



WHAT'S DRIVING YOUR BEHAVIOR?

A Thinking Man's Study Guide ...

Men's behavior has always been interesting to me. It appears that we function in a different world than women. Perhaps that is the reason the statement 'Men are from Mars and Women are from Venus' seems so real sometimes. While I was studying for my Bachelors degree so many years ago, I found (and I can not tell you where) a great illustration was about the differences between men and women.

Between ages 18 and about 45:

- Men are seeking prestige, success, money and accomplishment.
- Women, on the other hand, seek security, safety and family involvement.

After the age of 45, the roles reverse:

- Women start back to the work force and seek success, money and accomplishment.
- Men, on the other hand, start looking at retirement, security, taking care of the home and spending time with family.

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The definition of behavior is “the actions or reactions of an object or organism, usually in relation to the environment. Behavior can be conscious or unconscious, overt or covert, and voluntary or involuntary.”¹

As men we often lose sight of what drives us in our behaviors. We strive to accomplish so many things that it seems unrealistic that we can take on one more task and do any of them right. However, we keep taking on the challenges that are placed before us.

It is important that we develop an understanding of our behaviors. Certain actions/reactions (behaviors) are needed to make us feel good about ourselves. However these same behaviors can also cause problems for us because they may drive us to think this is the only way our needs can be met. Think about how each of these impacts your life.

✓ *Are you are NEEDS DRIVEN Man?*

- “My needs must be met!”
 - What are the needs that must be met in your life?
 - Let’s be honest with ourselves here. This could include money, power, sex, relationships, prestige and the need to be noticed by others.

What is your number one need?

Is this need healthy or Biblical? What changes do you need to make today?

¹ <http://en.wikipedia.org/wiki/Behavior>

✓ *Are you FEAR DRIVEN Man?*

- “Fear of the unknown affects my thinking and reaction.”
 - What are the fears that affect your thinking?
 - For many of us, it is the fear of the unknown, fear of not being in control or the fear of failure.

List your number one fear here:

Now let’s talk to someone that we have made ourselves accountable to and pray that God will help us overcome this fear!

✓ *Are you a DEMAND DRIVEN Man?*

- What are some demands and obligations that drive you and how does this affect your thinking?

List the number one demand for your life here.

Now let’s think about some demands that you see being placed on your life. How do you react to these demands?

✓ *Are you a GRANDIOSE DRIVEN man?*

- “I’m the greatest and don’t you forget it.”
 - As a teenager, I remember that this was the attitude Mohammad Ali portrayed on TV before a fight. And, as men we have often been taught this attitude.

List the number one thing you are grandiose about!

Is this Biblical or safe? And how does it affect your relationship with God, family, friends and co-workers?

✓ *Are you a CAREER DRIVEN man?*

- “My job is the most important thing to me.”
- “I personally have to be the best at my job, and NO ONE is going stand in the way of my reaching the top of my profession.”

What is the number one goal in your career?

Does this goal bring honor to you or to God?

✓ *Are you a man driven by EMOTIONAL ILLNESS or PERSONALITY DISORDERS?*

- Unfortunately, the reality in today's world is that some men are affected by emotional issues, such as anxiety, depression, schizophrenia, etc. However, to say that I'm sick and not responsible for what I do is an often a way of not accepting responsibility.

Have you used physical or mental illness as an excuse to dodge responsibility for your behavior?