

Overfunctioning Checklist

Overfunctioning exists on a continuum that ranges from mild to severe. Use the simple checklist below to get an idea of where you fall on the over functioning continuum.

- ☐ I generally know the right way to do things
- ☐ I am quick to offer advice or fix things so they don't fall apart.
- ☐ I have difficulty allowing others to struggle with their own problems
- ☐ In the long run, it is simple easier for me to do things myself.
- ☐ I don't trust others to do as good a job as I can.
- ☐ I often do whatever is asked of me, even if I'm already overloaded.
- ☐ I don't like to rock the boat, so I cover for the shortcomings of others.
- ☐ People describe me as stable and as always having it together.
- ☐ I don't like asking for help because I don't want to be a burden.
- ☐ I like to be needed.

If you tick two or three you may be overfunctioning, four to seven and you probably have a moderate case of overfunctioning, eight and you're in trouble.

Do we Really love others when:

- We protect someone we love from feeling inadequate or insecure by discouraging them from taking healthy risks for growth and achievement?
- We don't require our children to consistently carry age-appropriate responsibilities in the home because we don't want to deal with their resentment and bad attitudes?
- We fulfil all the tasks needed for a successful small group or ministry – prepare our home to host the meeting, prepare materials, lead the group, provide refreshments, clean up, recruit and follow up with newcomers, pray, meet special needs of the group members, plan small-group outings, and train apprentice – and don't encourage others to take responsibility?
- We allow church to become a spectator sport in which a few carry the weight of responsibility for the many?