

Core Beliefs
Self, Others, World

Self – CUF (Crazy, Unlovable, Failure)
Others – MAD (Maleficent, Aloof, Dishonest)
God/World – DIM (Dangerous, Immoral, Miserable)

Worldview
Metaphysics (reality),
Epistemology (knowledge),
Ethics (behaviors)

Antidotes

- I can do this (competent, capable, covered)
- I have a community (cared about, acceptance, covenant)
- My actions matter (contribution, change-agent, image bearer)
- God is a spirit, infinite, eternal and unchangeable in his being, wisdom, power, holiness, justice, goodness, and truth



Fight or Flight
Survival extremes =
Act and think later
(A, F, T)

Intermittent Beliefs
Rules, Attitudes, Assumptions

“only lucky people become rich”, “you have to suffer to succeed”, “skinny people are happy”, “hard work equals success”, “poor people are lazy”, “if I don’t understand something it’s because I’m dumb”, “if I ask for help, it means I’m incompetent”

PVGR
performance,
values, goals,
relationships

A – Activating Event/Situation	B – Brain or Belief	C – Consequences
Experienced event	Thoughts (automatic, irrational, alarming)	Emotions
	4 questions: 1) So what? 2) What is so bad about that? 3) What does ____ mean? 4) What does it say about SOW?	Psychological (Inside the body) Behavioral (Outside the body)

Path of Idolatry

Desire (I wish I had)


Demand (I must/I want)

Judge (bitterness/resentment)

Punish (hurt/sacrifice)

Cognitive Distortions (B-Stings)

- *All-or-Nothing: Absolutes/black-and-white*
- *Overgeneralization: you view a single negative event as never-ending pattern of defeat*
- *Discount the positive: dwelling on the negative/pessimism/half-empty glass, positive qualities don't count.*
- *Jumping to conclusions: mindreading & fortune-telling*
- *Magnification or minimization*
- *Emotional Reasoning: I feel __, so __ must be true.*
- *Should, must, ought, have to: lead to feelings of guilt or inferiority, bitterness, anger, frustration.*
- *Labeling/name calling: jerk, idiot, a\$\$h0l3, loser*
- *Blaming: taking responsibility or attributing blame wrongly. Overlooking or assigning blame wrongly.*



*Tools to challenge or dispute and live in reality

SMALL GROUP DISCUSSION

- When you mess up or fail, what do you need to hear?
- What would you like others to do towards you to show they value and appreciate you?
- What are the most hurtful words others say to you?
- How would you describe yourself (character qualities or held virtues)?
- If someone else was going to explain who you are, how would you hope you are described?
- How can you show others they are respected and valued?
- Do you feel that you are often trying to help other people solve their problems or fulfill your own personal needs? Explain/Elaborate?

Understanding our attitudes/assumptions/rules about the world we live in: Try to answer the below questions about yourself and interacting with others (answer it as many times as you need):

- 1) It is terrible to _____ (e.g., cry, hit, be depressed, etc)
- 2) _____ is bad (e.g., divorce, fighting with your spouse)
- 3) I should be _____ (e.g., able to control my emotions, more happy)
- 4) Successful people are _____ (e.g., studied, disciplined, self-controlled, happy)
- 5) _____ is unacceptable (e.g., crying)
- 6) It is important to _____ (e.g., communicate with others, forgive, not be pushed around)
- 7) _____ (emotions) are bad

JUDGE YOUR NEIGHBOR:

1. Who angers, irritates, saddens, or frustrates you, and why?

I am _____ at _____ because _____.

Example: *I am angry at Paul because he doesn't listen to me, he doesn't appreciate me, he argues with everything I say.*

2. How do you want them to change? What do you want them to do?

I want _____ to _____.

Example: *I want Paul to see that he is wrong. I want him to apologize.*

3. What is it that they should or shouldn't do, be, think, or feel? What advice could you offer?

_____ should/shouldn't _____.

Example: *Paul should take better care of himself. He shouldn't argue with me.*

4. What do they need to do in order for you to be happy?

I need _____ to _____.

Example: *I need Paul to hear me and respect me.*

5. What do you think of them? Make a list.

_____ is _____.

Example: *Paul is unfair, arrogant, loud, dishonest, way out of line, and unconscious*

6. What is it that you don't want to experience with that person again?

I don't ever want to _____.

Example: *I don't ever want to feel unappreciated by Paul again. I don't ever want to see him smoking and ruining his health again.*

IDOL X-RAY QUESTIONS:

An idol is anything apart from God that we depend on to be happy, fulfilled, or secure. In biblical terms, it is something other than God that we set our heart on (Luke 12:29; 1 Cor 10:19), that motivates us (1 Cor 4:5), that masters and rules us (Ps 119:133; Eph 5:5) or that we trust, fear, or serve (Isa 42:17, Matt 6:24, Luke 12:4-5). In short, it is something we love and pursue more than God (Phil 3:19). Idols always demand sacrifices. When someone fails to satisfy our demands and expectations, our idol demands the he/she should suffer. Whether deliberately or unconsciously, we will find ways to hurt or punish people so they will give in to our desires.

1. What do you want? What do you desire? What do you crave, long for, wish?
2. What do you fear? Fear is the flip side of desire. For example, if you desire acceptance, then you fear rejection.
3. What are your plans, agendas, strategies, and intentions designed to accomplish? What are you really going after in the situations and relationships of life? What are you really working to get?
4. Whom must you please? Whose opinion counts? From whom do you desire approval or fear rejection? Whose value system do you measure yourself against? In whose eyes are you living?
5. How do you define success or failure in any particular situation? Do you define success as the ability to reach your goals? The respect and approval of others? Is it defined by a certain position or the ability to maintain a certain lifestyle? By affluence? By appearance? By acceptance? By location? By accomplishment?
6. When do you say, "if only...?" Our "if only" actually defines our vision of paradise. They picture our biggest fears and greatest disappointments. They can reveal where we tend to envy others. They picture where we wish we could rewrite our life story. They picture where we are dissatisfied and what we crave.

If you truly want to have the idols that control your heart completely removed, you need to pursue God more than anything else in the world (or your own heart). To do this, you must:

- Repent before God
- Fear God
- Love God
- Trust God
- Delight in God

GET EXAMINED:

Who do others say you are? Spend time thinking of how others close to you have described you. Go and ask them. Here are a few questions you can send/email them to ask for honest feedback:

1. What is it like to be on the other side of me? What is it like to be my friend; reflect on any strengths or shortcomings.
2. Describe how I typically interact with other people?
3. Have you ever been in a situation where you observed how I struggled and where I succeeded with a new role or task?
4. In light of your observations, can you identify particular behavioral characteristics that need to stop, continue, and/or be adopted? Look at the link below for best descriptions to use in the start, stop, adopt. <https://weirdblog.wordpress.com/2007/02/22/personality-types-lion-beaver-otter-and-golden-retriever/>

WHO ARE YOU?

- I am God's child, born again of the incorruptible seed (1 Peter 1:23).
- I am the salt of the earth (Matthew 5:13).—
- I am the light of the world (Matthew 5:14).—
- I am set free (John 8:31-33).
- I am his disciple because I have love for others (John 13:34,35).
- I am protected by the power of his name (John 17:11).
- I am filled with joy (John 17:3).
- I am kept from the evil one (John 17:15).
- I am one with God the Father and Jesus the Son (John 17:23).
- I am God's gift to Christ (John 17:24).
- I am a saint (Romans 1:7).
- I am made right in God's sight by faith (Romans 5:1)
- I am at peace with god (Romans 5:1)
- I am in the place of highest privilege (Romans 5:2).
- I am confidently and joyfully looking forward to becoming all God has in mind for me (Romans 5:2).
- I am rejoicing in troubles, because through them God is building me up and making me strong (Romans 5:3-5).
- I am justified, and there is "much more" available to me (Romans 5:9).
- I am reconciled to God and awaiting his great blessing (Romans 5:10).
- I am now reigning as king because of Jesus Christ within me (Romans 5:17).
- I am a receiver of God's grace that far supersedes my worst sin (Romans 5:20).
- I am dead to the old man; consequently, my flesh is powerless (Romans 6:6).
- I am dead to sin and alive to God in Christ Jesus (Romans 6:11).
- I am yielded to God. All my rights and expectations are his (Romans 6:13).
- I am a recipient of eternal life through Jesus Christ (Romans 6:23).
- I am rotten through and through if the flesh is in control (Romans 6:18).
- I am free from condemnation (Romans 8:1).
- I am freed from the vicious cycle of sin and death (Romans 8:2)
- I am following after the Holy Spirit which leads to life and peace (Romans 8:6).
- I am a son of God; consequently I am led by the Spirit of God (Romans 8:6)
- I am a son of God and joint-heir with Christ, sharing all his treasures (Romans 8:17).
- I am confident that all things work together for good (Romans 8:28).
- I am being conformed to the image of Christ (Romans 8:29).
- I have been given all things (Romans 8:32).
- I am protected. Who can ever be against me? (Romans 8:31)
- I am inseparable from God's love (Romans 8:35).
- I am more than a conqueror through Christ (Romans 8:37).
- I am established to the end (I Corinthians 1:8).
- I am infused with Jesus, made acceptable to God, pure and holy (I Corinthians 1:30).
- I am a recipient of things too wonderful even to imagine (I Cor. 2:9).
- I am God's temple, indwelt by the Holy Spirit (I Cor. 3:16,17).
- I am already full, rich, and I reign as a king (I Corinthians 4:8).
- I am washed, sanctified, and justified in Jesus (I Cor. 6:11)
- I am of one spirit with God (I Corinthians 6:17).
- I have been bought with a price (I Corinthians 6:20).
- I am in the image and glory of God (I Corinthians 11:7).
- I am always led about in Christ's triumphal procession (II Cor. 2:14).
- I am a sweet aroma manifesting the presence of God wherever I go (II Corinthians 2:14).
- I am adequate for anything because my adequacy come from God (II Corinthians 3:5).
- I am a new creation, the is past; the new is coming (II Cor. 5:17)
- I am Christ's ambassador (II Corinthians 5:20).
- I am strongest when I am weakest (II Corinthians 12:10).
- I am crucified and the life I now live is not mine but Christ's (Galations 2:20).
- I am redeemed from the curse of the law (Galations 3:13).
- I am filled with the fruit of the spirit: love, joy, peace, etc. (Galations 5:22, 23).
- I am in Christ Jesus (Ephesians 1:1).
- I am blessed with every spiritual blessing (Ephesians 1:3).
- I am chosen by God to be holy and blameless (Ephesians 1:4).
- I am predestined for adoption as a son through Jesus (Eph. 1:5).
- I am accepted in the beloved (Ephesians 1:6).
- I am forgiven all my sins (Ephesians 1:7).
- I am lavished with his wisdom and insight to know his will (Ephesians 1:8, 9).
- I am predestined according to his purpose (Ephesians 1:11).
- I am made alive with Christ (Ephesians 2:1; 5).
- I am raised with Christ and seated in heavenly places (Eph. 2:6).
- I have been saved by faith through God's gift of grace (Eph. 2:8)
- I am God's handiwork, created in Christ unto good works (Ephesians 2:10).
- I am a fellow citizen with the saints, God's household (Ephesians 2:19).
- I am built upon the foundation of the apostles, prophets, and Christ, the cornerstone (Ephesians 2:20).
- I am able to walk boldly into God's presence (Ephesians 3:12).
- I am strengthened with power through his Spirit in the inner man (Ephesians 3:16).
- I am indwelt with Christ to know the fullness of his love (Ephesians 3:17-19).
- I am receiving exceeding abundantly above all that I ask or think (Ephesians 3:20).
- I am walking worthily because all the insights of Ephesians 1-3 (Ephesians 4:1).
- I am becoming mature, the measure of the stature of the fullness of Christ (Ephesians 4:13).
- I am no longer a child but growing up in all aspects of Christ (Ephesians 4:14, 15)
- I am laying aside the old self, renewing my mind for living a life of holiness and righteousness (Ephesians 4:22, 24).
- I am laying aside lies, anger, stealing, unwholesome communication (Ephesians 4:25-31).
- I am kind, tenderhearted, and forgiving (Ephesians 4:32).
- I am strong in the Lord to fight off all Satan's attacks (Ephesians 6:10-17).
- I am confident of his finishing the work in me unto perfection (Philippians 1:6).
- I am a citizen of heaven (Philippians 3:20).
- I am rejoicing in the Lord always (Philippians 4:4).
- I am anxious for nothing (Philippians 4:6).