones who are able to comfort and support others in their grief. Reserved individuals often play this role, bringing emotional depth and compassion to their relationships, helping others feel seen and understood.

### Bible Verse that Represents These Relational Strengths

A Bible verse that aligns with the relational strengths of reactive individuals, particularly their ability to bear others' burdens and offer compassion, is:

**Galatians 6:2:** *“Carry each other's burdens, and in this way you will fulfill the law of Christ.”*

This verse reflects the strength of individuals who are emotionally sensitive and able to empathize with others. Their willingness to carry emotional burdens alongside others fosters strong, supportive relationships within their community.

### Notes

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# REACTIVE CONVERSATION STRENGTHS WORKSHEET

Reactive individuals are often characterized by a heightened sensitivity to emotions, stress, and anxiety. While this may seem like a challenge in relationships, it can also foster certain relational strengths that contribute meaningfully to both community dynamics and conversations. Their emotional awareness, empathy, and attentiveness to the emotional atmosphere can create depth and emotional connection within social settings.

## Conversational Strengths

- **Emotional Depth:** Conversations with reactive individuals often delve deeply into emotional topics. They are comfortable discussing feelings, vulnerabilities, and personal challenges, creating space for others to open and share in meaningful ways.
- **Strong Empathetic Listening:** Their own emotional experiences help them empathize with others' struggles. They are often deeply empathetic listeners, offering a non-judgmental ear to friends and colleagues who need to vent or express their concerns.
- **Authenticity and Vulnerability:** Reactive individuals tend to be open about their emotions and insecurities, which can create an atmosphere of authenticity in conversations. Others may feel more comfortable being vulnerable and authentic in return, leading to more genuine and heartfelt interactions.
- **Attuned to Emotional Nuances:** They are highly perceptive of emotional cues, such as changes in tone or body language. This attentiveness allows them to pick up on how others are feeling, even if it's not being explicitly expressed, and adjust the conversation accordingly to offer support or comfort.
- **Supportive and Caring Feedback:** In conversations, reactive individuals tend to be gentle and cautious in giving feedback, as they are mindful of how their words might affect others. They often offer supportive and compassionate responses, which can make them trusted confidants in emotional discussions.
- **Emotional Bonding:** Their sensitivity to emotions helps create strong emotional bonds in conversations. By showing care, concern, and genuine interest in others' feelings, they foster a sense of trust and emotional closeness that enhances relationships.

## Jesus' Teachings

Reactive individuals tend to be emotionally sensitive, empathetic, and attuned to the emotional dynamics of conversations. Their communication strengths include deep empathy, emotional support, and the ability to connect with others on a profound emotional level. They are often excellent at understanding and validating the feelings of others, which fosters meaningful, compassionate interactions. Jesus' teachings emphasize empathy, bearing one another's burdens, and offering comfort, all of which align with the strengths of individuals who are emotionally sensitive and responsive in their conversations.

### Teaching on Empathy, Compassion, and Emotional Support

One of Jesus' teachings that reflects the conversational strengths of reactive individuals is His emphasis on caring for those who are burdened and offering comfort to those in need. In Matthew 11:28-30, Jesus invites those who are weary and burdened to come to Him for rest, showing His deep empathy and compassion:

**Matthew 11:28-30:** *"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble*

