

Adapted from Dr. Patrick Carnes

Personal Honesty Index “How am I really doing?”

The Personal Honesty Index (PHI) is a tool to assist you to stay on track with your Freedom Plan. The life of a FOCUS missionary is quite different from many other lifestyles. It can be robust, full and at times quite busy! Living as a missionary disciple requires a total gift of self. As campus missionaries, we give of ourselves to our team and our students. In striving to serve, we sometimes encounter places of our hearts that are not free or where we still struggle with varying addictions, vices, sins, and disordered behaviors.

Often, it is hard to see that the way we are living in our day-to-day lives can indicate warning signs of a potential “burn out,” dip into greater sin or relapse in addiction and/or other compulsive behaviors. Even if we don’t struggle with serious sin or addiction, all of us can fall short of living well if we are not careful. This tool can help us catch ourselves before we fall! **“Set up for yourself road marks, place for yourself guideposts; direct your mind to the highway, the way by which you went. return, O virgin of Israel, return to these your cities.” Jeremiah 31:21**

Directions: As you begin your work, try to provide answers to the questions in each of the areas listed as the answers will later be used to *flag various warning signs that may appear*. When you know the warning signs in these 10 areas of your life, you will be more capable of noticing and taking action when things begin to unravel. This tool is meant to assist you in striving for greater freedom. It is not meant to shame but rather draw out where we can take a deeper look to know our patterns. **Please answer honestly!**

1. **Physical Health:** Examples are being over/under a given weight, eating too much fast food, not engaging in regular physical activity, consuming too much alcohol, not getting enough sleep, too much salt/too much sugar/not enough greens, not brushing/flossing or swishing in the morning and evening, and not drinking enough water. **How do you know when you are not taking care of your body?**
 - 1.
 - 2.
 - 3.Additional Responses:

2. **Transportation:** Examples are being constantly low on gas, getting tickets, not having the oil changed, putting off needed repairs, not coming to a full stop, always looking for shortcuts, exhibiting signs of road rage, multitasking while driving (texting, applying makeup, eating,) letting trash build up in in car, etc. **What are the transportation behaviors that indicate life is getting out of control?**
 - 1.
 - 2.
 - 3.Additional Responses:

3. **Home Environment:** It is often said that the state of your bedroom is an outward manifestation of your inner life. Consider a home environment in which the plants go without water, grocery supplies are low, laundry is not done or is piling up, dishes are not washed and put away, floors are not swept, there is clutter everywhere and beds are not made, bathrooms are dirty, mold is growing in shower, grass is not cut, etc. **What are ways in which you neglect your home or living space?**
 - 1.
 - 2.

3.

Additional Responses:

4. **Work:** Signs of work insanity building are arriving late to meetings, phone calls and emails not being returned, forgetting things, being behind on tasks and missing deadlines, making more mistakes on work than usual/sloppy work, having to work late because you procrastinated, cancelling meetings, etc. **When your life is unmanageable at work what are your behaviors?**

1.

2.

3.

Additional Responses:

5. **Interests:** What are the hobbies you enjoy most in life that you engage in when not too busy or burned out? Hiking, biking, climbing, uplifting music, movies, art, golf, reading, cooking, playing and watching sports, photography, picnicking, home renovations, gardening, etc. **What are you doing when you are not over extended?**

1.

2.

3.

Additional Responses:

6. **Social Instability:** Think of the people in your social network (*teammates, supervisors, students, chaplains, mission partners, etc.*) who provide support to you and are not family or significant others. When we become isolated, alienated, or disconnected, we can act out towards these people. Examples are escaping to a bedroom or phone, shutting down emotionally, reacting instead of responding, failing to communicate in timely manner. **When we are struggling, what behaviors are typical of you towards those in your social network?**

1.

2.

3.

Additional Responses:

7. **Family/Significant Others Instability:** Think of your family or others you are close with. When we become isolated, alienated, or disconnected, we can act out towards these people. See above for examples. This category can also include being silent, overtly hostile, or passive aggressive. **When we are struggling, what behaviors are typical of you towards family/significant others?**

1.

2.

3.

Additional Responses:

8. **Finances:** Examples are an overdrawn checking or savings account, bills are overdue, can't buy gifts for others, can't eat out, can't participate in hobbies, you spend more than you earn, not paying taxes, not knowing what is in your bank account, not budgeting, not tithing, etc. **When you are in financial difficulty, what are the flags?**

1.

2.

3.

Additional Responses:

9. **Spiritual Life:** Spiritual life varies person to person and may include contemplative prayer, reading the Bible or spiritual books, fasting, Mass, praying the rosary, worship music, talking to a spiritual director.. **What are some spiritual disciplines that are neglected when you are overextended?**

- 1.
- 2.
- 3.

Additional Responses:

10. **Symptom Behaviors:** Compulsive behaviors that have negative consequences are symptomatic of your general well-being or a warning sign that you may be slipping into old habits. There are many we fall into. Examples are watching too much TV, scrolling on social media, biting fingernails, forgetfulness, snoozing through alarm, jealousy, lack of care or concern about significant things, inability to focus on tasks, and severe emotional reactions. **What symptom behaviors do you notice when you are feeling overwhelmed?**

- 1.
- 2.
- 3.

Additional Responses:

What Now? – from the signs of “personal chaos” you recorded **choose 3 or 4 that are most critical to you.** Please share these with a trusted mentor, spiritual director, or accountability partner. From there, you will need to prayerfully decide how you will do things differently and strive to eliminate these behaviors. In addition, please refer to the **“Freedom Project Master Resource”** that will aid in you finding the right next step for you.