

5. During the last day/ half-day I read false motives into others' behaviors. *

Mark only one oval.

	1	2	3	4	5	6	7	8	9	10	
Not at all.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly.

6. During the last day/ half-day I belittled others. *

Mark only one oval.

	1	2	3	4	5	6	7	8	9	10	
Not at all.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly.

7. During the last day/ half-day I engaged in backbiting (saying something bad, even if true, behind another's back) or slander (saying something bad, even if true, in the open about another). *

Mark only one oval.

	1	2	3	4	5	6	7	8	9	10	
Not at all.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly.

8. During the last day/ half-day I engaged in the following type(s) of gossip: *

Mark only one oval.

- initiating gossip
- collecting gossip
- retelling gossip
- none of the above

9. During the last day/ half-day I aroused, fostered or organized antagonism against others. *

Mark only one oval.

	1	2	3	4	5	6	7	8	9	10	
Not at all.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly.

10. How well does this describe envy's impact on your joy? (quote by Tim Challies): "When I am walking with Envy and allowing him to influence me, I cannot enjoy anything in itself because I only see what I have and what I am in comparison to someone else. I am not popular, I am less popular than he is. I don't sell books, I sell fewer books than he does. In every case, I can never be joyful, because everything the other person has calls me into question." *

Mark only one oval.

	1	2	3	4	5	6	7	8	9	10	
Not at all.	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	Strongly.

11. When I see someone who has what I desire, I ... *

Check all that apply.

	Feel grateful for their good fortune	Feel grateful for their good fortune ... and wish I had what they had.	Feel frustrated or angry that I do not have what they have.	Feel ill will toward them for what they have.	Feel bad about myself for not having what they have.
Row 1	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

12. Defeating envy begins with gratitude and thanksgiving. What is one step I can take today/ this week to focus more on the blessing of what I DO have rather than what I DON'T. *

13. Defeating envy also involves self-love. How can I focus today/ this week more on the worth and value I already have rather than pining for a worth or value tied to the possession or position that someone else has? *

14. Defeating envy requires learning to love my neighbor as myself. What could I do this week to rejoice in the good fortune of others (Rom. 12:15)? *

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