

# 15 Common Ways We Can Identify Fear of Man

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1. If you worry about having conversations with people—worried you will say the wrong thing.
2. If you've never had a 100% conversation with someone. If there is no one who knows the darkest details of your life. You have a secret you have never told anyone for fear what might happen.
3. If you are always talking about your sin in past tense. You never mention what you are currently doing and how you are currently failing in realistic ways.
4. If you are often making excuses for why something is the way it is or why it can't change.
5. If you resent people who are not impressed by you. You find yourself angry when you cannot make another person agree with you.
6. If your energy level shoots up around certain people but then plummets around others.
7. If you avoid certain people or situations and make excuses for avoiding them.
8. If you try and put yourself in the path of other people or find yourself thinking about how to get them to notice you.
9. If you are always wondering if you have offended someone. Or if you spend more time talking about a conversation you had with someone than you spent on the actual conversation with them. You obsess over it. You replay a conversation in your mind and think about all the ways it could have gone better.
10. If you overreact when someone says something that paints you in a negative light or exposes something about you.
11. If you often over work. You have something to prove.
12. If you don't have any close friends because you think friendships rarely go well and it's not worth the potential pain involved.
13. If you are often giving ultimatums to people. "You either need to do this or do that," "If you can't commit to X, then I'm not doing Y," etc.
14. If you often say you don't care what other people think. Those are the people you are seeking approval from.
15. If you mock other people because of their flaws (form of pride) or their success (form of envy).