

SOMEBODY SYNDROME DIAGNOSTIC

Where does the desire to be a “somebody” shape how you see yourself or others?

Answer honestly using this scale:

1 – Never 2 – Rarely 3 – Sometimes 4 – Often 5 – Almost Always

SECTION 1 — Identity & Approval

1. I feel anxious when I’m not noticed or appreciated for something I’ve done.
 2. I often compare myself to others to see how I measure up.
 3. My sense of worth rises or falls based on what others think of me.
 4. I tend to hide weaknesses or failures so I won’t look small or incapable.
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SECTION 2 — Achievement & Image

5. I work hard to present myself as competent, spiritual, or put-together.
 6. I feel pressure to impress God or others through my efforts.
 7. I get discouraged when I can’t meet my own expectations for performance or success.
 8. I feel threatened or jealous when someone else gets recognition I hoped for.
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SECTION 3 — Relationships & Boundaries

9. I avoid certain people because I’m afraid they will drain me, embarrass me, or reflect poorly on me.
 10. I prefer relationships where I feel strong or superior rather than vulnerable or equal.
 11. I withhold compassion or kindness from people who don’t “deserve it.”
 12. I find it difficult to admit I need help or that I can’t do something alone.
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SECTION 4 — Faith & Spiritual Posture

13. I feel like God is more pleased with me when I am doing well spiritually.
 14. I struggle to believe God sees or values me when I feel unseen by others.
 15. I subtly expect God to reward my faithfulness with comfort, success, or smooth circumstances.
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SCORING & INTERPRETATION

Add your total score.

15–30 — Safe, but at risk. You don't often fall into "Somebody Syndrome," but the seeds are present. Jesus is inviting you into deeper honesty and dependence on grace.

31–45 — The subtle struggle. You feel internal pressure to prove yourself and protect your image. There is real freedom ahead as Jesus reshapes your identity.

46–60 — Performance mindset. Your desire to be a "somebody" is shaping how you relate to God and others. Expect God to do meaningful heart work.

61–75 — Identity crisis. Your life is being driven by proving yourself. This is exhausting—and unnecessary. Jesus is inviting you into freedom from self-salvation.



WHAT THIS REVEALS

"Somebody Syndrome" is often rooted in:

- **Fear** — of being unnoticed, unnecessary, or unworthy
- **Pride** — the need to be right, impressive, or superior
- **Shame** — the instinct to hide weakness
- **Self-salvation** — trying to earn God's approval
- **Control** — resisting vulnerability or messy relationships



GOSPEL REFLECTION

Let these truths reframe your identity:

- Jesus sees you before you perform.
- Jesus loves you before you impress.
- Jesus calls you before you achieve.
- Jesus welcomes you before you change.
- Jesus values you even when no one else notices.