

THE DEVELOPMENT PROJECT

# DISCIPLE GUIDE

MODULE 2 - SESSION 2

**Disciple Guide  
Module 2, Session 2**

**Core Focus: Confronting Avoidance Behavior**

**Video Questions and Statements**

1. \_\_\_\_\_ is a major strategy of arrested development.
2. How often do I engage in the following? (Place appropriate number in the blank.)
- |              |             |               |
|--------------|-------------|---------------|
| 1 Always     | 3 Often     | 5 Seldom      |
| 2 Very Often | 4 Sometimes | 6 Very Seldom |
|              |             | 7 Never       |

- \_\_\_\_\_ 1. Because of fear, I avoid participating in certain activities.
- \_\_\_\_\_ 2. When I sense that I might experience failure in some important area, I become nervous and anxious.
- \_\_\_\_\_ 3. I worry.
- \_\_\_\_\_ 4. I have unexplained anxiety.
- \_\_\_\_\_ 5. I am a perfectionist.
- \_\_\_\_\_ 6. I am compelled to justify my mistakes.
- \_\_\_\_\_ 7. There are certain areas in which I feel I *must* succeed.
- \_\_\_\_\_ 8. I become depressed when I fail.
- \_\_\_\_\_ 9. I become angry with people who interfere with my attempts to succeed, and as a result, make me appear incompetent
- \_\_\_\_\_ 10. I am self-critical.

3. List any avoidance behaviors I am becoming aware of.

4. What activities or situations do I tend to avoid—and why? What might these behaviors be protecting me from?

5. What does failure mean to me? How do I typically respond to it?

6. What do I think about people who fail?

7. Write out 2 Timothy 3:16 AmpC.

8. If I avoid receiving proper and healthy correction and instruction, how could it affect my growth and maturity?

9. I encourage you to pray and ask Holy Spirit to lead you into an increased understanding of what your avoidance behaviors may be and why you are utilizing them.
10. How do I believe God sees me in moments of failure?
11. How do I typically respond to feeling like I “should have known better”?

---

**Recognize that growth in God is layered and ongoing. Embrace the next level of maturity without letting shame or regret distort my rich history with Him.**