

THE CONTROL GIRL QUIZ

Hey, there. I've designed this quiz for women like me, back when I had no idea if I was a "Control Girl". I hope you'll be honest with yourself, but also have fun with it. May God give you wisdom, grace, and encouragement as you take a look in the mirror. See you on the other side!

Inviting you to live like it's true that God is in control,

Shannon Popkin

1. On average, how many times per day do you erupt in anger?

Do you lose your cool when something doesn't go your way? Do you blow up over even small, insignificant interruptions? Do you inwardly (or outwardly) seethe at people who make life difficult, or who disagree with you—even over small things?

0 1 2 3 4 5 6 7 8 9 10
TIMES PER DAY

2. On average, how many times per day 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? Do you obsess over small concerns, because you're worried about where they will lead? Do you tend to project into the future, consider all of the "what ifs", and overreact?

0 1 2 3 4 5 6 7 8 9 10
TIMES PER DAY

3. How intensely are you irritated by other controlling people?

Think of that controlling person in your life. Are you more bothered by her than everyone else? Do you ever become passive aggressive when she gives you no choice or violates your "turf"?

0 1 2 3 4 5 6 7 8 9 10
I'M NEVER BOTHERED I'M OFTEN INTENSELY BOTHERED

4. Would your friends or family members say you're controlling?

Think back to subtle (or not) hints. Does your sister roll her eyes at you? Does your teen say, "I got it, the first six times, Mom!" If we cornered the people who love you, what's the likelihood they would say that you are pushy or overbearing?

0 1 2 3 4 5 6 7 8 9 10
NOT A CHANCE ABSOLUTELY

5. Would anyone call you the _____ Nazi?

Maybe the "Food Nazi"? Or the "Seatbelt Nazi"? Are there people in your life who would say that you micromanage, overstep, or insist on your way?

0 1 2 3 4 5 6 7 8 9 10
NOT A CHANCE ABSOLUTELY

6. How many times per week does your husband or boyfriend feel disrespected by you?

Maybe you don't think you're being disrespectful, but think about his responses. How often does he become angry when you interrupt or say something that puts him down? Or how often does he get frustrated when you tell him how to do it? How frequently does he become sullen, explosive, or withdrawn from you? (If you're single sub in a significant person.)

0 1 2 3 4 5 6 7 8 9 10
TIMES PER WEEK

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7. Do any of your kids think you're a nag?

Maybe they wouldn't say so, but is your child's heart closed to you? Do your grown children withhold information or try to avoid your questions? Do your kids bristle when you come into the room? (If you're not a mom, sub in a significant person.)

0 1 2 3 4 5 6 7 8 9 10
NOT A CHANCE ABSOLUTELY

8. How often do you cave in to undisciplined habits?

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? Do you struggle to live within any sort of boundary lines or limits?

0 1 2 3 4 5 6 7 8 9 10
ONCE A YEAR MANY TIMES PER DAY

9. How much of a perfectionist are you?

Do you obsess over every calorie, every cent, or every minute spent? Are you a perfectionist with your home, your car, your appearance, or your work? Are you often rigid and inflexible with others?

0 1 2 3 4 5 6 7 8 9 10
NOT A BIT TOTALLY

10. How often do you have a hidden agenda?

Do you tend to conceal information or only tell part of the story, in order to give yourself leverage? Do you use information to manipulate people? Do you use relational equity to your advantage?

0 1 2 3 4 5 6 7 8 9 10
ONCE A DECADE MANY TIMES PER WEEK

11. How often do you worry about "image control" or managing what others think of you?

Do you often guard what people know about you? Do you throw yourself into your work, ministry, or appearance to project the right image? Do you try to ward off feelings of worthlessness by proving yourself? Do you put up walls in relationships or limit yourself to superficiality?

0 1 2 3 4 5 6 7 8 9 10
ONCE A YEAR MANY TIMES PER DAY

13. Do you often think of God as far away?

Do you picture God as distant or uncaring? Are you suspicious of His motives? Do you think of Him as too indifferent, apathetic, or disinterested to concern Himself with the things that matter to you?

0 1 2 3 4 5 6 7 8 9 10
NOT A BIT TOTALLY

WELL DONE!

SCORING



SCORING:

110-130

You're a Control Girl Queen! I suggest you ask someone else to buy you a copy of *Control Girl*, because they'll probably be delighted to do so! Invite a friend to go through the study with you. Support is so important!

90-109

You're a Controladora. (This is what my husband started calling me after the Spanish version of *Control Girl* came out.) Will you pick up a copy of *Control Girl*? I'm excited for you to find new freedom and security in letting go.

60-89

You're a Recovering Control Girl. This is a struggle for you, yet there are signs that God is at work transforming you. Will you invite a friend and get started on *Control Girl*? I think you'll be amazed at how similar you are to some of the women in the Bible we'll be studying.

30-59

You're a Steadily Surrendered Control Girl. It's clear that God has been at work in your heart for many years. Won't you invite others to join you in a study through *Control Girl*? As you'll see in chapter two, this isn't an issue any of us can completely escape.

0-29

You Might be Lying. Just kidding! I'm trusting that you've been completely honest with yourself, which means that God has transformed you into an amazingly surrendered, godly woman. Can we please be friends? Women like you are very few and far between! You inspire me!



Thanks so much for taking the quiz! Are you interested in learning more? My nine week study, *Control Girl*, considers the lives of seven controlling women in the Bible, and the security and peace we find when we live like it's true that God is the one in control, not us. Visit controlgirl.com for more information on using this study for your church or small group.

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