

Inside Out by Dr. Larry Crabb  
Book Review

Respond to 4 of the 10 questions for each of the 12 chapters. That will equal 48 (96 points) total answers.

For the final 4 points, respond to this question: How might the ideas in this book give us insight into the change process for struggling clients? Total points: 100.

Chapter	Questions
Part 1: Looking Beneath the Surface of Life “Don’t look inside me---I’m not sure I like what’s there.”	
Chapter 1: Real Change Requires an Inside Look	<p>1: Crabb says that things are “just aren’t right inside.” What are some of the things that aren’t as they “should” be?</p> <p>2: What are some of the destructive patterns of living that others may or may not be aware of?</p> <p>3: What are some ways that we <i>rearrange</i> behavior rather than <i>change</i> on the inside?</p> <p>4: What frightens or disturbs people about taking an inside look?</p> <p>5: Why is change from the inside out so important?</p> <p>6: What are some of the characteristics of a person who is not committed to self-protection?</p> <p>7: The author says, “We live for the purpose of self-protection, clinging to whatever brings us happiness and security.” Identify several forms of self-protection.</p> <p>8: Identify an example of the difference between responding out our self-protection versus out of love.</p> <p>9: How does pretending that things are better than they are prevent change from the inside out?</p> <p>10: What are things that we can do to begin our journey of taking the inside look?</p>
Chapter 2: An Inside Look Can Be Frustrating	<p>11: What does it look like to depend on God?</p> <p>12: What does it look like to cooperate with God in order to change an attitude or behavior?</p> <p>13: How do most people approach changing the things that don’t seem right?</p> <p>14: What are some of the “above the waterline” issues (actions, thoughts, feelings) that we feel we are able to control</p>

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	<p>or change through our own efforts?</p> <p>15: What are some of the “below the waterline” issues (motives, urges, memories, attitudes) that no amount of effort seems to control consistently?</p> <p>16. On what do most of us base our hopes for changing “below the water line” problems?</p> <p>17: Give an example from your life of a time when trying harder to be loving towards someone failed to produce genuinely loving attitudes and motives.</p> <p>18: What is a difference between <i>doing</i> good and <i>being</i> good?</p> <p>19: Give an example of someone whose patterns of behavior and character qualities you most respect and admire, and who inspires you to change?</p> <p>20: What is one step you would like to take to begin taking an inside look?</p>
Chapter 3: Knowing What to Look For	<p>21: What are the most commonly recurring desires in your life?</p> <p>22: What are the most commonly recurring disappointments in your life?</p> <p>23: How have you attempted to protect yourself from being hurt in the same ways again?</p> <p>24: Read Proverbs 4:23 and Jeremiah 17:9. What do these verses suggest about the difficulty of identifying our wrong strategies for finding life?</p> <p>25: What are people thirsty for?</p> <p>26: Read Jeremiah 2:13. In what ways do people dig their own cisterns? Give an example.</p> <p>27: Give an example of how people are moving in the wrong direction in response to their thirst.</p> <p>28: What gets in the way of trusting God in our relationships?</p> <p>29: What is an example of an action motivated primarily by self-protection?</p> <p>30: What stands in the way of people being willing to explore their deep longings and wrong strategies?</p>
Part 2: We're Thirsty People	

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<p>“I don’t want to admit it---but I know something is wrong.”</p>	
<p>Chapter 4: If Anyone is Thirsty...</p>	<p>31: Give examples of the two types of Christians: the group with a high level of commitment to measure up to God’s standards, or the group that is content to live ordinary, respectable lives?  32: Why doesn’t trying harder to do what’s right produce the kind of life that most pleases God?  33: Read John 6:35-36. Is the fact that we’re hungry and thirsty a problem? What is the problem?  34: Why does becoming passionately aware of our longings put us in touch with pain?  35: When we deny our longings, what suffers in our relationships with God and other people?  36: Why does just relieving our pain not work?  37: How does the emptiness at the core of our being influence the way we approach people and God?  38: Do you agree that “something is wrong with everything?” Why or why not?  39: Why can our core sadness actually be a positive thing?  40: How can what we’ve learned so far free us from the pressure to feel good all the time because we are a Christian?</p>
<p>Chapter 5: Springs of Living Water</p>	<p>41: What have you understood the “abundant life” to consist of?  42: What, if anything, has led you to believe that your commitment to obeying God would result in material and relational blessings from God?  43: In what ways have you been disappointed in the “pay off” of the Christian life?  44: To what extent have you had real joy and peace amidst painful circumstances and disappointing relationships?  45: What are the three levels of relationships? What are the consequences when these longings go unmet?</p>

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	<p>46: What level of longings are you most aware of on a daily basis?</p> <p>47: What are two examples of critical longings? What are two examples of crucial longings?</p> <p>48: What is the result of banking our happiness on the fulfillment of our casual and critical longings?</p> <p>49: What pretenses can spring up in our thoughts, attitudes, or behavior because of an unwillingness to face head-on some hurt in our lives?</p> <p>50: What is the potential positive result of facing our disappointment in relationships?</p>
<p>Chapter 6: Becoming Aware of Our Thirst</p>	<p>51: To what degree is there a resistance by Christians to owning internal pain?</p> <p>52: How do you understand that an inside look at personal pain and problems is the beginning of closer fellowship with God and more authentic abundant living?</p> <p>53: How might pursuing personal comfort and pursuing a meaningful relationship with God be diametrically opposed?</p> <p>54: Why does attempting to satisfy our crucial longings with anything but Christ often lead to compulsive behavior?</p> <p>55: How can facing the disappointment of our unmet longings keep us from being enslaved by habitual sin?</p> <p>56: What are above the waterline sins and below the waterline sins?</p> <p>57: How would you define the “sin of self-protection?”</p> <p>58: How can facing our thirst help us identify the subtle sin of self-protection in the ways we relate to others?</p> <p>59: Think of a person who inspires you to know Christ more personally. What is it about that person that draws you to the Lord?</p> <p>60: In what ways does that person seem to acknowledge and embrace the pain in their own soul?</p>
<p>Part 3: Digging Broken Wells “Even when I get what I want---its not what I want.”</p>	

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<p>Chapter 7: Looking In All the Wrong Places</p>	<p>61: Do you think that self-protection is as serious a problem as this study suggests? Why or why not?</p> <p>62: Which is more difficult to face: the fact that we have deep longings, or our self-protective commitments? Why?</p> <p>63: Read Matthew 23:23. What was Jesus rebuking the Pharisees about?</p> <p>64: What does His rebuke indicate about the focus He wants us to have?</p> <p>65: In what way does a priority to play it safe interfere with the purpose of living?</p> <p>66: Think of your style of relating. Do you have more than one? Describe the circumstances that draw out each particular style.</p> <p>67: What appears to be the function of your relational style(s)?</p> <p>68: What is one way that we know when we are relating according to God's design, or through our relational style?</p> <p>69: What risks do you feel that you are taking when you move toward others in love?</p> <p>70: Which do we most need to deal with: our style of relating, or the purpose it serves? Why?</p>
<p>Chapter 8: The Problem of Demandingness</p>	<p>71: What do you believe trips us up the most in our attempts to grow as Christians?</p> <p>72: What causes us to be demanding people?</p> <p>73: Why do we feel justified in being demanding?</p> <p>74: When in our lives does the temptation to be demanding become the strongest?</p> <p>75: How do we initially respond/react to painful circumstances in our lives?</p> <p>76: How do we initially feel when we realize that God has not always cooperated with or plans?</p> <p>77: What attitudes do we develop towards God as a result of those initial feelings?</p> <p>78: In what ways are we tempted to put pressure on others to respect, understand, or meet our needs?</p> <p>79: In what ways do their actions or</p>

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	<p>perceived failures towards us feel threatening to our well-being or thwart our goals? 80: Does trusting God mean that we never feel anguish or long for relief?</p>
<p>Chapter 9: Exposing Wrong Directions</p>	<p>81: How can demanding even what seems essential to our well-being become relationally destructive? 82: How can we know if our goal in life is comfort in this world, or conformity to Christ? 83: How often do you ask the Holy Spirit to reveal to you the damaging ways you relate to others? 84: In what ways do you feel that your knowledge of Scriptures deeply influence the way you live your life? 85: How open are you to receiving feedback from others about your disobedience to biblical standards (in your behavior) and about your relational style (in your heart). 86: At this point in your life, what do you most depend on for insight about what needs to be changed in your life? 87: What does it mean to come to the Word of God with integrity? 88: How willing are you to deeply involve yourself with other believers for the purpose of helping each other become less self-protective? If not, why not? 89: What concerns or frightens you most about interactions at this level? 90: What steps could you take to begin moving into a deeper relationship with another person?</p>
<p>Part 4: Changing From the Inside Out “How can I make it---if I face all that’s going on inside?”</p>	
<p>Chapter 10: Defining the Problem</p>	<p>91: What are some areas in our lives where we pretend that things are better than they are? 92: What motivates our pretense? 93: Which emotions are you most in touch with regarding the disappointment of your longings: anger or hurt? How so?</p>

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	<p>94: What “requirements” do you feel are missing in helping you make the transition from knowledge to action?</p> <p>95: What methods of escape do many of us employ to avoid facing the disturbing realities of our internal lives?</p> <p>96: Think about the person who has most let you down. What are your feelings and your response to that person who has disappointed you?</p> <p>97: Why is facing the ways we’ve been victimized so crucial to recognizing the choices we make to preserve our safety with defensive patterns of relating?</p> <p>98: What are some positive results when we face out disappointment in relationships?</p> <p>99: Think about a problem you’ve had (attitude, behavior, relationship). Can you identify the roots of the problem?</p> <p>100: What must we change in order to experience the abundant life Christ promised?</p>
Chapter 11: The Power of the Gospel	<p>101: What change might you be waiting for as “proof” that God is at work in your life?</p> <p>102: How might you be waiting for someone else to change before you can acknowledge the progress they have made?</p> <p>103: What kind of change do you believe that God promises this side of Heaven?</p> <p>104: Name some unnecessary problems we can create in response to the inevitable problems in our lives.</p> <p>105: What is at the root of these unnecessary problems?</p> <p>106: What deep motive is reflected in our determination to move away from pain through self-protective styles of relating?</p> <p>107: If we believe that life is to be found in Christ and nowhere else, how is that belief reflected or compromised in our lifestyles and relationships?</p> <p>108: How do we know when our commitment to preserve our life through self-protective styles of relating has replaced our commitment to live for</p>

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	<p>Christ?</p> <p>109: What do you believe is involved in deeply repenting?</p> <p>110: If we deeply repent, how will it affect the way we relate to people?</p>
<p>Chapter 12: What It Takes to Deeply Change</p>	<p>111: Where do you believe that most people are in the change process?</p> <p>112: As you near the end of this study, what is your primary emotion: Excitement? Anxiety? Hope? Discouragement? Apathy? Other? Why?</p> <p>113: What two elements must be uncovered before we can change either our conscious direction or our approach to relationships?</p> <p>114: What realities must we understand if we are to have the potential for the deepest kind of change possible?</p> <p>115: What is at the core of our struggle to change from the inside out? What will an thorough inside look expose?</p> <p>116: What is the deepest function of our self-protective strategies?</p> <p>117: Why is recognizing this so important to becoming all God has designed us to be?</p> <p>118: Why is fully acknowledging the unbearable sadness of life in a fallen world so crucial to the kind of change our Lord has in mind for us?</p> <p>119: What attitudes or actions in your relationships indicate that you are not living out all that you were designed to be?</p> <p>120: What are the results of changing our direction?</p>