

ACCUSATION CHECKLIST

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Note:

- (1) **Checklists are not to be done without a corresponding study of scripture.** Without the wisdom of God put in the forefront, the effectiveness of the checklist is severely diminished. The checklist is not a magic wand; it is an extension of our platform of repentance based upon scriptural principles.
- (2) **Pray before beginning the checklist.**
- (3) Check the items below that were either done to you or by you as **a habit of life at any time during your life** (*Romans 7 principles, see Foundational Study*). The definitions are just general guidelines. Let the Lord work in your heart to show you how you may have exhibited that characteristic even though it may not exactly match the definition.

- Being accusatory..... To charge another with an offense ("Well he did _____ to you. And she did _____ to you!")
- Accusation A charge of wrongdoing, guilt or blame.
- Anticipated accusation Being sure that you will be accused before you actually get to speak to the other person.
- Perceived accusation..... Wrongly believing that another is accusing you (Pastor walked right by me. I must have done something wrong)
- Affrontedness Deliberate act or display of disrespect; insult; open manifestation of disrespect or insolence.
- Ambiguity..... Uncertainty of meaning or intention. (Well, you should know what you did)
- Ambush Surprise, unexpected emotional attack. Being totally taken aback by the intensity of an onslaught.
- Anger Expressing bitterness ("Tell them what _____ did to you!")
- Arguing/Contention Debating every issue ("I don't agree" "You're wrong" "That's not the way to do it")
- Arrogance..... Focusing on another's weakness ("You're so much better at doing that than they are.")
- Assuming..... Believing you know one thing when you don't have all of the facts.
- Avoidance To keep away from others because you blame them for a fault. ("Oh, no. Here comes Jim down the grocery aisle. Run the other way!")
- Awkwardness Embarrassing moment due to a fault (Why should I come to his defense? He is the one who put his foot in his mouth; not me!)
- Backbiting..... Attacking the character or reputation of a person that is not present ("Don't you think she's bit...well...you know, slutty?")
- Backlash..... A strong negative reaction
- Barraging An overwhelming quantity or explosion of words or criticisms.
- Belittling..... To make another feel less important or impressive than they are. ("Some *father* you are!")
- Bigotry Detesting/dehumanizing a group ("There's another one of *those*" "*They* take all of the jobs")
- Being a busy body..... To pry or meddle into the affairs of another so as to gain attention when sharing with others.
- Bitterness..... Remembering the pain ("Remember how they hurt you?" "They'll just laugh at you, like before")
- Blackballing..... To exclude socially, ostracize
- Blaming..... Making another the cause of the problem ("You lost because of their incompetence", "He's mad at you because of her").
- Blindsiding..... Being caught off guard, unable to see an attack coming; to attack where a person is vulnerable.
- Unholy burden bearing..... Feeling responsibility for things in excess of what is normally expected or for things that are not your responsibility.
- Character assassination..... Name calling ("They are such a jerk" "They are such a pig")
- Competition If you aren't the best, you're less of a person ("Being second = loser!" "Nice guys finish last")
- Complaining To express dissatisfaction, resentment, grief, find fault.
- Condemnation Vague feeling of inadequacy that plagues you (I just know something is wrong, I don't know what it is exactly). To express an unfavorable or adverse judgment on another ("You are such a loser!").
- Condescending To look at another as if they are inferior in rank, dignity or position ("Go and do what you are good for...make me a cup of coffee!")
- Conflict with self..... Unapproving/guilt ridden because of your stature, accomplishments (I don't deserve to be an elder). You know how you look or how you are wired (i.e.: you are singular) but you don't like it and can't do much about it.
- Confusion Not being sure; too many thoughts or ideas coming at you at one time so that you can't decide upon just one.
- Contention..... Nit-picking, nagging ("Tell them how slow they are" "Point out this error")
- Criticism..... Passing judgment on the merits of another ("How can anyone with that skin color excel?").
- Cynicism Distrusting the motives of others, doubting or denying the goodness of human motives, displays this attitude by sneers, sarcasm, etc.
- Debating..... To engage in arguments where one side is not accepted but rebutted.
- Decreased value upon accusation Feeling like you are less valuable after you are criticized.
- Defenselessness Not being protected; to be left vulnerable; left to stick up for yourself.

(CONTINUED)

- Depression..... Having no satisfaction in life ("Your life is the pits" "Everything will always be this horrible")