

## Can You Spot Your Idols?

### If your idol is a sport or sports team

- you will sacrifice your time and your resources
- your work-life and your meaning is all attached to the performance of the
- you will feel high when they're doing well.
- you will feel low when they're doing poorly
- you might think yourself superior to someone who cheers for another team

### Your idol is a spouse or partner

- You think: "I'm fine as long as Mr. or Ms. "Right" is in love with me."
- If you're single you think, "I'll only be happy when \_\_\_\_\_ loves me."
- Your security is founded on a person
- You will be emotionally dependent, jealous, and controlling.
- The other persons problems will be overwhelming to you.

### If your idol is your family and children

- My children and/or my parents are happy and happy with me.
- you will try to live your life through your children
- you will control them and they may grow to resent you or have no self of
- At worst, you may abuse them when they displease you.

### If your idol is your work and career

- Your worth is based on being "highly productive and getting a lot done."
- "I am worthwhile as long as I am being recognized for my
- accomplishments, and I am excelling in my work."
- you could become a driven workaholic
- Relationships become shallow (all you will know and talk about is your
- Sacrifice your health, family and recreation to achieve career goals
- if your career goes poorly or you get laid off/fired you can develop deep depression

### If your idol is money and possessions

- You think, "I will live once I have \_\_\_\_\_ saved up."
- My security and peace comes from a number on my bank statement
- Your problem: you'll be eaten up by worry or jealousy about money.
- You will become drowned in debt
- You'll be willing to do unethical things to maintain your lifestyle

### If your idol is pleasure

- You will have no way to cope with the challenges of everyday human life
- Hedonism is a soil in which addiction easily grows
- People will think you're a narcissist because you only think of satisfying your pleasures
- You will become chained to various "escape strategies" to avoid the hardness of life.

it will demand a sacrifice of your time, your sleep, relationships and your resources

### If your idol is comfort

- I have this kind of pleasure experience, a particular quality of life."
- privacy, lack of stress, freedom from pain
- Your greatest nightmare: Stress, demands, burnout
- People around you often feel: Neglected
- Your problem emotion will be boredom because comfort never satisfies

### ***If your idol is relationships and approval***

- “I am loved and respected by \_\_\_\_.”
- affirmation, love, relationships
- Your greatest nightmare: Rejection
- People around you often feel smothered
- you will be constantly overly hurt by criticism and thus always losing friends.
- you will fear confronting others and therefore will be a useless friend.
- you will choose cowardice over bravery

### **If your idol is a "Noble Cause"**

- divide the world into "good" and bad"
- you can easily become burned out due to internalizing your challenges
- you will demonize your opponents.
- Ironically, you will be controlled by your enemies. Without them, you have no purpose.
- if you solve the problem, you will have nothing to live for and life will feel meaningless

### **If your idol is serving**

- I’m significant if “people are dependent on me and need me.”
- your problem: you become a busy-body and could burnout

### **If your idol is power**

- “I need to be in charge. I need to have power over others.”
- you are determined to gain success, winning, influence
- Your greatest nightmare: Humiliation
- People around you often feel: Used
- you step on them to get to the top
- You may become incredibly angry when you don’t get your way

### **If your idol is control**

- self-discipline, certainty, standards
- Your greatest nightmare: Uncertainty
- People around you often feel: Condemned
- Your problem emotion: Worry

### **If your idol is politics and some ideology**

- You think: “I’m significant when the particular political party I align with is making progress and ascending in power
- you can demonize people with other ideas or political ideologies
- you’re become a mess if another party gets elected

### **Religion and morality**

- your salvation is based on the rightness of your views and standards, not on Jesus
- you will, if you are living up to your moral standards, be proud, self-righteous, and cruel.
- If you don't live up to your moral standards, your feelings of guilt will be devastating.
- you may demonize anyone who doesn’t agree with you on everything