

TAKE THE *control girl* QUIZ



Are you a Control Girl?

First of all, let me commend you on your willingness to engage the question. Many women avoid it.

For years, I saw myself as having the best of intentions. I took matters into my own hands because I cared so much! I was invested! The last word I would have chosen to describe myself was “controlling”. Besides, nobody else told me outright that I was controlling—not even my husband. Yet, there were signs....

Do any of these describe you? Answer YES or NO:

1.	Do you struggle with anger? Do you erupt when something doesn't go your way? Do you lose your cool over small, insignificant interruptions?
2.	Do you struggle with worry or anxiety? Are you gripped with fear over the future? Do you fret about your own safety or the safety of those you love?
3.	Are you irritated by other controlling people? Is there a controlling person in your life who deeply frustrates you? Are you more bothered than others by this person?
4.	Do friends or family members send subtle hints? Do others give tactful clues that they'd like you to back off? Do they ever roll their eyes and say, "I can handle it!"
5.	Do they call you the "Food Nazi"? Or the "Seatbelt Nazi"? Or the "(Fill-in-the-blank) Nazi?" Do other people resist your efforts to get them to do what's best?
6.	Does your husband feel disrespected by you? Does he get angry because you interrupt? Does he get frustrated when you give suggestions or tell him how to do it?
7.	Do your kids think you're nagging them? Do your young children have closed hearts toward you? Do your grown children withhold information or try to avoid your questions?
8.	Are you undisciplined? Do you regularly eat too much, spend too much, stay up too late, or spend too much time on social media? Are you constantly late?

9.	Are you rigidly perfectionistic? Do you obsess over every calorie, every cent, or every minute spent? Are you a perfectionist with your home, your appearance, or your work?
10.	Do you keep hidden agendas? Do you tend to conceal information or only tell part of the story, to give yourself leverage? Do you use information to manipulate people?
11.	Do you have a lifestyle of “image control”? Do you try to control of what people think of you? Do you put up walls in relationships or limit yourself to superficiality?
12.	Does God seem far away? Do you picture God as distant or uncaring? Are you suspicious of His motives? Do you think of Him as indifferent, apathetic, or disinterested?

So, how’d you do? Did you answer yes to some? Most? Do you think you might be a Control Girl? If so, don’t despair. I have good news for you: **No woman *has* to be a Control Girl.**

Yes, women tend to have a bent toward wanting control, but God offers another option. Another path. He invites us to a life of laying down our burden of control, and choosing surrender instead! Surrendering control is what turns us from Control Girls into Jesus Girls.

Check out the **“Control Girl Quiz”** blog series at ControlGirl.com, where Shannon unpacks each of the quiz questions. Also check out the real life stories of women like you on the **“Control Girl to Jesus Girl”** blog series, also at ControlGirl.com.



Control Girl: Lessons on Surrendering Your Burden of Control From Seven Women in the Bible can be used as an individual or small group Bible study. Check out the free discussion guide and more at ControlGirl.com.



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