

X 光问题&如何测试骄傲

编者: Keith Palmer

(CFM 家庭事工组织翻译, 欢迎联系我们, 微信号: CFM-FAMILY)

- X-Ray Questions: *Questions that expose the ruling desires of the heart*¹
- X 光 问题: 暴露我们内心欲望的问题

1. What do/did you want, desire, seek, aim for, pursue, hope for?
什么是你现在/过去想要的、欲望所在的、正在寻求的、设立目标找寻的、争取的、希望的?
2. What were your goals, expectations or intentions?
什么是你的目标, 期待和你的意图?
3. What do you feel like doing? Do you want what you want, or do you want Christ's authority over your life?
你想要干什么? 你想要你想要的, 还是你要基督的权威统治掌管你的生活?
4. Where do you look for security or meaning or happiness or fulfillment or joy or comfort? Where do you put your basic trust?
你从哪里寻求的安全感、意义、快乐、满足、喜乐或者安慰? 你把你基本的信任建立在哪里?
5. What would make you happy?
什么会让你开心?
6. What do you fear? What do you not want? What do you tend to avoid?
你害怕什么? 你不想要什么? 你想要避免什么?
7. What do you tend to worry about?
什么是你倾向于担心的?
8. What do you love and hate most of all? What sort of things make you angry or judgmental or threatened? What sorts of things make you exhilarated, delighted, or obsessed?
你最爱或者最恨恶的是什么? 什么样的事情会让你生气、做出判断或者感到受威胁? 什么样的事情让你愉悦、欢喜或者沉溺其中?
9. How do you define success or failure in a particular situation? How and to whom do you attempt to prove yourself?
你在具体情况下如何定义成功或者失败? 你怎样、向谁证明你自己?
10. What image do you have of who you are, ought to be or want to be?
你“对于你是谁、要成为谁、想要成为谁”有怎样的图像?
11. At your deathbed, what would sum up your life as worthwhile?
若在你最后垂死时候总结自己一生, 你会觉得是值得、有价值的吗?
12. What do you see as your rights?
你把什么看作你的权利?
13. In what situation do you feel pressured or tense? When you are pressured or tense, where do you turn? What do you think about? What are you "escapes?" What are you escaping from?
你在什么情况下感觉到压力或者紧张? 当你感觉到紧张或者有压力的时候, 你转向谁? 你想到什么? 哪些是你的“避难所”? 你想逃离什么?

¹ Adapted from material by David Powlison & Stuart Scott. Used by Permission.

14. What payoff do you seek out of the things you do? What do you get out of doing that? Where or in what do you seek your reward?
你寻求的事情有什么回报？你从你做的事情得到了什么？在哪里、在什么里面你寻求你的回报？
15. What do you pray for?
你为什么祷告？
16. What do you think about most often? What preoccupies or obsesses you? In the morning, where does your mind drift instinctively?
你想的最多的是什么？你被什么缠住和占据？在早上，你的思想本能的飘向何处？
17. What do you talk about? What is important to you?
你谈论最多的是什么？什么是对你重要的？
18. How do you spend your time? What are your priorities?
你怎么花你的时间？什么是你的优先次序？
19. What are you characteristic fantasies? Daydreams? Dreams? What brings you joy and what strikes terror into your heart?
你的典型幻想是什么？白日梦是什么？梦想是什么？什么带给你喜乐？什么在你心里带来恐惧？
20. What repeated patterns are discernible in the situations in which you become irritated? Fearful? Anxious? Depressed? Hopeful? Happy?
当你愤怒、害怕、焦虑、抑郁、希望、快乐的时候？什么是你可以察觉的重复的模式？
21. What is your "working theology" or worldview? What kinds of things do you believe about God, people, yourself, sin, forgiveness, the purpose of life, suffering, how God works, the source of true happiness, and what happens when we die?
什么是你的“工作神学”或者世界观？关于“上帝、人、自己、罪、饶恕、生活目标、受苦、神手所做的、真正快乐的源头、我们死后所发生的事情”什么是你相信的？
22. In what do you place your trust? In what do you set your hope? Around what does your life "organize?" What are your idols? Your "gods?" What drives you?
你把信任归于何处？你把希望归于何处？你的生活“围绕”什么所展开？你的偶像是什么？你的假神是什么？什么在激励你？
23. What rules you? What "voice" controls you? To what or whom do you listen?
什么在统治你？什么“声音”在控制你？你聆听什么或者聆听谁？
24. What are ways you are "playing God" (trying to control in your world)?
你在什么地方在扮演“上帝角色”（在你的世界里想要控制）

➤ How can pride manifest itself?²

➤ 骄傲展现在哪里？

1. Glory must go to me
荣耀必须归给我
2. Any good must come from me
所有好处必须从我而来
3. I am my own god (the world revolves around me)
我是我自己的神（世界围绕我旋转）
4. View others:
对于他人的看法：
5. they are below me - I look down on them
他们低于我——我俯视他们

² Adapted from material by Stuart Scott. Used by Permission.

6. they are there to please me, respect me, etc.
他们要取悦我，尊重我，等等
7. Two extremes of pride:
两种极端的骄傲：
8. obvious arrogance and a puffed up attitude
明显的无知和一种膨胀的态度
9. needing a ton of encouragement - shy, fear of man, still stuck on themselves
需要很多鼓励——害羞，惧怕人，一直围绕自己
10. Both are seeking their own glory and praise from others
寻求自己的荣耀并从他人得到赞美
11. Inability to see sin - no repentance
看不见罪恶——不悔改
12. Unthankful - I deserve it
不感恩——这是我配得的
13. Critical - own standard, judge others, complain, grumble, discontent
挑剔——以自己的标准、判断别人、抱怨、苦毒、不满足
14. Sinful anger - impatience - "my schedule, my needs, my reputation"
罪性的怒气——没有耐心——“我的计划、我的需要、我的名声”
15. Tend to see the downside of everything
倾向于看到每件事情的负面
16. Perfectionist - never fail, want it perfect, no room for error
完美主义——从来不失败、想要完美、对错误零容忍
17. Bragging
直吹自擂
18. Seeking independence - no one tells me what to do, difficulty working with someone else or under someone else
需求独立——没有人能告诉我做什么，很难和别人一起共事，也很难降服在别人之下
19. Compare myself to others (I should be encouraging them to do their best)
把自己和别人比较（我是那个鼓励别人去做好的人）
20. View myself in terms of my accomplishments and productivity - success = performance = my self worth / self value
用自己的成绩和效率来看待自己——成功=表现好=我的价值/存在意义
21. Cutting myself down - (this is not being humble) - I want the response of others
“Oh, of course your not...” or I want the praise of others
贬损自己（这个不是谦卑）——我想要别人这样反应“当然你不是这样的”，或者我想要别人的表扬。
22. Blaming myself for what is not my fault - somehow makes me feel better - feel like a martyr
即使不是自己的错误也会责怪自己——这样会让自己感觉好一点——感觉像个烈士
23. Monopolize conversation
统治对话时间
24. Rigid, stubborn, head-strong
僵化、顽固、固执
25. Don't need others (attitude)
（态度上）不需要别人
26. Volunteer preferences when not asked
在没有被请求意见的时候，主动优先表达自己的意愿
27. Devastated by any sort of criticism (fear of man)

会被任何批评的声音击倒（惧怕人）

28. Don't listen very well

不好好聆听

29. Unteachable - the "fool" of Proverbs 18

不受教——箴言 18 章的“愚顽人”

30. Taking teachers, parents, leaders, or elders to task in a cavalier, disrespectful way

用一种傲慢的和不尊重的方式，扮演老师、家长、领导、长辈的角色来做事情，

31. Know it all

无所不知

32. Sarcastic - put down others - mask anger through sarcasm

讽刺——贬损他人——通过挖苦来伪装自己的愤怒

32. Jealousy and envy

羡慕嫉妒

33. Constant praising and coercing to do what God has asked

对于上帝所要求的，总是虚张声势或勉为其难

34. Deceit (being fake) - I want to appear differently in front of others

欺骗（作假）——我想要在他们面前表现的与众不同

35. Defensiveness

自我维护

36. Rationalizing, justifying my own faults

对于自己的错误振振有词

37. Lack of confessing and asking for forgiveness

缺乏坦诚，也不寻求饶恕

38. Unbelief

不信

39. Lack of service to other people

很少服侍他人

40. Touchy, irritable, over-sensitive

易怒，爱生气、敏感

41. Some other observations——A prideful person:

其他特征——一个骄傲的人：

Is rarely close friends with someone

很难成为他们很近的朋友

Is rarely concerned about the welfare of someone else

很少对他人的好处和利益表现出关心和兴趣

Doesn't learn from trials and afflictions

不从试炼和苦难中有所学习

Believes he can handle temptation on his own

觉得靠自己就能面对和处理试探