

## Shepherding Resources- The Process with Tools

As each and every one of us know, guilt is a terrible motivator for positive change. The gospel of grace changes everything. Our guilt is cast away from us, our sin paid for. When we keep this in mind for ourselves and each individual, we shepherd, the power of God to heal is put at the front of every conversation and encounter. May we keep in mind the exhortation, commission, warning and blessing found in the book of Jude.

### **Jude 20-25**

#### **(exhortation to remember your identity in Christ, his grace and abide in it through the Holy Spirit)**

But you, *beloved*, building yourselves up in your most holy faith and praying in the Holy Spirit, <sup>21</sup>*keep yourselves in the love of God*, waiting for the mercy of our Lord Jesus Christ that leads to eternal life. **(commission for shepherds in all times)**

<sup>22</sup> And have mercy on those who doubt; <sup>23</sup> save others by snatching them out of the fire; to others show mercy....

**(warning to the shepherds to remember their own humanity and be humble lest they too fall into sin – the fear. Let us not be tempted or drawn by attractive or besetting sins, hating – as in not attracted to- the sin-stained garment)**

..... with fear, hating even the garment stained by the flesh.

#### **(blessing and reassurance)**

<sup>24</sup> *Now to him who is able to keep you from stumbling* and to present you blameless before the presence of his glory with great joy, <sup>25</sup> to the only God, our Savior, through Jesus Christ our Lord, be glory, majesty, dominion, and authority, before all-time and now and forever. Amen.

### **This is reiterated in Ephesians 2.**

**2** And you were dead in the trespasses and sins <sup>2</sup> in which you once walked, following the course of this world, following the prince of the power of the air, the spirit that is now at work in the sons of disobedience— <sup>3</sup> among whom we all once lived in the passions of our flesh, carrying out the desires of the body and the mind, and were by nature children of wrath, like the rest of mankind. **4 But God**, being rich in mercy, because of the great love with which he loved us, <sup>5</sup> even when we were dead in our trespasses, made us alive together with Christ—by grace you have been saved— <sup>6</sup> and raised us up with him and seated us with him in the heavenly places in Christ Jesus, <sup>7</sup> so that in the coming ages he might show the immeasurable riches of his grace in kindness toward us in Christ Jesus. <sup>8</sup> For by grace you have been saved through faith. And this is not your own doing; it is the gift of God, <sup>9</sup> not a result of works, so that no one may boast. <sup>10</sup> For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

<sup>11</sup> Therefore remember that at one time you Gentiles in the flesh, called “the uncircumcision” by what is called the circumcision, which is made in the flesh by hands—<sup>12</sup> remember that you were at that time separated from Christ, alienated from the commonwealth of Israel and strangers to the covenants of promise, having no hope and without God in the world. <sup>13</sup> **But now in Christ Jesus** you who once were far off have been brought near by the blood of Christ. <sup>14</sup> For he himself is our peace, who has made us both one and has broken down in his flesh the dividing wall of hostility <sup>15</sup> by abolishing the law of commandments expressed in ordinances, that he might create in himself one new man in place of the two, so making peace, <sup>16</sup> and might reconcile us both to God in one body through the cross, thereby killing the hostility. <sup>17</sup> And he came and preached peace to you who were far off and peace to those who were near. <sup>18</sup> For through him we both have access in one Spirit to the Father. <sup>19</sup> So then you are no longer strangers and aliens, but you are fellow citizens with the saints and members of the household of God, <sup>20</sup> built on the foundation of the apostles and prophets, Christ Jesus himself being the cornerstone, <sup>21</sup> in whom the whole structure, being joined together, grows into a holy temple in the Lord. <sup>22</sup> In him you also are being built together into a dwelling place for God by the Spirit.

**If in the shepherding of God’s people, we convey this message in humble reliance on the Spirit of God dwelling in us, we both guard our hearts from sin and extend grace to those in need.**

On each step there are up to four main sections, when applicable.

**Resources:** This lists the resources for the shepherds use and they can be found in the Resource section of the notebook. It is possible they may be useful for the person in process. However, they are intended for the shepherd to be familiar with so they can facilitate the process better.

**Tools:** This section tells what tools are included with this part of the process. These are for use with the person in process and the shepherd should be familiar with them in order to use them efficiently.

**Process:** This is what you do with the person in process at this step. How to use the tool(s).

**Journal:** in this section there are ideas for homework. In your interaction you will see what could be the most useful to reflect on from this meeting, suggest journaling on that as well or instead.

## **Overview:**

### **The Situation – What Happened?**

#### **Meeting 1**

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- Pre-evaluation forms
- Define the Problem (what happened)
- Understanding everyone’s interests (what do the individuals need out of this process?)

#### **Meeting 2**

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- Evaluate Gospel Understanding

### **The Process – Growing Through the Painful Event**

#### **Meeting 3**

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- Step 1 – Root Cause – Understand Behaviors, Feelings, and Needs

#### **Meeting 4**

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- Step 2- Root Cause - Understanding Beliefs about God and Self

#### **Meeting 5**

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- Step 3- Root Cause - Sin and Self-Power, Self-Provider, Self-Protector

#### **Meeting 6**

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- Step 4- Root Cause - God’s Perspective vs. Our Perspective and Entitlement

#### **Meeting 7**

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- Step 5- Root Cause - Victim vs Victorious Behaviors

#### **Meeting 8**

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- Step 6- full process

#### **Meeting 9**

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- Step 7- Guarding our mind
- Step 8- Midway Evaluation

## Next Steps – Where To Next?

### Meeting 10

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- Sharing your progress with your spouse, children, others involved (as appropriate).
- Repentance, forgiveness (as appropriate)

### Meeting 11

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- Develop Alternative Solutions (brainstorming, idea collecting)
- Select a Solution based on evaluation of practicality of each option
- Agree on contingencies, monitoring (accountability), evaluation
- Document the agreement
- Implement the Solution (assign steps to accomplish) and meet for accountability.

### Meeting 12

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- Evaluate the Outcome (meet again and again and again)
- Repeat as Needed

### List of Tools for Use:

- Heart Check
- Feelings page
- Needs page
- What is my “want to” (make copies)
- How close am I to God evaluation tool
- My relationship with \_\_\_\_\_ evaluation tool
- Cauldron
- Blank Cauldron
- Anger is a secondary emotion
- Needs Expanded
- Do I have an anger problem?
- Beliefs
- The 3 P’s
- U-turns and shortcuts
- TSA/Homeland security
- Stacking stones to Celebrate Victories
- Steps to control anger
- Tactics and Triggers
- Perspective Matters
- Entitlement quiz
- Victim vs. Victorious page
- Primary Healing Process pages
- Processing Anger
- Processing Fear
- Processing things not caused by direct sin
- Grief letter
- Attachment Cycle
- Attachment processing diagram
- Boxes in the closet
- Tree branches and roots
- Stepping-stones
- Cycle diagram
- The armor of God

# The Situation

## Meeting 1

The goal of this first meeting is to allow the individual to talk about what happened, understand the context as they feel it, and allow them to share where they are at with you in honest and open conversation. It is imperative to simply listen, engage with empathy, and take away as much information as possible.

The point of the entire process (Meetings 1-9) is to allow the individual to come to realizations, solutions and heart change with God on their own. We are not telling them what to do or how to do it. With this process they will see their root issues and decide on how to work on it or reject the process. It is not on you. You are just the prompter, facilitator.

\*\*\*Important rule: *For the one in process, "You may only talk about yourself after #1 until asked in #12".*

### ○ **Activity #1: Heart Check**

Start with this tool before you do anything else. This will also be the last tool to be used in the process. Comparing the before and after answers is a great tool for evaluation and self-reflection. These are the questions, the worksheet for the person in process is the next page. Make copies.

**Heart Check Questions:** (Credit-Cathy Roberts)

Where am I right now in life?

What is good about my life right now?

What concerns me about my life at the current time?

What is lacking in my life right now?

### ○ **Activity #2: Define the Problem (what happened)**

At this stage you are just listening and gathering information. You are providing a safe place for them to talk about what happened. No corrections or directed questions at this time. We are not looking for blame here, just facts. Take copious notes to go back to.

a. Resources (for your information):

- The Importance of Story
- How to really listen
- How to ask really good questions

b. Ask the individual what happened and listen for:

- Beliefs about God and Self that are false or true Behaviors
- Feelings

c. To get a feel for what you are starting with ask:

- "How long would you say this has been going on? Is this new, a one-time occurrence, has this been building, is it a new level of an existing issue?"
- "What have you tried so far? Have you been to a counselor, a friend, book resources, etc.?"

d. Tools:

- If the individual is having a hard time identifying their feelings (beyond Anger) use the Feelings Page resource to help them identify specific feelings

○ **Activity #3: Understanding everyone's interests (what do the individuals need out of this process?)**

Ask if they know what they want out of this process. You are just listening and providing a safe way for people to express what they need and want. It is not likely to be realistic or healthy at this point. That is ok. They are at the beginning, there is no expectation yet. Make some notes to go back to.

Have them fill out the following pages. These will be useful to go back to when things are tough, and they want to give up. Along with the Heart Check Questions, these will be good tools for evaluation, so having a benchmark is helpful.

- a. Work with the individual to fill out the following tools:
- What is my "want to" (make copies as needed)
  - How close am I to God evaluation tool
  - My relationship with \_\_\_\_\_ evaluation tool

Name

Date

## **Heart Check Questions Worksheet:**

(Credit-Cathy Roberts)

Where am I right now in life?

What is good about my life right now?

What concerns me about my life at the current time?

What is lacking in my life right now?

Name

Date

## **What is my “Want To”?**

What do I want my relationship with God to be like?

What do I want my relationship with \_\_\_\_\_ to be like?

What kind of person do I want to be?

## How close am I to God?

Mark where you feel you are in in relationship to God at this time. Write the date.

ME

GOD

## How is my relationship with \_\_\_\_\_ ?

On a scale of 1-10 (1 being the worst it can get and 10 being the best it can get) *circle and date* how you would rate your relationship with \_\_\_\_\_ right now.

**1   2   3   4   5   6   7   8   9   10**



## What Are You Feeling?

Discouraged

*Ashamed*

Hurt

lost Inadequate

Lonely

Rejected

*Small*

*Fearful*

**ENRAGED**

Sad

**angry**

numb

**Anxious**

shut-down

**grieved**

*frustrated*

**Confused**

overwhelmed

*unwanted*

**shocked**

forgotten

mad

**jealous**

*Helpless*

**brokenhearted**

hopeless

**Frightened**

**DISGUSTED**

**Upset**

unworthy

**DISAPPOINTED**

**bitter**

betrayed

worthless

**guilty**

**PRIDEFUL.**

**neglected**

**DEVALUED**

resentful

alone

**worried**

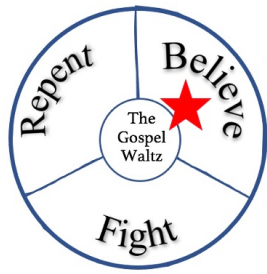
embarrassed

**forsaken**

abandoned

**BLIND-SIGHTED**

## Meeting 2- Gospel Understanding



The goal for this meeting is to determine if the individual has a good grasp of the gospel. If not, this will require some additional meetings before proceeding with the rest of this plan. This may or may not be with a different shepherd.

### ○ **Activity #4: Evaluate Gospel Understanding:**

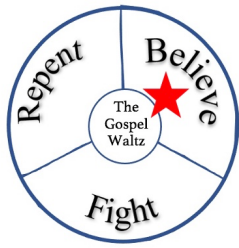
After the previous activities it is important to take some time to evaluate to see what direction you need to go. It is ideal that they have an understanding of the Gospel. If this does not seem to be the case, then that is the next phase of care. It may be useful to have one shepherd do the Gospel understanding phase and another do the processing phase (this notebook). If this has already been done or it seems that they do understand the Gospel, then move forward with number 3 with all the steps.

#### A. Resources:

- The Gospel Waltz
- <https://www.v7pc.org/discipleship-groups>
- Year One- Unit One

# The Process

## Meeting 3 – Step One



The goal of this meeting is to help the individual understand how their feelings drive their behaviors which always indicate their deepest needs. Key take-aways from this meeting is that the individual clearly links events/behaviors, with feelings, with needs. This will allow them to understand how only God can meet the deepest need they feel around the painful event. Additionally, it will help them move beyond the anger they feel by fixating on the painful event to understand the underlying issues. It is important to convey that these feelings and behaviors come from somewhere and our pain is real and not to be ignored.

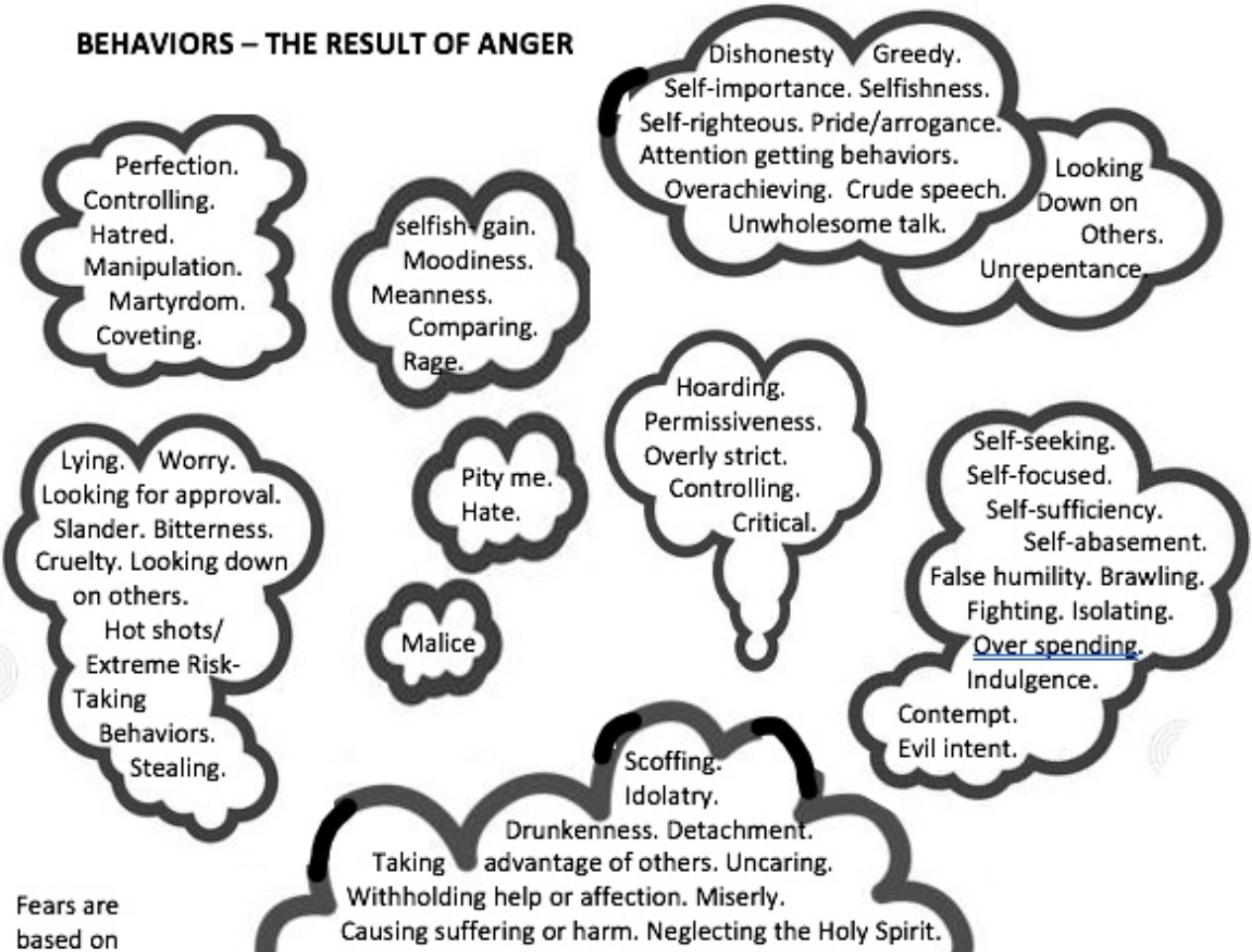
\*\*\*Important rule: *For the one in process, "You may only talk about yourself until asked in #12".*

### ○ Activity #5: Root Causes - Understanding behaviors, feelings and needs

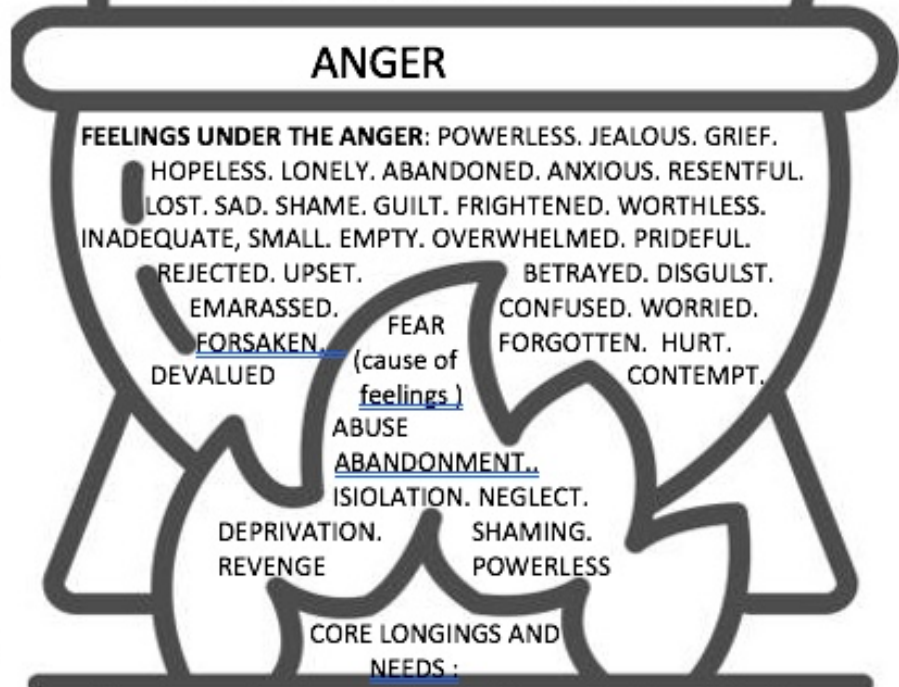
1. Resources (for your use):
  - Understanding story
  - PTSD
  - Attachment
  - Grief
2. Tools:
  - Cauldron
  - Blank Cauldron
  - Anger is a secondary emotion
  - Feelings (from meeting 1)
  - Needs
  - Do I have an anger problem?
3. The Process: Using the *cauldron* and the *anger is a secondary emotion* tools:
  - Read Ephesians 4:26-32
  - Go over the filled in Cauldron example
  - Have them identify the behavior(s) in their situation (point at the "steam" at the top of the cauldron)
  - Identify the feelings under the anger (What feelings are driving my anger?)
    - Use the anger is a secondary emotion page to explain - if needed
    - Point at the feelings in the cauldron under anger.
    - Use the feelings page.
  - What fear did this come from? (Point at the fears in the cauldron. Use the needs page)
  - What is your longing/need? (Point at the longings section in the cauldron. Use the needs page)
  - Repeat this for various painful events until you can see that they understand the cauldron tool.
  - Next, they will use the blank cauldron to fill it in themselves after you have gone through the example.
  - If it seems useful, use the *Do I Have an Anger Problem?* worksheet.
4. Journal

Take some time this week to think about the cauldron image and how it relates to your life. Write down where you see the "Steam" from the boiling cauldron in your life. What feelings are under those behaviors? What fears did they come from? What are your longings/needs?

**BEHAVIORS – THE RESULT OF ANGER**

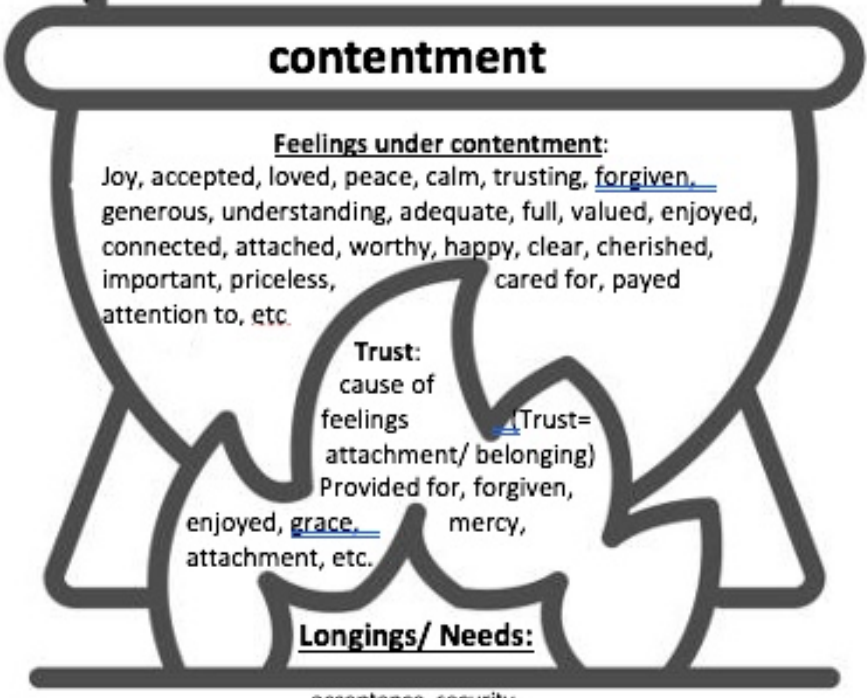


Fears are based on false beliefs about God, myself and my relationship with God. These are informed by my dirt perspective. Which lead to trying to be my own Power, Provider or Protection in regard to my deep longings and needs.



Acceptance. Significance. Security. Power. Provision. Protection. Love. Intimacy. Respect. Etc.

**Sweet aroma pleasing to God**



**contentment**

**Feelings under contentment:**

Joy, accepted, loved, peace, calm, trusting, forgiven, generous, understanding, adequate, full, valued, enjoyed, connected, attached, worthy, happy, clear, cherished, important, priceless, cared for, payed attention to, etc.

**Trust:**

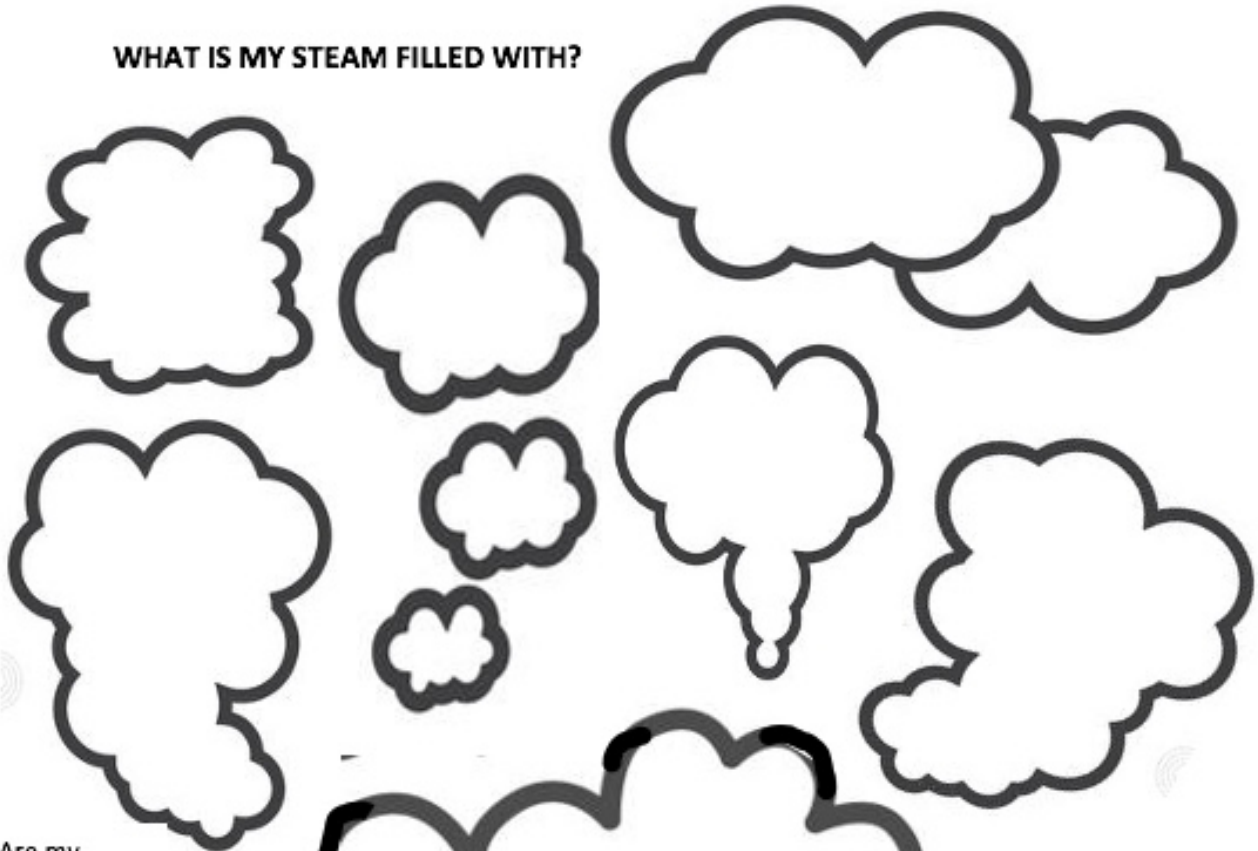
cause of feelings (Trust= attachment/ belonging) Provided for, forgiven, enjoyed, grace, mercy, attachment, etc.

**Longings/ Needs:**

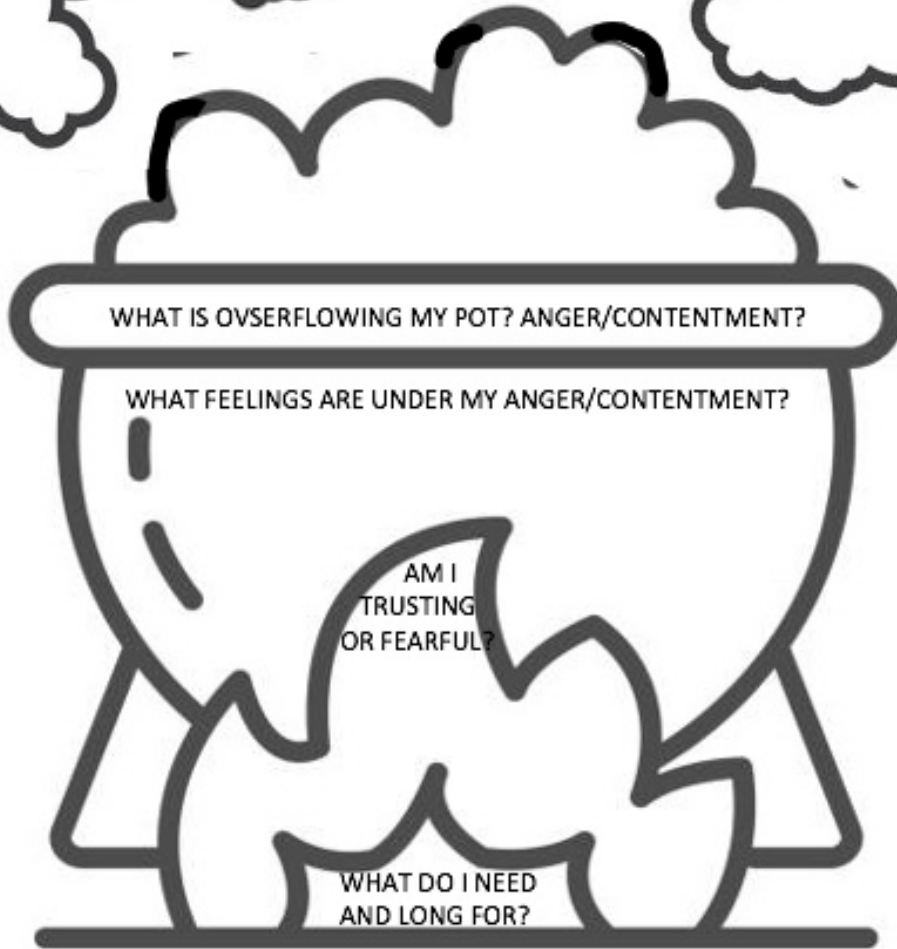
acceptance, security, significance, freedom, power, provision, protection, love, intimacy, respect, etc.

Trust is based on true beliefs about God, myself and my relationship with God. They are informed by Peak Perspective. Which leads to allowing God to be my Power, Provider or Protection in regard to my deep longings and needs.

**WHAT IS MY STEAM FILLED WITH?**



Are my beliefs about God, myself and my relationship with God true or false? These are informed by my perspective. Is it peak or dirt? Am I trying to be my own Power, Provider or Protection in regard to my deep longings and needs? What is the result?



# What Do I Need?

## Longings

Our deepest longings are given to us by God to be met fully by him alone

- ~~to be known~~ \* *to be loved* \* **TO BE ACCEPTED** \*

## Crucial needs come from God

**ACCEPTANCE** \* *Significance* \* *Security*

**Power** \* **Provider** \* **Protector**

**PEACE** \* **Freedom**

## Critical/casual needs come from God and healthy sources only if I am healthy

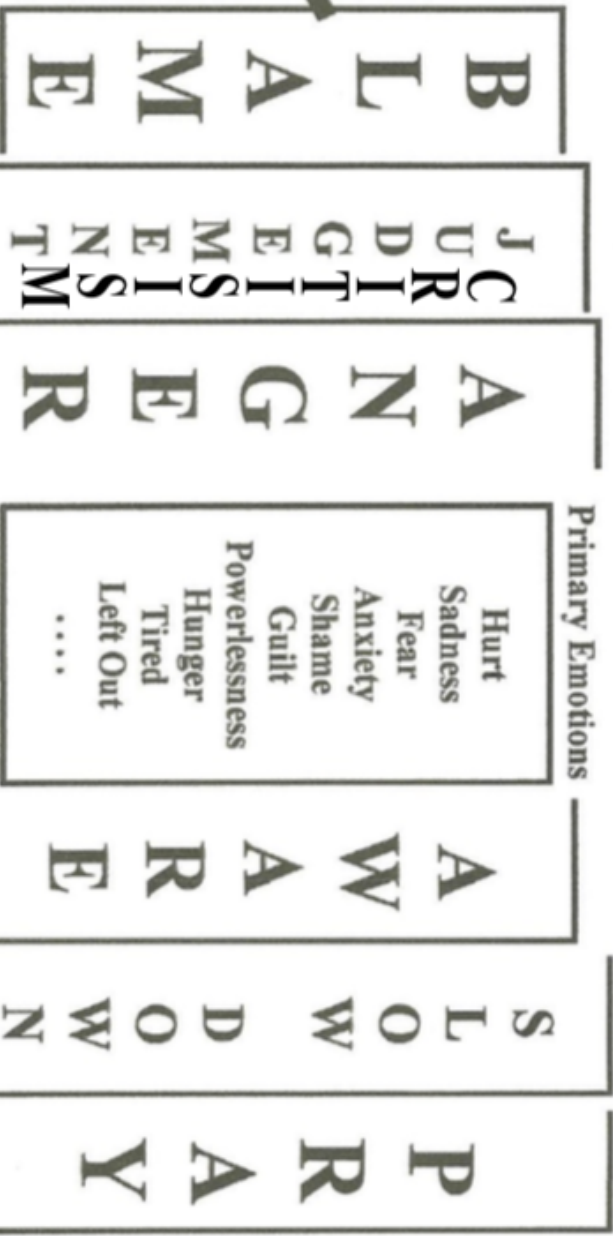
**LOVE** \* **nurture** \* **respect** \* **appreciation** \* **rest** \*

**intimacy** \* *satisfaction* \* *etc.*

# God

Pour out your complaint before Him. Surrender the feelings to God and ask that His will be done in expressing them.

## Secondary Emotions



*Anger—disconnect us from others, God and even ourselves*

*Primary Emotions—connect us with others, God and ourselves*

When we are angry about something, we typically think that anger is all there is. But anger is a secondary emotion, that there is a feeling behind the anger. This preceding emotion or primary emotion may be hurt, sadness, guilt, tiredness, etc. When we are angry, if we can slow the process down and ask ourselves, "what is it that I am really feeling?" we will gain a lot more choice in dealing with our anger. If we don't deal with our anger and let it continue, we can become critical of others. It is like "freeze dried anger." Eventually, we become so disconnected that we proceed to blame others, as if they are the cause or our anger. Secondary emotions of anger, criticism and blame disconnect us from ourselves, others and God. Primary emotions can connect us with others, ourselves and even with God. If I share hurt, fear, guilt, powerlessness, others can identify with me and there is not as much defensiveness as with anger. I can even then take these primary feelings to God and surrender to what he wants me to do.

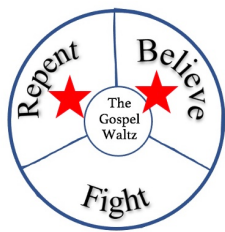


## **DO I HAVE AN ANGER PROBLEM?**

1. Does your mate feel free to share her thoughts and feelings with you?
2. If a stranger knew everything about your relationship with your mate, would he or she say you have a "happy marriage?" If not, who is mostly responsible?
3. Has your spouse/child ever said to you that she is afraid of you?
4. Does he/she avoid conflict with you?
5. Has your partner/child ever received a bruise as a result of your actions?
6. Have you ever broken an "object (glass, chair, vase, ashtray, etc.) during, or right after, an argument?
7. Have you ever called your spouse/child a derogatory name?"
8. Has your spouse ever accused you of being angry and you disagreed?
9. Have you ever hurt yourself punching or kicking a wall etc.?
10. Have you ever been taken by surprise by your anger?
11. Have you ever been "blind" with rage, or couldn't remember what you did when angry?
12. Would your spouse/child say that you have ever slapped her?
13. Have you ever ripped her/him clothes when angry?
14. When angry, have you shaken your fist at her/him?
15. Does drinking alcohol affect your anger?
16. Does your spouse ever call the police or think of calling the police?

If you answered no to questions 1 - 2, or yes to questions 3 - 16, you may have an anger problem.

## Meeting 4 – Step Two



The goal of this meeting is to help the individual link their feelings and needs with their beliefs about God and themselves. This is a critical early step in handing over the painful event to God for true healing beyond just managing a behavior. This step should begin to bring out what false beliefs the individual has about God and how this false belief has impacted them. These false beliefs come from somewhere, usually from a painful event in our childhood. \*\*\*Important rule: *For the one in process, “You may only talk about yourself until asked in 12”.*

**NOTE:** It is important to note that our deepest held false beliefs about God and ourselves come from painful events in our childhood. *If this comes up it is important to affirm that this was not their fault* (what they do with it now that they are aware is, but that is another conversation). If they are not able to connect to a false belief you can use the attachment cycle explanation to help them identify the break and what false beliefs this resulted in. ***At this time, it may be necessary to refer them to a counselor/therapist to process this in depth, this is not within our ability as lay leaders.*** You can move on in this outlined process with them if it seems like they are able to continue.

### ○ **Activity #6: Root Causes - Understanding beliefs about God and Self**

1. Resources
  - Beliefs
2. Tools
  - Beliefs pages/ bookmarks
  - Attachment cycle
3. The process: Have them work through what their false beliefs about self and God are and affirm what is true about self and God through scripture.
  - Remember that our actions/behaviors and thoughts reveal what we truly believe. This is often the opposite of what we say we believe.
  - The goal here is to correctly identify; when I \_\_\_\_\_, my false belief about myself is \_\_\_\_\_ and my false belief about God is \_\_\_\_\_.
  - These are statements that begin with I am/am not, I can/cannot, I will/will not. God is/is not, God can/cannot, God will/will not.

#### **First Process**

- a. Talk through what does it mean to have a false belief (above),
- b. Have them read the list of *Beliefs about God*.
- c. Ask them to identify ones they struggle with believing.
- d. If they say they believe all of them, or some such phrase, repeat as a question the last three words they said. Such as, “all of them?”, “none of them?”, “any of them?”, etc. This will prompt them to re-evaluate their statement. This is known as “mirroring” and is an effective tool for people to evaluate their assumptions or claims without confrontation.
- e. Have them write down the false version of the belief, the true version of the belief and a scripture that goes with it.
- f. *Repeat all steps with the list of Beliefs about Self.*

#### **Second Process**

Ask these questions in order. Yes, they must answer each. Repetition is intentional and promotes the practice of self-evaluation.

- a. Situation/ what happened? (behavior or incident)
- b. What do you feel? (use feelings page)

- c. What do you need? (use needs page and questions on it)
  - d. What is the false belief behind this? (beliefs page or bookmark)
  - e. What is the truth from God's word?
  - f. (do this together) False Beliefs are an offense against God. Take some time to consider this and if you are ready to do so, repent in prayer. Be specific.
4. Journal
- This week look over all the belief statements about God and yourself. Write down the ones that are hard for you to accept. Be honest about where you see a disconnect in your actions and what you think you believe. For each statement write out the false and true versions of it. Find a Bible verse that speaks to that and write it down. Use this opportunity to Repent, Believe and Fight.

### **Write it out:**

My false belief about God:

What God says is true about himself:

My false beliefs about myself:

What God says is true about me:

## Beliefs about God

1. **God's power is sufficient for me. 2**  
**Corinthians 12:9**
2. God provides real peace, and his supply is limitless. John 14:27
3. **God is both a promise maker and a promise keeper. Isaiah 41:10**
4. God remains faithful no matter what I do. 2  
Timothy 2:13
5. **God can and wants to carry me and all my burdens. Matthew 11:28-30**
6. God hears me and answers my prayers. 1  
John 5:14-15
7. **God can and will meet all my needs. Philippians 4:19**
8. God's supply of mercy never depletes.  
Lamentations 3:22-23
9. **God promises to work all things out for my good. Romans 8:28**
10. God protects me. 2 Thessalonians 3:3
11. **God is on the job, I do not need to fear. Isaiah 41:13**
12. I can go to God with all my worries. 1 Peter 5:7
13. **God will never leave me. Deuteronomy 31:8**
14. God gives me joy and happiness. Romans 15:13
15. **Nothing is impossible with God. Mark 10:27**
16. God is always with me. Matthew 28:20
17. **God wants the best for me. Romans 8:28**
18. God rejoices over me with singing.  
Zephaniah 3:17
19. **God will help me. Isaiah 41:13**
20. Jehovah Rapha God heals
21. **God provides for me Matthew 6:25-42**
22. God sees me Genesis 16:13
23. **God fights for me Joshua 23:10. Exodus 14:14**
24. God is for me Romans 8:31
25. **God is in control Ecclesiastes 3:11**
26. Nothing is too hard for God Jeremiah 32:27
27. **God has a plan for me Jeremiah 29:11**
28. God sees everything through to the end  
Proverbs 16:4-9
29. **God is all powerful Isaiah 55:8-9**
30. God longs to hold me Proverbs 30:4
31. **God will always make a way for me Isaiah 43:19**
32. God wants to give me a good life Psalm 16:11
33. **God wants to spend time with me James 4:8**
34. God holds everything together Colossians 1:17
35. **God is good Psalm 34:8**
36. God delights in me Psalm 147:10
37. **God has done great things for me Psalm 126:3**
38. God will restore what was lost  
Deuteronomy 30:3

## Beliefs about self/ My identity in Christ

1. I am born again... (1 Peter 1:23)
2. **I am a child of God. (John 1:12)**
3. I am saved by grace through faith. (Ephesians 2:8-9)
4. **I am loved by God (John 3:16)**
5. I am a new creation in Christ; the old has gone and the new has come! (2 Corinthians 5:17)
6. **I have peace with God. (Romans 5:1)**
7. The Holy Spirit lives in me. (1 Corinthians 3:16)
8. **I have access to God's wisdom. (James 1:5)**
9. I am helped by God. (Hebrews 4:16)
10. **I am reconciled to God. (Romans 5:11)**
11. I am not condemned by God. (Romans 8:1)
12. **I am justified. (Romans 5:1)**
13. I am completely forgiven. (Colossians 1:14)
14. **I am tenderly loved by God. (Jeremiah 31:3)**
15. I am the sweet fragrance of Christ to God. (2 Corinthians 2:15)
16. **I am a temple in which God dwells. (1 Corinthians 3:16)**
17. I am blameless and beyond reproach. (Colossians 1:22)
18. **I am Christ's friend. (John 15:5)**
19. I am chosen by Christ to bear fruit. (John 15:16)
20. **I am a joint heir with Christ (Romans 8:17)**
21. I am one with Christ (1 Corinthians 6:17)
22. **I am a saint. (Ephesians 1:1)**
23. I am victorious (1 Corinthians 15:57)
24. **I am safe (I John 5:18)**
25. I am protected by God. (Colossians 3:3)
26. **I am chosen by God, holy and dearly loved. (Colossians 3:12)**
27. My heart and mind are protected with God's peace (Philippians 4:7)
28. **I am sanctified. (Hebrews 2:11)**
29. I am firmly rooted and built up in Christ. (Colossians 2:7)
30. **I am born of God, and the evil one cannot touch me. (1 John 5:18)**
31. I have the mind of Christ. (1 Corinthians 2:16)
32. **I may approach God with boldness, freedom, and confidence. (Ephesians 3:12)**
33. I have been made complete in Christ. (Colossians 2:10)
34. **I have been given a spirit of power, love, and self-discipline. (2 Timothy 1:7)**
35. My needs are met by God. (Philippians 4:19)
36. **I am a prince (princess) in God's kingdom. (John 1:12; 1 Timothy 6:15)**
37. I belong to God. (1 Corinthians 6:19,20)
38. I have been adopted as God's child. (Ephesians 1:5)
39. **I am free from any condemning charges against me. (Romans 8:31f)**
40. I cannot be separated from the love of God. (Romans 8:35f)
41. **I am confident that the good work that God has begun in me will be perfected. (Philippians 1:6)**
42. I am made just right. (Ephesians 2:10)
43. **I can do all things through Christ, who gives me the strength I need. (Philippians 4:13)**
44. I have purpose (Ephesians 1:9 & 3:11)
45. **I have hope** (Ephesians 1:12)
46. I am included (Ephesians 1:13)
47. **I am alive with Christ** (Ephesians 2:5)
48. God has expressed His kindness to me (Ephesians 2:7)
49. **I am secure** (Ephesians 2:20)
50. I know there is a purpose for my sufferings (Ephesians 3:13)
51. **I am completed by God** (Ephesians 3:19)
52. I am dead to sin (Romans 1:12)
53. **I am not alone** (Hebrews 13:5)
54. I am promised a full life (John 10:10)
55. **I am victorious** (I John 5:4)
56. **I am set free** (Romans 8:2; John 8:32)

## Meeting 5 – Step Three



The goal of this meeting is to help the individual take the next step towards healing by linking their false beliefs with the impact of that belief. The impacts are the individual's desire to be their own power, provider, and/or protector (the 3 P's). Clearly, these are roles solely reserved for God, however it is very easy (though ineffective) to usurp these roles. This step should bring out which of these the individual allows to control their life and the impact of that control. Again, this can be linked to the Attachment Cycle diagram if needed.

\*\*\*Important rule: *for the one in process, "You may only talk about yourself until asked in #12".*

### ○ **Activity #7: Root Causes - Sin and Self-Power, Self-Provider, Self-Protector**

#### 1. Resources

- Entitlement
- Beliefs
- Attachment cycle

#### 2. Tools

- Sin and the 3P's
- Needs page expanded
- Cauldron related to all the steps

#### 3. The process - Sin is, at its very root, saying I am a better god than God. I will be my own god.

- a. Review false beliefs from the last meeting
- b. Go over the *Sin and the 3P's* page.
- c. Have them identify, in each of the false beliefs from the last meeting, how they compensate by being their own Power, Provider or Protector.
- d. Ask these questions in order. Yes, they must answer each. Repetition is intentional and promotes the practice of self-evaluation.
  - Situation/ what happened? (behavior or incident)
  - What do you feel? (use feelings page)
  - What do you need? (use needs page and the questions on it)
  - \*What P are you using to get that need met?
  - What is the false belief behind this? (beliefs page or bookmark)
  - What is the truth from God's word?
  - (do this together) False Beliefs and putting yourself on God's throne by being your own Power, Protector and Provider are offences against God. Take some time to consider this and if you are ready to do so, repent in prayer. Be specific.

#### 4. Journal

This week watch yourself and write down the times you attempt to be your own power, provider or protector. Include what need you are trying to meet. Answer the questions on the needs page. Use this opportunity to Repent, Believe, Fight.

- Is it healthy?
- What lie am I believing?
- What is the truth?
- Did I get what I needed?
- In what ways did I already have what I needed?

# What Do I Need?

## Longings

Our deepest longings are given to us by God to be met fully by him alone

- ~~to be known~~ \* *to be loved* \* TO BE ACCEPTED \*

## Crucial needs come from God

ACCEPTANCE \* *Significance* \* Security

**Power** \* **Provider** \* **Protector**

PEACE \* **Freedom**

## Critical/casual needs come from God and healthy sources only if I am healthy

LOVE \* **nurture** \* **respect** \* **appreciation** \* **rest** \*

**intimacy** \* *satisfaction* \* *etc.*

- What am I using to try to meet my own need?

Specific example of being your own **Power, Provider, Protector**

**Is it healthy?**

**What lie am I believing?**

**What is the truth?**

**Did I get what I needed?**

**In what ways did I already have what I needed?**

# Sin and the 3 P's

## What is Sin?

When we talk about sin, we sometimes think we are talking about behaviors like lying, stealing, cheating, being unkind, gossiping, etc. However, these are SYMPTOMS of sin. Sin happens in our heart where no one but God can see. In its most basic state, it is kicking God off the throne of our heart and putting ourselves on it instead. The root cause of this is our false beliefs, the things God says are true, but we don't believe it or at least do not behave as though we do. This comes out in three basic ways. Relying on self for power, provision, protection instead of relying on God for these things.

## Power

- I engage in self-power when I use force/violence, anger, manipulation, intimidation to get what I want and to find significance. I am using self-power when I am defensive, evasive, blame shifting, gas-lighting, lash out in anger, demand perfection, my way or the highway, use others for my own means.
- What does God say?
  - **Isaiah 40:28-31** – Have you not known? have you not heard? The everlasting God, The LORD, the Creator of the ends of the earth, doesn't faint, neither is weary; there is no searching of his understanding. He gives power to the faint; and to him who has no might he increases strength. Even the youths shall faint and be weary, and the young men shall utterly fall but those who wait for The LORD shall renew their strength; they shall mount up with wings as eagles; they shall run, and not be weary; they shall walk, and not faint.
  - **John 16:33** – I have told you these things, that in me you may have peace. In the world you have oppression; but cheer up! I have overcome the world.
  - **2 Corinthians 12:9, 10** He has said to me, "My grace is sufficient for you, for my power is made perfect in weakness." Most gladly therefore I will rather glory in my weaknesses, that the power of Christ may rest on me. Therefore, I take pleasure in weaknesses, in injuries, in necessities, in persecutions, in distresses, for Christ's sake. For when I am weak, then am I strong.
  - **Ephesians 3:20, 21**– Now to him who is able to do exceedingly abundantly above all that we ask or think, according to the power that works in us, to him be the glory in the assembly and in Christ Jesus to all generations forever and ever. Amen.
  - Philippians 4:13 – I can do all things through Christ, who strengthens me.
  - **Jeremiah 10:12-13** "But God made the earth by his power, and he preserves it by his wisdom. With his own understanding, he stretched out the heavens. When he speaks in the thunder, the heavens roar with rain. He causes the clouds to rise over the earth. He sends the lightning with the rain and releases the wind from his storehouses."
  - **Romans 13:1** "Everyone must submit to governing authorities. For all authority comes from God, and those in positions of authority have been placed there by God."
  - **Psalms 147:4-5** "He determines the number of the stars; he gives to all of them their names. Great is our Lord, and abundant in power; his understanding is beyond measure."

## Provider

- I engage in self-provision when I seek to provide for myself or assign another human responsibility for my feelings of acceptance, emotional needs, self-worth, value, image. I am engaging in self-provision when I work my way into a desired circle, use pornography, use social media to project the image I want, use music, games, books, movies, tv, social media, food, alcohol, drugs, to get any of these things.

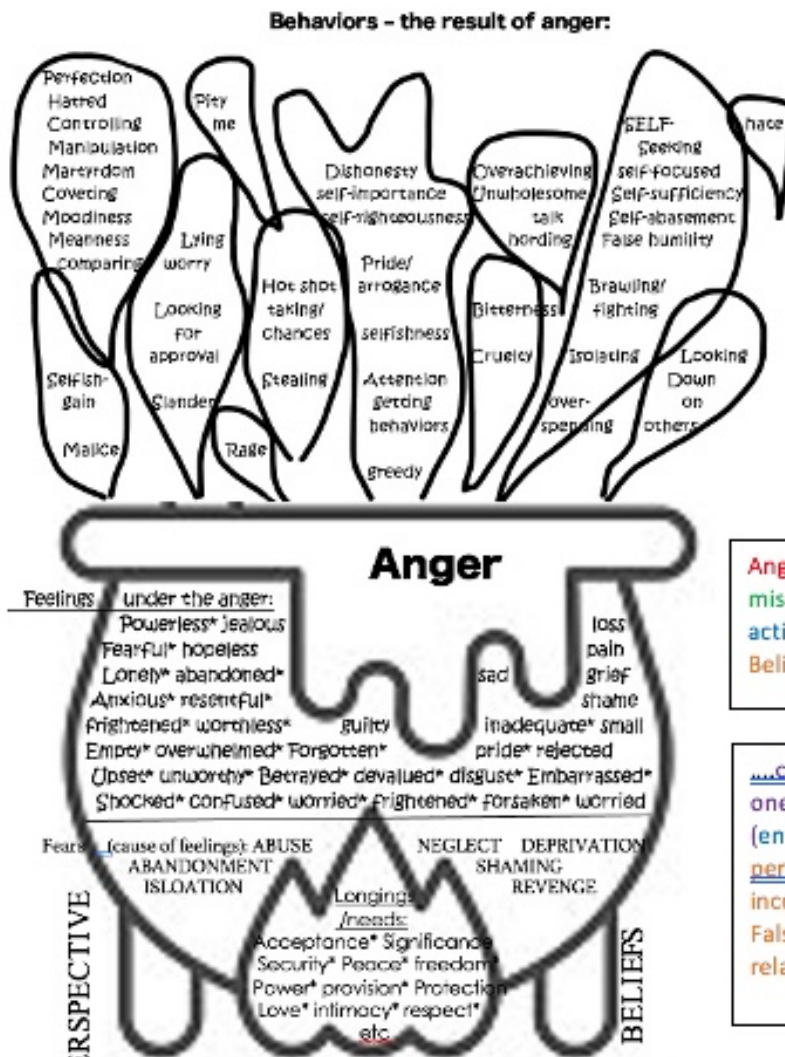


- What does God say?
  - **Genesis 22:14** – Abraham called the name of that place Jehovah-Jireh, the LORD is my provider. As it is said to this day, “In the LORD’s mountain it will be provided.”
  - **Psalms 34:9, 10** – Oh fear the LORD, you his saints, for there is no lack with those who fear him. The young lions do lack, and suffer hunger, but those who seek the LORD shall not lack any good thing.
  - **Psalms 84:11** – For the LORD God is a sun and a shield. the LORD will give grace and glory. He withholds no good thing from those who walk blamelessly.
  - **Psalms 103:5** – [The LORD] satisfies your desire with good things, so that your youth is renewed like the eagle’s.
  - **Psalms 104:27, 28** – These all wait for you, that you may give them their food in due season. You give to them; they gather. You open your hand; they are satisfied with good.
  - **Psalms 107:9** – For he satisfies the longing soul. He fills the hungry soul with good.
  - **Philippians 4:19** – My God will supply every need of yours according to his riches in glory in Christ Jesus.
  - **James 1:17** – Every good gift and every perfect gift is from above, coming down from the Father of lights, with whom can be no variation, nor turning shadow.

## Protector

- I engage in self-protection when I seek to find security in my own endeavors and success or by assigning responsibility for it to another human. I am self-protecting when I hide who I am by shrinking or projecting a false self, when I deny my feelings, lash out in anger, am defensive, put up walls or use books, music, tv, social media, food, alcohol, drugs, etc. to escape. I am also self-protecting when I do not take necessary risks, am conflict avoidant, don’t try new things, don’t speak up, protect my abuser, do just the minimum so as to avoid failure.
- What does God say?
  - **Isaiah 41:10-12** So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. "All who rage against you will surely be ashamed and disgraced; those who oppose you will be as nothing and perish. Though you search for your enemies, you will not find them. Those who wage war against you will be as nothing at all.
  - **Deuteronomy 31:6** Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you."
  - **Proverbs 18:10** The name of the Lord is a fortified tower; the righteous run to it and are safe.
  - **Psalms 121:7-8** The Lord will keep you from all harm- he will watch over your life; the Lord will watch over your coming and going both now and forevermore.
  - **Psalms 34:7** The angel of the Lord encamps around those who fear him, and he delivers them.
  - **Psalms 32:7** You are my hiding place; you will protect me from trouble and surround me with songs of deliverance.
  - **Psalms 3:3-5** But you, Lord, are a shield around me, my glory, the One who lifts my head high. I call out to the Lord, and he answers me from his holy mountain. I lie down and sleep; I wake again, because the Lord sustains me.
  - **Isaiah 43:2** When you pass through the waters, I will be with you; and when you pass through the rivers, they will not sweep over you. When you walk through the fire, you will not be burned; the flames will not set you ablaze.

# How does the Cauldron relate to the whole process so far?



Steam behaviors are the result of holding False Beliefs (I don't believe God will meet my longings and crucial needs, so I believe I can't get the other needs met in healthy ways by healthy others, this is limited/imperfect perspective). I believe I am Entitled and try to meet my own needs through the 3P's. We are lousy gods.

**Questions to ask:**

- Is it healthy?
- What lie am I believing?
- What is the truth?
- Did I get what I needed on my own?
- In what ways did I already have what I needed?

Anger is unmitigated and misdirected feelings resulting in acting on Entitlement and False Beliefs through self-3P's....

...caused by the fear of not getting what one needs or thinks they need (entitlement). The fear is caused by persisting in our own incomplete/limited perspective and False Beliefs about self and God. This relates to the Cycle of Attachment.

**Longings**

Our deepest longings are given to us by God to be met fully by him alone

- \*to be known
- \* to be loved
- \* to be accepted

**Crucial needs come from God**

- Acceptance \* Significance \* Security
- Power \* Provider \* Protector
- Peace \* Freedom

Credit: Cheryl Field Hope for Healing

## Meeting 6- Step Four



The goal of this meeting is to help the individual move from their warped perspective requiring them to be their own power, provider, or protector to God's perspective in which he is each of those for them. This change comes from the truth of Scripture which defines who God is and who we are. By understanding the scriptural view, the individual can begin to replace the false identities (the 3 P's) they have taken on and replace them with the true identity of Christ. This meeting is the tipping point of the process in which the individual can finally see how their feelings indicate their longings which fuel their false beliefs about themselves and God. These false beliefs naturally

lead to a sense of entitlement thereby destroying relationships. After they realize the depth of these beliefs and why they have them, they are able to begin the long process of replacing their false beliefs with true. The individual can then begin living out of their true identity in Christ thereby changing their behaviors and healing broken relationships. \*\*\*Important rule: *for the one in process, "You may only talk about yourself until asked in #12"*.

### ○ Activity #8: Root Causes - God's Perspective vs. Our Perspective and Entitlement

#### 1. Resources

- Beliefs
- Entitlement
- Attachment cycle

#### 2. Tools

- Perspective Matters
- Entitlement quiz

#### 3. The process –

- This is an educational opportunity for understanding why we want to take control and how we can adjust our perspective to live in peace.
- Go over the *Perspective Matters* pages
- Do the *Entitlement Quiz*

#### **THEN**

- Ask these questions in order. Yes, they must answer each. Repetition is intentional and promotes the practice of self-evaluation.
  - a. Situation/ what happened? (behavior or incident)
  - b. What do you feel? (use feelings page)
  - c. What do you need? (use needs page)
  - d. \*What do I think I deserve or am entitled to? (use Entitlement quiz)
  - e. What P are you using to get that need/entitlement met?
  - f. What is the false belief behind this? (beliefs page or bookmark) \*This is my limited/incomplete perspective.
  - g. What is the truth from God's word? \*This is God's unlimited/complete perspective.
  - h. (do this together) False Beliefs, trying to be your own Power, Protector and Provider, entitlement and refusing to see and accept God's sovereign perspective are offences against God. Take some time to consider this and if you are ready to do so, repent in prayer. Be specific.
  - i. Entitlement is also an offence against others (and possibly yourself). Take some time to consider this and if you are ready to do so, repent in prayer AND to the one you offended. Be specific.

#### 4. Journal

- This week consider situations in your life where you have struggled to believe God's sovereign unlimited/complete perspective. Take some time to journal about that, include the process steps from this week. Don't be afraid to tell God how you really feel about it. He already knows and he can take all the anger you need to let out.
- Consider how you have acted out on entitlement with God and with those around you. Take some time to write about this. What do you feel entitled to? Why? Go back to the Cauldron and consider, what feelings are driving your entitlement? What fear do they come from? What is your deep longing or need? How is this working out for you (are you actually getting what you want/need this way)? Journal using scripture to remind yourself that all you need you have in Christ.

## Entitlement Quiz

I have devised an "Entitlement Quiz" for you to take. For each of the fifteen statements, mark a number from one to seven which gauges your personal feeling about the statement (*one* being the most disagreement and *seven* being the most agreement). Please answer the questions below using the following scale:

1	2	3	4	5	6	7
Strongly Disagree						Strongly Agree

Do not spend too much time on any one item. Also please respond in terms of how you really feel as opposed to how you think you should feel. Try to avoid using the neutral response if possible.

- \_\_\_\_\_ 1. I deserve respect from others.
- \_\_\_\_\_ 2. I demand good service in a restaurant.
- \_\_\_\_\_ 3. My closest friends owe me loyalty.
- \_\_\_\_\_ 4. I expect fairness from others.
- \_\_\_\_\_ 5. I'm owed a good-paying job for my abilities.
- \_\_\_\_\_ 6. People should treat me the way I treat them.
- \_\_\_\_\_ 7. When I do something nice for someone, I expect them to do something nice for me.
- \_\_\_\_\_ 8. I deserve a "thank you" when I hold a door open for someone or let someone ahead of me in traffic.
- \_\_\_\_\_ 9. People should listen to what I have to say.
- \_\_\_\_\_ 10. I often feel "owed" for things I have done.
- \_\_\_\_\_ 11. Other people have told me I expect too much.
- \_\_\_\_\_ 12. All in all, I deserve a good life.
- \_\_\_\_\_ 13. I am entitled to "life, liberty, and the pursuit of happiness."
- \_\_\_\_\_ 14. I find myself getting angry inside when others don't do things for me, they said they would.
- \_\_\_\_\_ 15. My children owe me cooperation and obedience for all the sacrifices I have made for them.

Add all of the numbers of your fifteen responses, then divide that total by fifteen. The number you are left with will show you on the scale how convinced you are that you are "entitled" to certain things.

If you score from one to four, you really are not expecting much from other people in the way of gratitude, approval, and response. As such, you probably won't be disappointed in life when such responses aren't forthcoming. If you score from five to seven, you are probably a person who is carrying a lot of internal anger over the fact that not enough people give you what you feel entitled to. If this is the case, you need to readjust your expectations. You need to remind yourself that you are "owed" nothing for all you do and that people have the perfect freedom to fly in the face of what you want. You need to remember that the challenge is to do things for people because it's healthy or mature or "right", not because you can earn "green stamps" that you can cash in whenever you want.

Painful as it is, *you are not entitled*. Don't let that truth get too far away from you in life.

## Perspective Matters

JK 2021



Our view as we go through life, especially the tough parts, look something like this, **bushwhacking** through underbrush. Our perspective is the weeds, the rocky trail, the dirt, the bugs, the dangers. We can easily hyper focus on that which bothers us, that which we are afraid of or that we can't control. **Our perspective is limited/incomplete.**

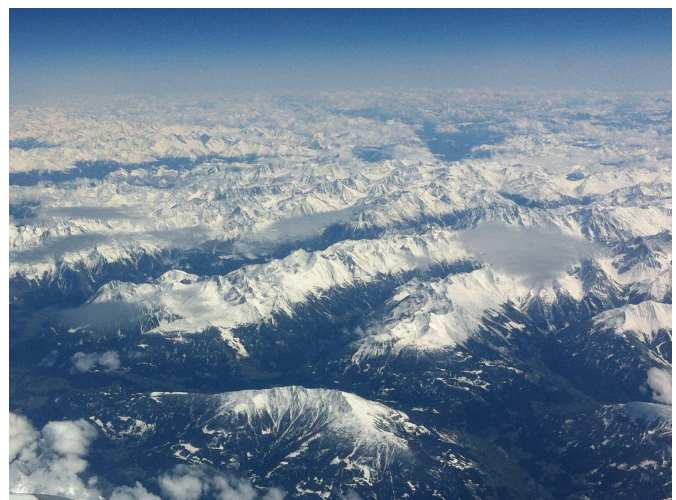
What about when things are going pretty well? We are **hiking along** forest trails, enjoying the beauty and yet, what is our perspective? Tree trunks, rocky path, maybe a glimpse of sky or distant mountains. Still, we only see that which we can see, it is our own life, our own perceptions. **Our perspective is limited/incomplete.**

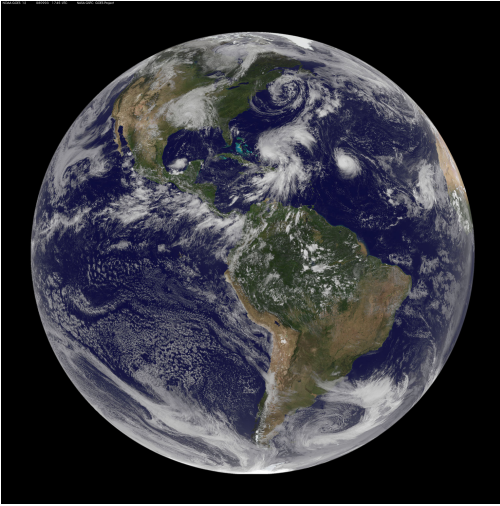


And that **mountain top experience**. WOW! What an exhilarating moment when we to get to the top and can see so far and experience joy in the journey peaks. Still, it is OUR perspective. It may be glorious, and better than the previous perspectives. And yet, **our perspective is still limited/incomplete.**



A mountain top experience is momentary, you know, a weekend, maybe a week at most. But sometimes we are really **flying high** in our journey with God. It's like the perspective from a plane. We can really see where we are going, the impact of our story, how God is working in us and through us. This can last for a while, maybe even a few years (with a few lows thrown in for good measure). Even in these very good times, **our perspective is limited/incomplete.**





God's perspective is so much bigger. Bigger than an astronaut's view from space.

Wider than the Hubble telescope's view of the Milky Way (the edge of the galaxy we live in).



### **God's perspective is Unlimited and Complete.**

God is outside of time, the author and creator of time. The creator of the weeds we bushwhack through, the beautiful forest we enjoy hiking in, the mountains we are in awe of, our planet Earth and our Galaxy, and yes, the universe and all that may be beyond it. God is everywhere all the time, he knows all, and holds all power within himself. He needs no help, no company but his own. He is the beginning and the end. We can trust his perspective. When we don't understand, and let's face it, when is that not the case, we can trust his perspective to be entirely accurate. **God's perspective is unlimited and complete.**

**Isaiah 55:8,9** For my thoughts are not your thoughts, neither are your ways my ways, declares the Lord. For as the heavens are higher than the earth, so are my ways higher than your ways and my thoughts than your thoughts.

**Psalms 147** (4,5 He determines the number of the stars; he gives to all of them their names. Great is our Lord, and abundant in power; his understanding is beyond measure.

**Psalms 19:1** To the choirmaster. A Psalm of David. The heavens declare the glory of God, and the sky above proclaims his handiwork.

**Revelation 4:11** "Worthy are you, our Lord and God, to receive glory and honor and power, for you created all things, and by your will they existed and were created."

**Colossians 1:16** For by him all things were created, in heaven and on earth, visible and invisible, whether thrones or dominions or rulers or authorities—all things were created through him and for him.

**Psalms 33:6** By the word of the Lord the heavens were made, and by the breath of his mouth all their host.

**Jeremiah 32:17** 'Ah, Lord God! It is you who have made the heavens and the earth by your great power and by your outstretched arm! Nothing is too hard for you.

**Isaiah 40:28** Have you not known? Have you not heard? The Lord is the everlasting God, the Creator of the ends of the earth. He does not faint or grow weary; his understanding is unsearchable.

**Isaiah 40:26** Lift up your eyes on high and see: who created these? He who brings out their host by number, calling them all by name, by the greatness of his might, and because he is strong in power not one is missing.

**Psalms 8:3-4** When I look at your heavens, the work of your fingers, the moon and the stars, which you have set in place, what is man that you are mindful of him, and the son of man that you care for him?

**Psalms 139:1-18** O Lord, you have searched me and known me! You know when I sit down and when I rise up; you discern my thoughts from afar. You search out my path and my lying down and are acquainted with all my ways. Even before a word is on my tongue, behold, O Lord, you know it altogether. You hem me in, behind and before, and lay your hand upon me. Such knowledge is too wonderful for me; it is high; I cannot attain it. Where shall I go from your Spirit? Or where shall I flee from your presence? If I ascend to heaven, you are there! If I make my bed in Sheol, you are there!

If I take the wings of the morning and dwell in the uttermost parts of the sea, even there your hand shall lead me, and your right hand shall hold me. If I say, "Surely the darkness shall cover me, and the light about me be night," even the darkness is not dark to you; the night is bright as the day, for darkness is as light with you. For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made.<sup>1</sup> Wonderful are your works; my soul knows it very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them. How precious to me are your thoughts, O God! How vast is the sum of them! If I would count them, they are more than the sand. I awake, and I am still with you.

## **Thinking about Perspectives:**

- Talk about a time when you experienced these **limited/incomplete perspectives**?
  - Bushwhacking
  - Hiking along
  - Mountain top
  - Flying high
- Share what was lacking in your perspective (how was it limited or incomplete)?
- Take time to write out a verse that helps you remember that **God's perspective is Unlimited and Complete**. Put it somewhere you will see it often.



## Meeting 7 – Step Five



The goal of this meeting is for the individual to understand that living out of true beliefs moves them from “Victim” to “Victor”. They should understand what it means to live victoriously by allowing God to provide their 3 P’s. Additionally, this meeting gives them tools to use on their own to reset their thinking and not revert back to old habits and beliefs. \*\*\*Important rule: *for the one in process, “You may only talk about yourself until asked in #12”.*

### ○ Activity #9: Root Causes – Victim vs Victorious Behaviors

#### 1. Resources

- Beliefs
- Entitlement
- Attachment and process
- Judgmental vs Discriminative Thoughts

#### 2. Tools

- Attachment Cycle
- Victim vs. Victorious page (a page that can be copied and posted in the home is included).

#### 3. Go over the attachment cycle and then process it using the processing page.

#### 4. The process

Ask these questions in order. Yes, they must answer each. Repetition is intentional and promotes the practice of self-evaluation.

- a. Situation/ what happened? (behavior or incident)
- b. What do you feel? (use feelings page)
- c. What do you need? (use needs page)
- d. What do I think I deserve or am entitled to? (use Entitlement quiz)
- e. What P are you using to get that need/entitlement met?
- f. \*What victim behavior are you using in this situation?
- g. What is the false belief behind this? (beliefs page or bookmark) This is my limited perspective.
- h. What is the truth from God’s word? This is God’s eternal and sovereign perspective.
- i. False Beliefs, trying to be your own Power, Protector and Provider, entitlement and refusing to see and accept God’s sovereign perspective, as well as victim behaviors are offences against God. Take some time to consider this and if you are ready to do so, repent in prayer. Be specific.
- j. (do this together) Entitlement and victim behaviors are also offences against others (and possibly yourself). Take some time to consider this and if you are ready to do so, repent in prayer AND to the one you offended. Be specific.
- k. Journal

This week watch for those victim behaviors. What do they tell you about your beliefs? How are they linked to entitlement? Take some time this week to really consider how your victim behaviors are impacting your life and the lives of those around you. (listed on the next page).

## Victorious or Victim?

1. I accept God's view that I am valuable because he loves me and considers me precious and honored.  
VS Accept that you are truly of little or no value.
2. I can ask for what I want and state what I need. I can accept that I will not always get what I asked for.  
VS Do not ask for what you need or want. (tantrums allowed)
3. I have healthy boundaries. I treat others with respect and respect myself at the same time.  
VS Treat yourself or others disrespectfully, preferably both.
4. I am able to evaluate my life and am free to make changes and new choices.  
VS Do not change dysfunctional areas of your life.
5. I seek to bring order and balance to every area of my life.  
VS Live your life in extremes, avoiding balance.

(Credit-Cyndy Sherwood)

## How to process the diagram of attachment: (JK 2011)

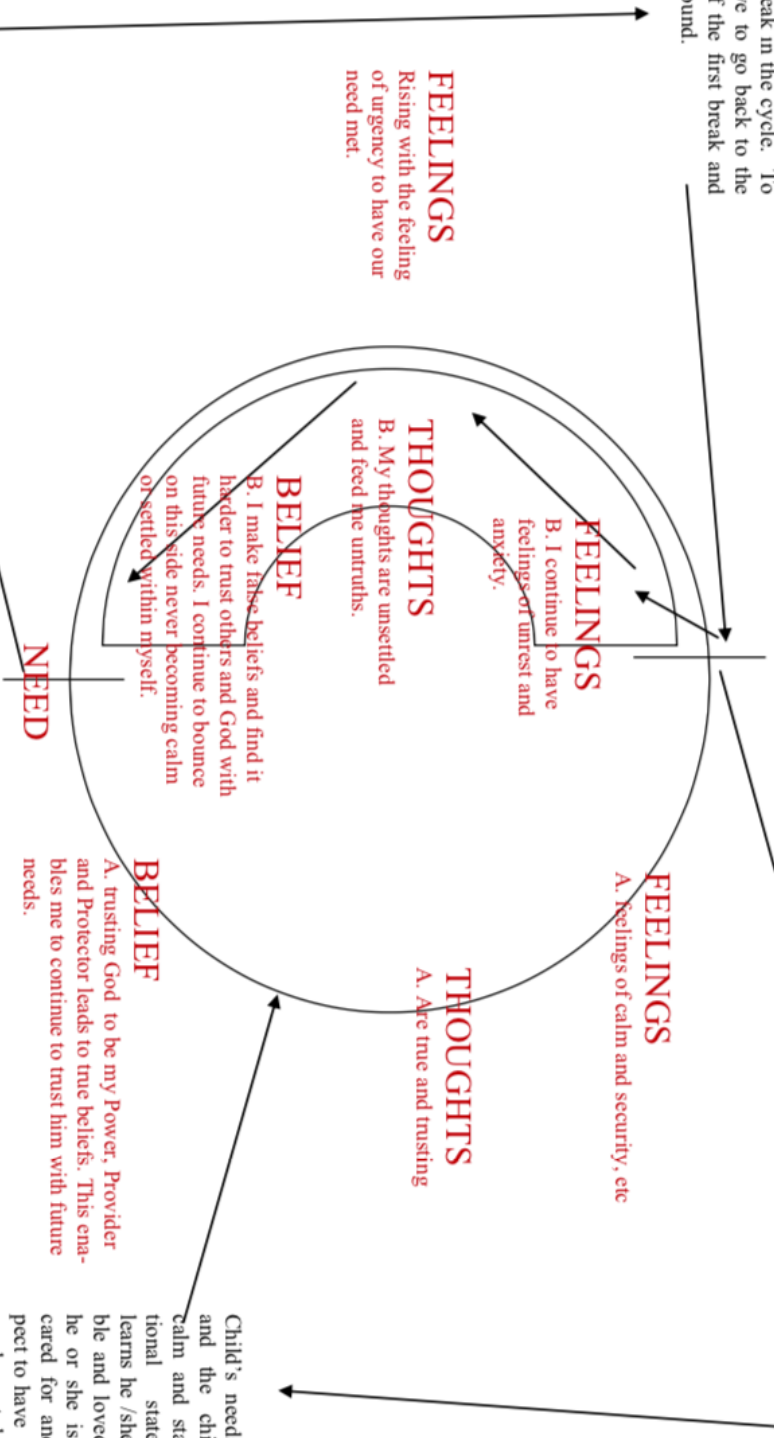
1. Identify where the break occurred (where your needs were not met at all or in inappropriate ways, usually significant life events for you personally). There may be more than one situation or event where you found yourself in the bouncing back and forth and decided to meet your own need, decided not to trust, developed false beliefs, etc... Write down each event. *This can also be used to shed light on a current wound or wounding behavior that is being worked on.*
2. For the/each event above think of a behavior that you developed due to not having your needs met in appropriate ways that caused you harm or harm to others. Anger, not trusting others, etc. Think of the "steam" on the Cauldron page.
3. What is the false belief under that behavior?
4. Think of some events in your life that were impacted negatively by these false beliefs related to self-providing, self-protecting, self-powering behaviors. List them.
5. How have you hurt others through your unhealed wounds?
6. The idea is to see how your story impacts your life and the lives of those around you. For these wounds to stop negatively impacting you and those you love, you need to actively give the painful feelings back to God, asking him to make you whole again. Allow him to bridge the gap that was broken and help you go full circle.
7. You could try writing a letter to your younger self at the place and age of a significant trauma and read it to her/him and then tell her/him how it all turns out and that it is ok to trust God. Tell her/him the truth about herself/himself from what you know now and ask God to mend that part of you. Sounds a bit strange, but it really makes sense, and it works.
8. If this is proving to be a significant activity, it would be best to follow up with a therapist.

## HOW THIS CYCLE RELATES TO OUR HEALING STEPS AND PATTERNS AS AN ADULT.

If the need is unmet by a reliable and loving caregiver the child will self provide/ comfort or try to find an unsafe caregiver to meet the needs. The child then enters the bounce where they bounce back and forth on this arousal side and never make it to the calm and stable side therefore indicating the break in the cycle. To mend it you have to go back to the original event of the first break and heal from that wound.

**DECISION/ ACTION**  
 A. I decide to allow God to be my Power, Provider or Protector or  
 B. I decide to do this for myself.

Calm and stable:  
 Needs met by reliable and loving caregiver.



Child's needs are met and the child enters calm and stable emotional state. Child learns he/she is valuable and loved and that he or she is safe and cared for and can expect to have his or her needs met by reliable and loving caregiver. Child develops trust and secure attachment. The cycle completes in a circle each time.

Arousal:  
 Cries to express needs that need met. Hunger, thirst, hot, cold, tired, comfort, companionship, etc.

# Attachment Cycle

Jill Khaliqi 2011

# Victorious or Victim?

- 1. I accept God's view that I am valuable because he loves me and considers me precious and honored.
  - 2. I can ask for what I want and state what I need. I can accept that I will not always get what I asked for.
  - 3. I have healthy boundaries. I treat others with respect and respect myself at the same time.
  - 4. I am able to evaluate my life and am free to make changes and new choices.
  - 5. I seek to bring order and balance to every area of my life.
- 1. Accept that you are truly of little or no value.
  - 2. Do not ask for what you need or want. (Tantrums allowed)
  - 3. Treat yourself or others disrespectfully, preferably both.
  - 4. Do not change dysfunctional areas of your life.
  - 5. Live your life in extremes, avoiding balance.



## Meeting 8-Step Six



The goal of this meeting is for the individual to have the opportunity to put all the steps they have learned so far together in a format that is both review and a concise package they can take with them to use into the future. This step embodies all three of the ideas within the Gospel Waltz, Repent, Believe and also Fight, because this is a tool which they can continue to use in their life forever. \*\*\*Important rule: *For the one in process, "You may only talk about yourself until asked in #12".*

### ○ **Activity # 10: Full Process**

1. Resources
2. Tools
  - Healing Process page
3. The process
  - Walk through the *Healing Process* pages for the main event/situation they are working on.
  - Utilize any of the other processing tools listed below. If needed, these can be used in addition to the last "fill in" section of the *Healing Process* page.
4. Other processing tools that could be useful and added to the *Healing Process* page:
  - Processing Anger
  - Processing Fear
  - Processing things not caused by direct sin – This one could replace the end prayer on the *Healing Process page* **IF** the individual is working through a terminal or ongoing illness, death of a loved one from illness, weather disaster, etc. (note: all these can be "blamed" on God as the offender. We know God cannot sin, so it is not caused by direct sin, while it is indeed allowed by God. It is ok for them to express anger toward God regarding this, just not to stay there).
  - Grief letter
  - Do I have an anger problem -*from step 1*
  - Entitlement Quiz -*from step 4*
  - Attachment processing diagram
  - Boxes in the closet
  - Tree branches and roots
  - Stepping stones
  - Cycle diagram -for the purpose of reference and identifying where one is at.

### 5. Journal

This week walk through *Healing Process* pages as you journal about events in your life that need to be worked through. Don't know what to process? Use these tools to get you thinking.

*Boxes in the closet*: write down the things that you are emotionally hiding in your closet. You know, those things you would rather hide.

*Tree branches and roots*: think about the branches as painful events in your life. Label them. For each branch, consider what the root of that painful event was and write it on a root. Example 1: branch-porn addiction/root-self medicating \_\_\_\_\_ wound from my childhood. Example 2: branch-yelling at my kids/root-I am afraid bad things will happen to them like happened to me and I feel like I am out of control.

*Attachment Diagram*: Are you able to identify where you are bouncing in your life now? Process that. Are you able to identify where you started to do that bounce in childhood? Process that and consider if you need to meet with a therapist/counselor to work through it.

## Healing Process

Scenario examples:

When John was young his dad was an alcoholic and raged at the family. John never felt safe. As a teen he began to take bigger and bigger risks and was eventually was arrested for robbery. While John swore, he would never be a drunk like his father, today he is working through a porn addiction that has shaken his marriage. As a new believer, John is working with some men at his church learning to work through the False Beliefs, self-provision, self-power, self-protection, entitlement and victim behaviors he has developed as coping mechanisms from his childhood.

Jane was raised by a single mother. Often, she was left at the neighbors while her mom was out. While there she was sexually abused by the son. As a teenager and young adult, Jane looked for love in all the wrong places, hoping to fill a void in her life. In college Jane became a Christian and has been working on trusting God. Today Jane is getting help with her husband for dysfunctional communication and unmet expectations that have caused some serious issues. These problems are threatening their marriage and causing an unstable home for their kids. She never wanted to be a single parent like her mom and is afraid of her future.

A **false belief** is a belief I hold to in my thoughts and behavior that reflects something other than God's truth in scripture. A false belief will begin with God is or is not. God can or cannot. God will or will not. God wants or does not want. I am or am not. I can or cannot.

- I believe that God will not protect me from those who would do me harm.
  - Therefore, God is not good.
  - God is not able to stop the evil in the world.
  - Therefore, God is not powerful.
  - If God let all these things happen to me, then I am not worth saving, loving, being cared for. I have no voice. I am not wanted or needed. My worth is based in what I can do for others to please them.

I insert myself into the equation as God to do his job because he won't and can't. I become my own God figure. This is being my own source of **Power**, my own **Provider** and my own **Protector**.

- I will **provide** for myself love and acceptance by being promiscuous, looking at porn, presenting a false self that I think others will like, by buying myself all the earthy pleasures I can afford, etc.
- I will **protect** myself from abandonment and rejection by not allowing anyone to hurt me, close myself off, never trust, etc.
- I will be my **own power** by being the bully, the best in my class, the smartest, the highest achieving, being mentally or physically strong, using anger or manipulation to control others, etc.

When these things happened to John and Jane, they made inner vows or promises to themselves. These formed a **bitter root**. This root is the thing that must go for them to heal. John and Jane must let go of the roots they are nurturing and let God hack it down. They must forgive and give up the control, and in exchange trust God. These attitudes show up in victim behaviors and entitlement and must be let go in order to receive healing. They usually start with "I will never", or "I will always", or "I will".

- I will never let anyone have my heart and my trust, they will just leave me, hurt me, let me down.
- I will always hate men because of what they did to me.

- I will be better than anyone here, I will show them.

**Entitlement** comes when I feel that I deserve or am owed something. This happened to me, so someone must pay, or pay me back or get even or make up for. I did all this and now they own me, or I deserve this. These attitudes play into why I exhibit victim behaviors and they are the answer to what I want to get from being my own power, provider and protector. This usually looks like something that is true but misplaced and that attempts to shortcut around trusting God.

- I was abandoned (fact). I am unlovable, God does not want me (false beliefs). I deserve to have someone never leave me (truth misplaced= entitlement). I am afraid they will leave (fear based in bitter root) So, I will manipulate them into staying by\_\_\_\_\_. (3P)
- As a kid I often did not have what I needed (truth). God can't get me what I need. I am not worth providing for (False beliefs). I deserve to have enough food/clothing now (misplaced truth= entitlement). I will spend all my money on the treats/clothes I never got even though that sacrifices what I could be giving to my family, others, my health, etc. (bitter roots resulting in 3Ps which end up causing harm).
- Men took advantage of me (truth). That was the only way I got any attention (false belief = my value lies only in what I do for others), God is not enough for me (false belief). I want that attention (misplaced truth= entitlement). I will sleep with men to get what I need (3P).
- My dad was never around to teach me about being a man (fact). I am not enough; God is ashamed of me (false beliefs). I deserve to feel like a "real man" (misplaced truth= entitlement). Looking at porn gives me satisfaction without risking rejection that would jeopardize my feeling of manliness (bitter root regarding rejection resulting in 3P).

**Victim behaviors** play into this mix in the most practical and basic ways. They are:

- Accept that you are truly of little or no value.
- Do not ask for what you need or want. (Tantrums allowed)
- Treat yourself or others disrespectfully, preferably both.
- Do not change dysfunctional areas of your life.
- Live your life in extremes, avoiding balance.

## **The Way Out:**

True beliefs are necessary for living in freedom. The only way to change those false beliefs into true ones is to study the words of God and believe them. There are a few things that go into changing false beliefs into true beliefs. I must get rid of bitter roots and feelings of entitlement. I must turn to God as my Power, Provider and Protector. I must forgive and release the event of my past to God, so they no longer have a hold on me. I must begin to live as a victorious person instead of a victim.

1. **Ridding myself of bitter roots and the pattern of being my own power, provider and protector and entitlement.** This is done by identifying the event and the statement I made. In talking with God, I must ask his forgiveness for the sin of forming this bitter root (state it in the prayer), for not trusting him and for trying to do it myself (name the P I have been using). For believing that I deserve to meet my needs

in my own way on my own terms (entitlement). I must then ask God to come and show me what steps to take to turn this over to him, what P I am using and how to stop and for help to forgive my offender.

2. **Reforming true beliefs.** By using the words of God in my daily life I can learn what God says is true about me and what the truth is about God. I will need to ask God to forgive me for not believing his truth and for his power to help me see how he loves me and wants to be my power, provider and protector.
3. **I can work through the steps I have learned through this process.**
4. I can now check my actions and thoughts with **the Victim or Victorious** statements and use this as a guide to change my patterns.
  - I accept God's view that I am valuable because he loves me and considers me precious and honored.
  - I can ask for what I want and state what I need. I can accept that I will not always get what I asked for.
  - I have healthy boundaries. I treat others with respect and respect myself at the same time. I am able to evaluate my life and am free to make changes and new choices.
  - I seek to bring order and balance to every area of my life.
5. Here is a **prayer processing page** for this in one location: (do this together) These prayers are suggestions and include all the necessary parts. Participants may certainly write their own prayer, ask them to include all the parts.

Dear God,  
This is what happened-

I think I need \_\_\_\_\_  
so, I choose to be my own god by \_\_\_\_\_(3P's)  
by \_\_\_\_\_  
because I believe (my false belief about God) \_\_\_\_\_  
and (my false belief about myself) \_\_\_\_\_.

God, you truly meet this real need that I have to be \_\_\_\_\_  
(accepted, secure, significant, etc.)  
In order for me to accept this truth, I need to lay down my false belief of \_\_\_\_\_,



my bitter root of \_\_\_\_\_  
my feelings of entitlement to \_\_\_\_\_,  
and embrace your truth that you are \_\_\_\_\_,  
I am \_\_\_\_\_  
You alone are my true \_\_\_\_\_ (3P's)  
I can see this in how you \_\_\_\_\_.  
And I acknowledge the good gifts you have given me \_\_\_\_\_.

I choose to trust you to be my comforter in sorrow and pain. And I will allow a season of grieving and healing. Thank you for the sacrifice of your Son, which has made this healing process possible, for your power which restores even the most damaged heart, for your life that sustains me through this healing process and your Holy Spirit who strengthens me for this life you have given me. Amen.

6. Receive the forgiveness of God through Christ Jesus our Lord, who on the cross paid for your sin and secured your salvation.
7. At this point it is a good idea to face the task of repentance with the one(s) you have offended/hurt. Remember you are only responsible for you. Ask God to help you.
8. We are all offenders and the offended. When your offender comes to you in repentance, be ready by considering your ability and willingness to forgive. Forgiveness can take place in your heart even if they never come to you in repentance. Ask God to help you.
9. If this process has brought out things in your life now or your story that you need some help processing, seeing a Christian therapist/counselor is always a good idea.

Some additional things that may need to be addressed in “the way out” (tools for these are included):

- Fear
- Anger
- Grief
- Painful events without a direct sin cause

Concepts for this gathered from Hope for Healing by Cheryl Field, Healing Journey by Cyndy Sherwood, and Elijah House prayer ministry. This processing prayer, consolidated format from 3 healing ministries and companion materials compiled by Jill Khaliqi 2014.

## **Processing Anger:**

JK 2020

Think about when you were feeling angry.

1. Where was your anger directed? (self, others, God)
2. Which P were you using?
3. What was a lie (false belief) you were acting on or believing at the time?
4. Thinking about the fact that anger is a secondary emotion, can you identify one or more emotions that are propelling your anger?
5. What did you need that you were trying to get or feel you were being denied?
6. How can you express what you need and your feelings without acting out in anger?
7. Follow up with prayer of repentance.
8. Receive the forgiveness of God through Christ Jesus our Lord, who on the cross paid for your sin and secured your salvation.

## Processing Fear:

JK 2020

When I feel anxious about a situation, I am afraid that\_\_\_\_\_.

When I feel anxious/worried about what others think of me, I am afraid that\_\_\_\_\_.

When I feel overwhelmed and can't come up with the right decision or organization of my day/time/project, I am afraid that\_\_\_\_\_.

When I criticize/judge/gossip/use sarcasm, the fear that I am trying to manage is that/of  
\_\_\_\_\_.

When I feel defensive, I am afraid that \_\_\_\_\_.

When I compare myself to others and then think poorly of myself and make poor choices, I am afraid that/of  
\_\_\_\_\_.

When I isolate myself from others, this is because I am afraid of/that\_\_\_\_\_.

When I feel \_\_\_\_\_ I am afraid that/of \_\_\_\_\_  
\_\_\_\_\_.

1. Fear is a liar. What false beliefs/lies is my fear stemming from? (use the beliefs page)

2. What is the truth?

3. Look up and write out one Bible verse about fear.

4. When I am afraid, I feel: (use the feelings page)

5. When I am afraid, I need: (use the needs page)
6. This is how I try to meet that need or get what I need? (3P)
7. What would be a healthier way to get your needs met? (use the needs page)
8. Pray and ask God to help you give over this fear to him and to remember his truth when you are tempted to believe the lies.
9. Receive the forgiveness of God through Christ Jesus our Lord, who on the cross paid for your sin and secured your salvation.

# Processing Page for things not caused by direct sin:

JK 2010

**Illness, loss, miscarriage, infertility, etc., things that have no human fault and are not related initially to sin.**

My heart was wounded when \_\_\_\_\_  
\_\_\_\_\_.

I felt so \_\_\_\_\_.

What I feel that I lost from this circumstance/situation/event  
\_\_\_\_\_  
\_\_\_\_\_.

I am struggling with false beliefs of \_\_\_\_\_.

God's truth is \_\_\_\_\_.

A verse that backs this up is: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

What I really need right now is \_\_\_\_\_.

I am trying to meet my own need or assign it to another through this 3P \_\_\_\_\_.

I can see how I have used these victim behaviors \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_.

Prayer:

Dear God, I feel so wounded by \_\_\_\_\_, I know that you know all about my pain and you care about my suffering. So, I chose to trust you and invite you to come into my wounded place. I know and believe that you are all about spiritual healing, and that you desire to heal my wounded heart. Please touch my broken heart with your healing light.

Please forgive me for holding onto the false beliefs of \_\_\_\_\_ and succumbing to the victim behaviors of \_\_\_\_\_. I know your truth is \_\_\_\_\_.

please give me your strength to believe it in my actions and through victorious behaviors \_\_\_\_\_.

Please restore my heart. I look forward to seeing the good you will bring out of this hard event in my life.

Father help me to grieve what I have lost \_\_\_\_\_. I choose to trust you to be my comforter in sorrow. And I will allow a season of grieving and healing.

Thank you for the sacrifice of your Son, which has made this healing process possible, for your power which restores even the most damaged, heart, for your life that sustains me through this healing process and your Holy Spirit who strengthens me for this life you have given me. Amen.

Receive the forgiveness of God through Christ Jesus our Lord, who on the cross paid for your sin and secured your salvation.

# Grief Letter

Psalm 56:8 NLT – “You keep track of all my sorrows.  
You have collected all my tears in your bottle.  
You have recorded each one in your book.”

1. When I think about (the various aspects of) this relationship, I feel \_\_\_\_\_.
2. Describe in great detail one very special memory about this relationship.
3. Express with passion one expectation or dream that went unmet in this relationship. (Be specific.)
4. Describe how I wanted this relationship to be. What I longed for with you was... (Be specific.)
5. Write your “goodbye” to the relationship the way it was.
6. Give this relationship to God. Take off the throne in your heart.
7. Read your grief letter to the Lord several times allowing yourself to feel your emotions.
8. Ask the Lord to sit on the throne of your heart. Let Him speak to your heart. Write down His Words to you.

## Boxes in the Closet

Use this page to consider *painful events* that still have power over you. Process these one at a time in your journal. Use the Healing Process you just used.

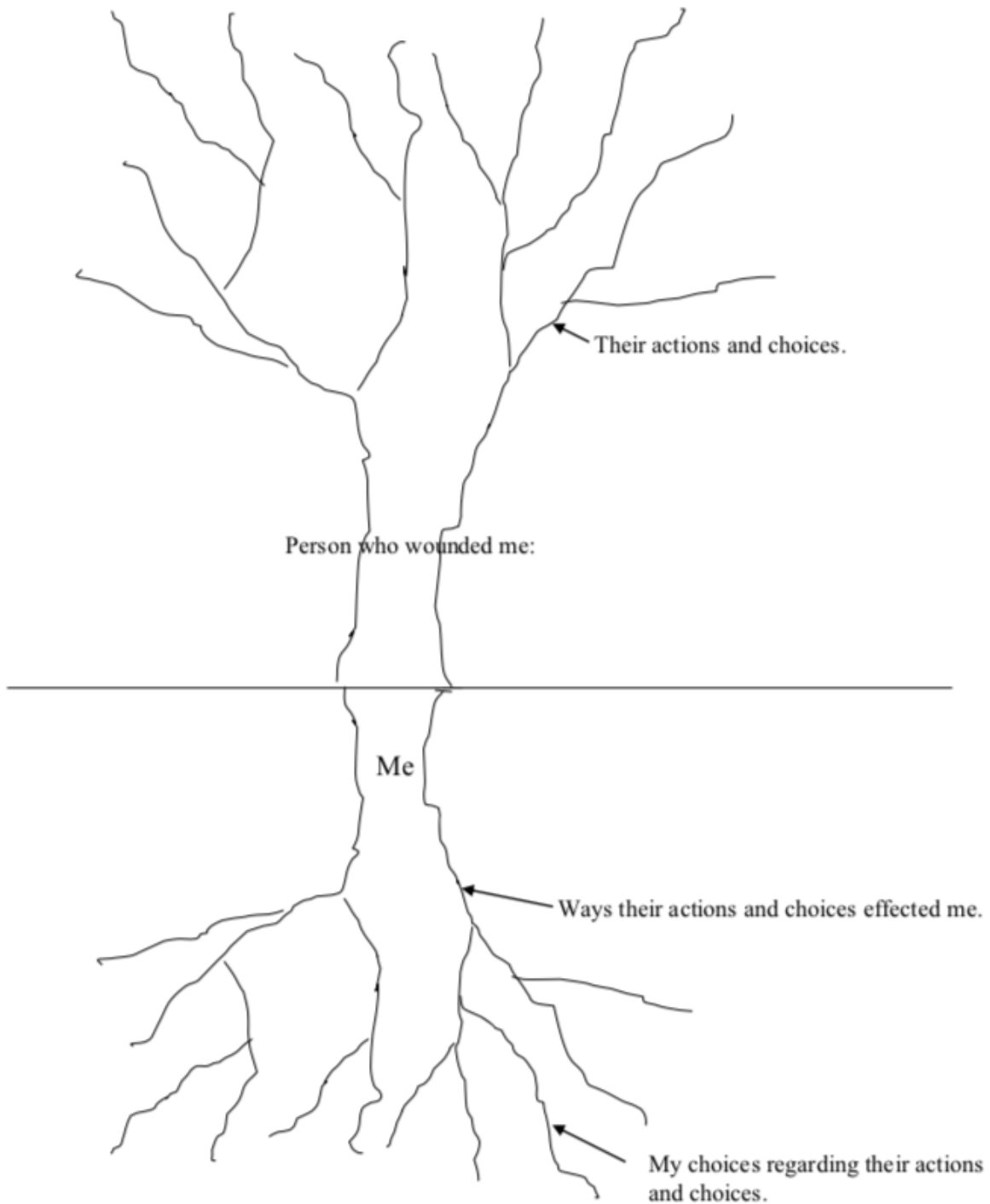


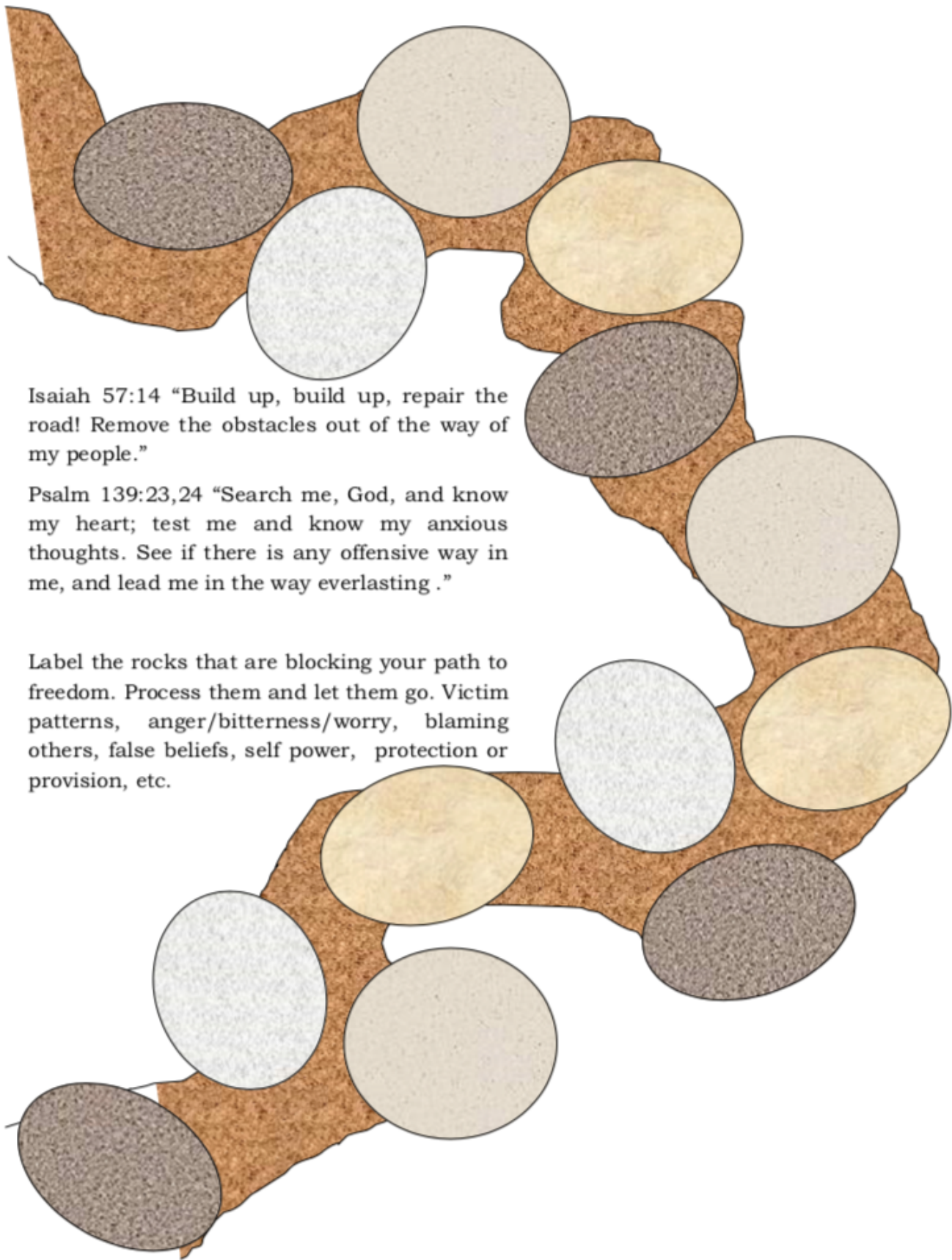


## Tree and Roots

This page is useful for processing *people* who have wounded you.

This image of a tree and roots is just a tool to help you start any of your processing sheets. Fill it in.





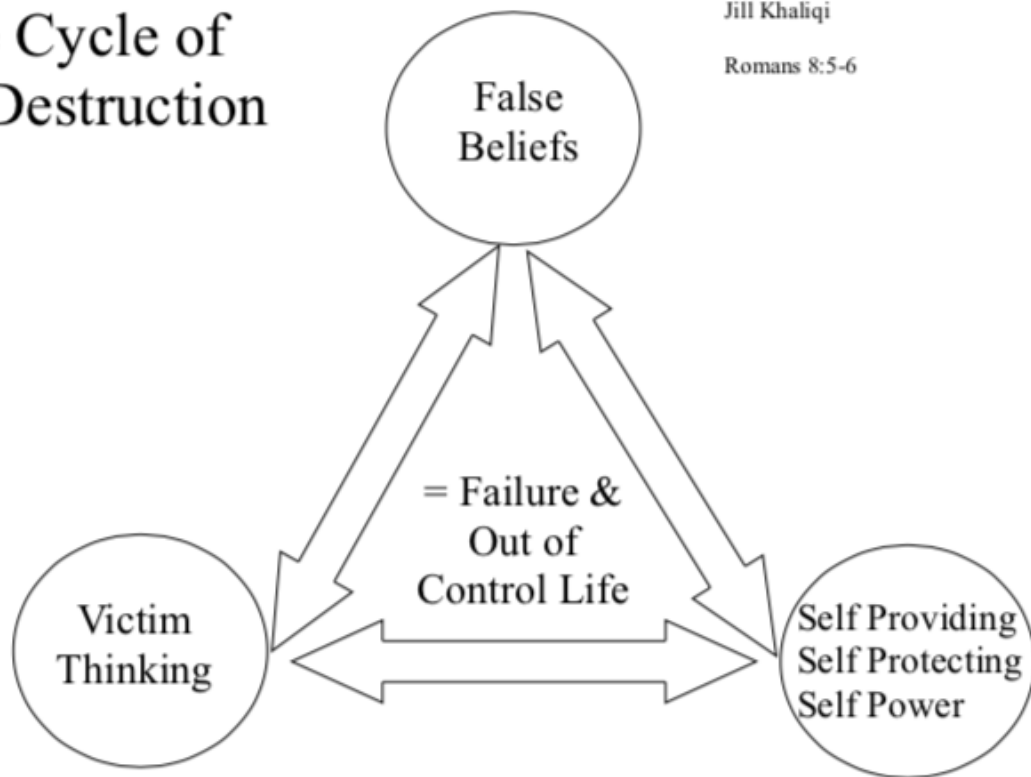
Isaiah 57:14 "Build up, build up, repair the road! Remove the obstacles out of the way of my people."

Psalm 139:23,24 "Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting."

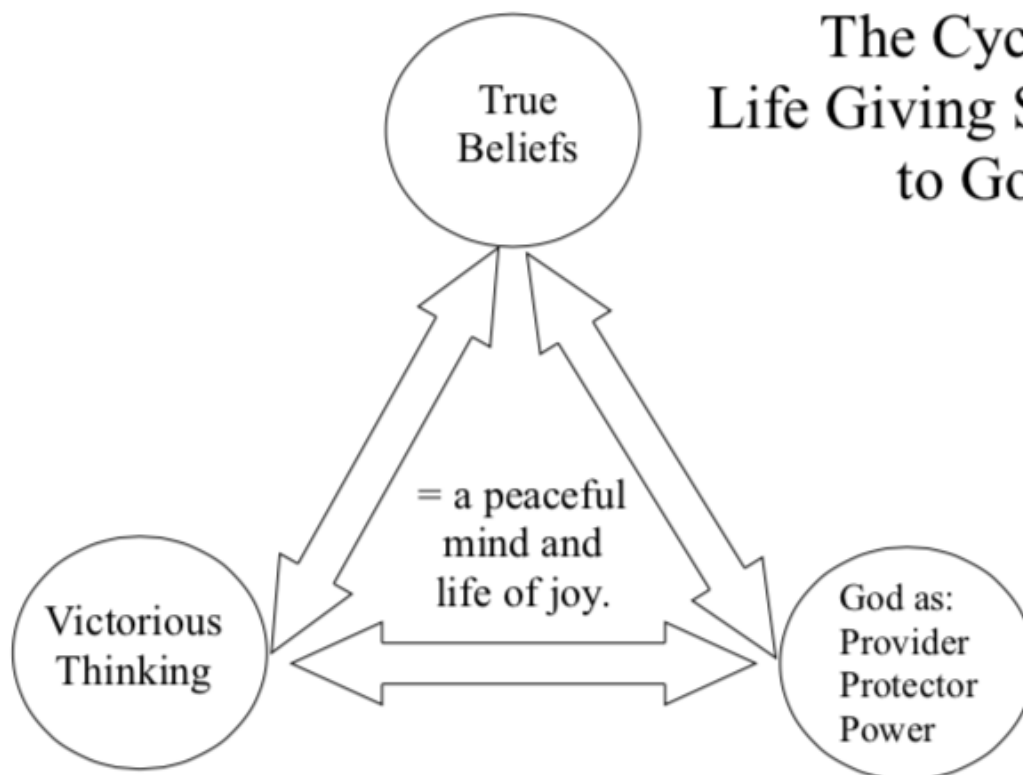
Label the rocks that are blocking your path to freedom. Process them and let them go. Victim patterns, anger/bitterness/worry, blaming others, false beliefs, self power, protection or provision, etc.

# The Cycle of Self-Destruction

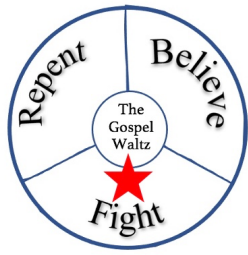
Jill Khaliqi  
Romans 8:5-6



# The Cycle of Life Giving Surrender to God



## Meeting 9 – Step Seven



The goal of this meeting is to provide the individual with tools to guard their mind and beliefs. A significant portion of this process is guarding our minds against bitterness which must involve forgiveness of those who have harmed them. The tools in this meeting will guide them through the process of controlling anger and bitterness by taking every thought captive and subjecting it to the truth of the Gospel of Grace. \*\*\*Important rule: *for the one in process, "You may only talk about yourself until asked in #12".*

### ○ Activity # 11: The Ultimate Fighting Tool- Guarding Your Mind

1. Resources
  - Accountability
  - Guarding your mind resources
  - The Gospel Waltz
2. Tools
  - U-turns and shortcuts
  - TSA/Homeland security
  - Stacking stones to Celebrate Victories\*
  - Steps to control anger
  - Tactics and Triggers
3. The Process -work with them to start/continue some of the following ideas into their daily life.
  - Personal Bible study
  - Bible memory
  - Involvement in church, community, Village Group, etc.
  - Outward focused activities/service
  - What do I put into my mind? Evaluate: Music, movies, books, videos, friendships, situations, language, etc.

### ○ Activity #12- Midway Evaluation:

1. Tools
  - How close am I to God evaluation tool
  - My relationship with \_\_\_\_\_ evaluation tool
  - What is My Want To?
  - Heart Check Questions:  
(Credit-Cathy Roberts)

Where am I right now in life?

What is good about my life right now? What concerns me about my life at the current time?

What is lacking in my life right now?

What verse do I need to keep in front of me at this time in life?

## Short Cuts and U Turns

JK 2021



If you have been in the mountains much, you have likely seen signs like this. Most likely you have also seen logs across eroded trails that are trying to be revegetated. It takes a long time to revegetate an eroded trail caused by shortcutting. The master forest ranger trail builder knows the best way to go. So too does God, your master trail builder knows the best path for your life. Shortcutting causes severe spiritual erosion. Revegetating your spiritual life takes a long time too. If you have gone your own way for long, getting back on the right path will take time and effort. You didn't get here overnight, so don't expect to get out overnight either. Stick with it! It is worth it.

**What kind of consequences have you experienced due to short cuts you have taken? What were you hoping to get from the short cut?**

**Proverbs 21:5** The plans of the diligent lead surely to abundance, but everyone who is hasty comes only to poverty.

**Proverbs 10:4** A slack hand causes poverty, but the hand of the diligent makes rich.

**Proverbs 19:2** Desire without knowledge is not good, and whoever makes haste with his feet misses his way.

**Psalms 37:7-9** Be still before the Lord and wait patiently for him; fret not yourself over the one who prospers in his way, over the man who carries out evil devices! Refrain from anger and forsake wrath! Fret not yourself; it tends only to evil. For the evildoers shall be cut off, but those who wait for the Lord shall inherit the land.

**Proverbs 22:29** Do you see a man skillful in his work? He will stand before kings; he will not stand before obscure men.

**John 10:1-3** "Truly, truly, I say to you, he who does not enter the sheepfold by the door but climbs in by another way, that man is a thief and a robber. But he who enters by the door is the shepherd of the sheep. To him the gatekeeper opens. The sheep hear his voice, and he calls his own sheep by name and leads them out.

**Psalms 10:2-4** In arrogance the wicked hotly pursue the poor; let them be caught in the schemes that they have devised. For the wicked boasts of the desires of his soul, and the one greedy for gain curses and renounces the Lord. In the pride of his face<sup>[b]</sup> the wicked does not seek him; all his thoughts are, "There is no God."

**Psalms 125:5** But those who turn aside to their crooked ways the Lord will lead away with evildoers!

**Matthew 7:13,14** "Enter by the narrow gate. For the gate is wide and the way is easy that leads to destruction, and those who enter by it are many. For the gate is narrow and the way is hard that leads to life, and those who find it are few.



The good news is that you can ALWAYS stop, turn around, go back to the beginning, start over, U-turn. With God, there are endless chances, and his grace covers all your sin when you repent. Repentance and U-turn are the same thing. To stop and go a different way. Walking back out of your self-made short cut is never pleasant and always a bit frustrating. It is tempting to quit, to try another short cut on the way out. Do you think that will accomplish what you hope?

**If you are ready to make that U-turn go ahead and do it. Take some time to tell God about your short cut (Confess), make that U-turn (Repent), thank him for his righteous ways and the guide he has given us in his word and Holy Spirit (Believe) and ask his help with staying on the path of righteousness (fight).**

**Proverbs 16:3** Commit your work to the LORD, and your plans will be established.

**Psalms 90:17** Let the favor of the Lord our God be upon us and establish the work of our hands upon us; yes, establish the work of our hands!

**Psalms 32:8** I will instruct you and teach you in the way you should go; I will counsel you with my eye upon you.

**Psalms 25:10** All the paths of the Lord are steadfast love and faithfulness, for those who keep his covenant and his testimonies.

**Jeremiah 6:16** Thus says the Lord: "Stand by the roads, and look, and ask for the ancient paths, where the good way is; and walk in it and find rest for your souls.

**Proverbs 3:5-7** Trust in the Lord with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. Be not wise in your own eyes; fear the Lord and turn away from evil.

**Psalms 119:105** Your word is a lamp to my feet and a light to my path.

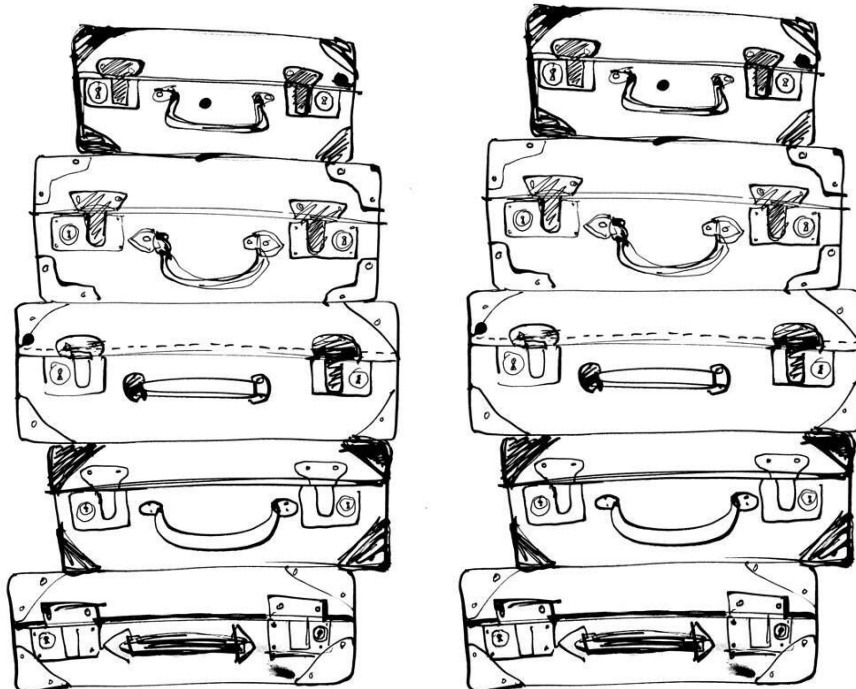


TSA  
Thought Security Administration

**Corinthians 10:3-6** For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ, being ready to punish every disobedience, when your obedience is complete.

**1Peter 5:8** Be sober-minded; be watchful. Your adversary the devil prowls around like a roaring lion, seeking someone to devour.

Label the baggage that needs to be confiscated before loading.



Name

Date

**Heart Check Questions Worksheet:**

(Credit-Cathy Roberts)

Where am I right now in life?

What is good about my life right now?

What concerns me about my life at the current time?

What is lacking in my life right now?

What verse/Biblical concept/truth do I need to keep in front of me at this time in life?



Name

Date

## What is my "Want To"?

What do I want my relationship with God to be like?

What do I want my relationship with \_\_\_\_\_ to be like?

What kind of person do I want to be?

## How close am I to God?

Mark where you feel you are in in relationship to God at this time. Write the date.

ME

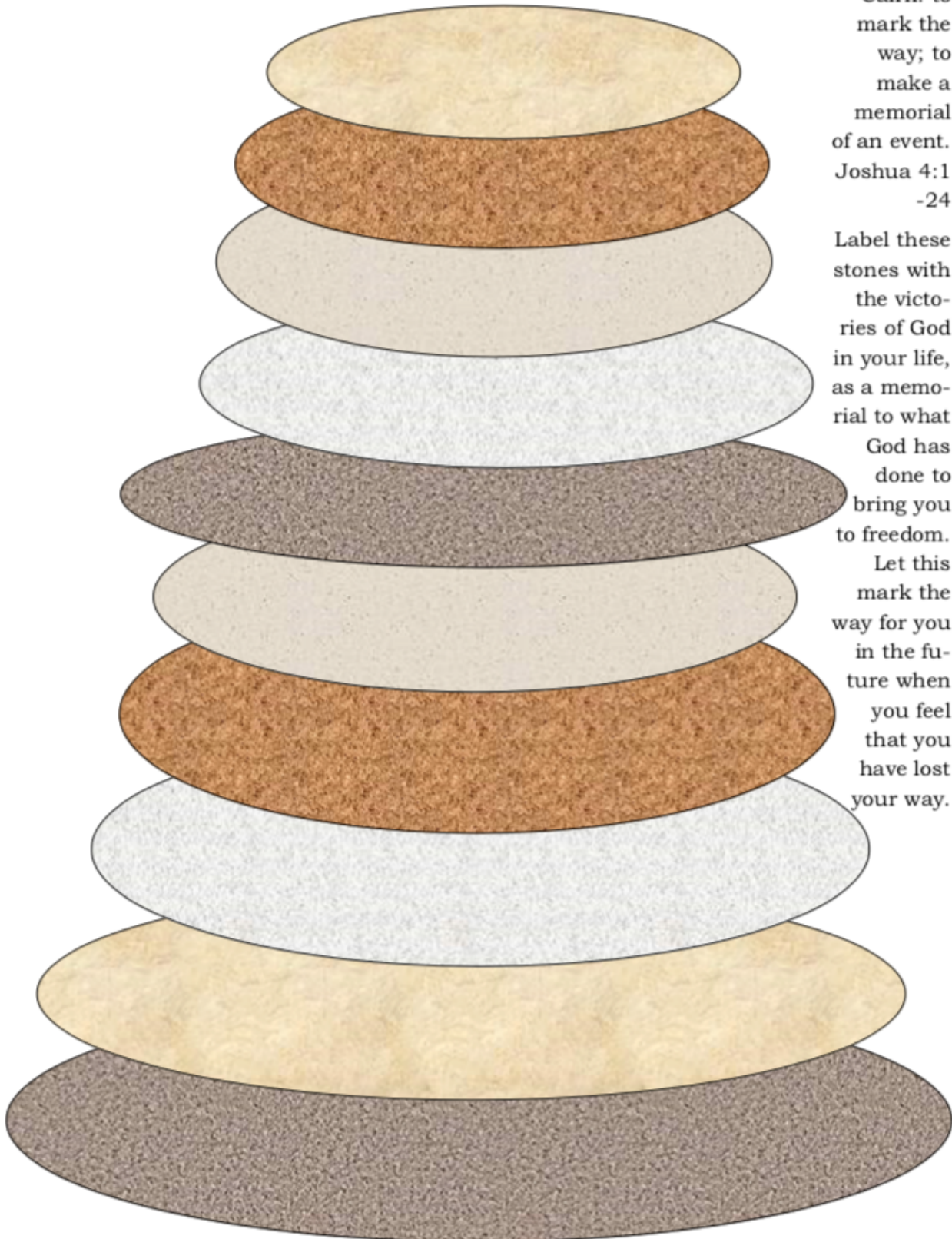
GOD

## How is my relationship with \_\_\_\_\_ ?

On a scale of 1-10 (1 being the worst it can get and 10 being the best it can get) *circle and date* how you would rate your relationship with \_\_\_\_\_ right now.

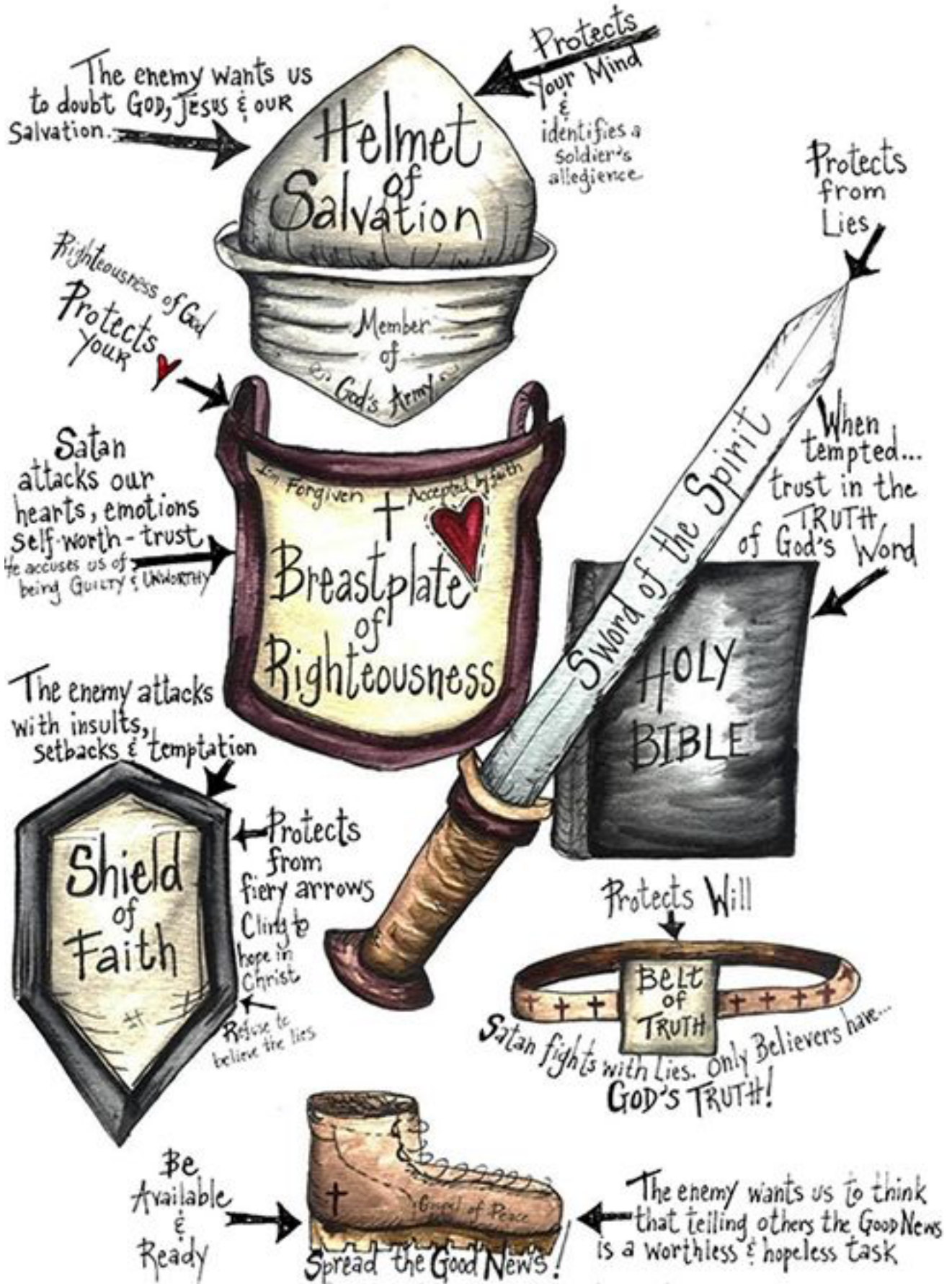
**1   2   3   4   5   6   7   8   9   10**

# Celebrate Your Successes



Cairn: to mark the way; to make a memorial of an event.  
Joshua 4:1-24

Label these stones with the victories of God in your life, as a memorial to what God has done to bring you to freedom. Let this mark the way for you in the future when you feel that you have lost your way.



[www.fromtheheartart.com](http://www.fromtheheartart.com)

## STEPS TO CONTROL ANGER

### **Step 1: SIGNS - What do you feel in your body when you are getting mad?**

In order to stay calm, you have to know how angry you are. You have to know when you are getting angry. Some signs are fists clenched, fast breathing, hot face, tight chest, legs or arms, mean thoughts, or tears, tense neck and shoulders, headache, and so on. Angry people usually think that they are either mad or not, on and off. Anger is not all or nothing. Anger builds slowly and can be stopped if caught early. There are many stopping places along the way.

### **Step 2: STOP! - Say this out loud to yourself. You can say "Stop" "Slow down" "be cool," or "chill out."**

Talking to yourself like this helps you keep yourself from blowing it when you are getting close. You can do it – think of other times you have stopped and avoided conflict or negative consequences. It just *feels* like you don't have control, but you do, especially when there are consequences you don't like.

### **Step 3: BREATHING- take some deep breaths.**

Taking deep breaths also gives you a little time to think about things. This helps you move into the parasympathetic nervous system which should calm you don't and allow blood flow to move from the limbic system (fight or flight) to the frontal lobes which is (thinking about future consequences and higher thinking).

### **Step 4: CONSEQUENCES- what will happen if you get angry?**

Getting mad and shutting down or getting in to a verbal or physical fight with someone always makes you lose, even when you feel better for a while. You may think you're winning, but you're not. So, figure out, step by step, what will happen after you blow-up or shutdown. It helps if you can figure out how you got into the problem too. You did something to get yourself into the fight - so do something different for the next time. Write it out if you can. Writing, amazingly, takes away a lot of anger.

### **Step 5: CALM DOWN - Learning how to calm down.**

When you get angry, you may turn to your addiction, or runaway. Use your processing anger page and the cauldron images. Identify what is under the anger, remember that anger is actually a secondary emotion. Unprocessed anger is likely to come back and haunt you.

Do your processing page. Take a walk, run or exercise. Take you dog for a walk. Write in a journal. Listen to music. Clean the house. Do something productive with all this anger. Anger breeds energy. Use it to your benefit. Ask yourself what part you had it in. Thirty minutes is a good time frame to stay away until you are calm. This is called the "30 minutes" rule. When you need to take a break, you can say so and state that you are taking *the 30-minute break to calm down*. This means there is no chase scene between partners that the person leaving is not "leaving for good." This helps us not freak out when we hear the person says they are "leaving". The rule dictates that you will call or come back after 30 minutes to say what you are going to do, whether you need more time or will be coming home.

# **Tactics & Triggers**

Compiled and edited and expanded by Jill Khaliqi

## **What is a trigger?**

This is the feeling or event that spurs on the need to self-provide, self-protect or self-power. This stems from false beliefs created over time or from previous painful events. If left to play out the trigger will be followed with self-power, self-provision and self-protection along with a large dose of entitlement resulting in victim behaviors. What are triggers? They are the stimuli that starts the downward spiral of internal events --the people, places, situations, emotional states, thoughts, etc. that can "trigger" an un-healthy response to a negative or painful situation. Learning to identify these triggers and the emotional intensity that they bring can be an effective tool in managing behavioral patterns before they spiral out of control. The goal of this process is to gain an understanding of the role that triggers play in healthy and un-healthy choices and "how a simple change in perspective can translate into a major change in your approach to life".

"Some situations or events can make people more likely to have another episode of {\_\_\_\_\_}. These situations or events are called triggers.

Common triggers include family problems, financial difficulties, changing living arrangements, changing jobs or losing a job, having other health problems, losing someone close to you, changing treatment and using alcohol and other drugs.

Trying to avoid these triggers can be an important part of recovering, as well as learning to manage triggers that can't be avoided.

Warning signs are signals that you may be more likely to experience {\_\_\_\_\_}.

You can learn to identify your warning signs by thinking about the signs and symptoms you experienced when you became unwell {acted out, sinned, 3P, victim behavior} in the past.

If you experience these warning signs, it's important to seek help early."

<http://www.youthbeyondblue.com/factsheets-and-info/fact-sheet-11-recovering-from-depression-and-anxiety/>

## **For example:**

The in-laws are in town. I desire them to like me and so I try to preform to gain their approval. As a result, I am stressed out and a bit snappy to my kids and husband. I view the situation as hopeless because I believe I can never succeed or meet up to their expectations. I am somewhat depressed and feel like a failure. I complain about them after they leave.

Or

At work, I am up for a promotion, if I am the top performer in my department. This causes a great deal of stress, feelings of comparison and competition with my co-workers. As a result, I am on edge and treat my co-workers as obstacles, am snappy with my family, and withdrawn from my spouse. I view the situation as impossible because deep down I believe I am not up to their expectations. I am somewhat depressed and feel like a failure. I complain about my boss and am critical of my co-workers.

## **Break it down:**

In the examples, I have given over to another the power to determine myself worth. My view is that they are not giving me what I need so I try to get it myself by preforming/achieving. That is self-provision, in this case it stems from entitlement because I am not going to God with those needs, instead I am expecting that another will meet them for me and I deserve it (because I am working so hard to be perfect, etc.). I perceive that I am still not getting what I think I need so I protect myself by being stressed, snappy and somewhat depressed.

Here I dive right into my victim behaviors; accept that you are truly of little or no value, do not ask for what you need or want, treat yourself or others disrespectfully, preferably both. I believe that I am not worth loving, who I am is not enough and that I am a failure. Those are false beliefs. I gossip, complain and criticize based on my own insecurities. I have sinned against them, God and myself.

### **Working through it:**

In these examples, I could take every thought captive as it arises. First, I know the in-laws are coming. I can make myself some anti-trigger cards or journal my feelings before they come. Regarding the situation at work, journaling my feelings, stresses and worries will help me hand over these insecurities to God rather than put them on others. In both situations, I will remind myself who I am in Christ. That God gives me worth and value and as far as my identity and ability to function and be me, I DO NOT need the approval of my in-laws or the promotion to be a complete and healthy person. In this area, I remind myself that all I need is met in Christ and tell myself his truth. This frees me from the performance trap that will end in a self-destructing cycle. During the visit, I am able to focus on enjoying our interaction, seeing the kids enjoy grandparents, support my spouse and get to know some people and value them for who God made them to be. At work I am able to be my best self and do my best work, focusing on what I can control and not distracted by things I cannot control. I take every thought captive as they arise tempting me to put myself on the god-seat. I can go to my anti-trigger card telling me what is true, how God is my power, provider and protector. I refuse entitlement feelings and know my deep longings are met by God and he sees to my every need from the vantage point of his sovereign perspective. I review my victorious person statements and embrace God's truth about me. The visit/promotional period is less stressful, I am self-controlled and do not face depression. I can say positive things about my in-laws/co-workers/boss because they do not define me, no matter what their behavior is like toward me.

### **Suggested Tactic:**

1. I am feeling stressed, sad, worried, fearful, etc..... That is my **warning** that I have been triggered.
2. Why? What am I trying to get from others or from myself? Power, provision, protection.
3. What do I need?
4. What do I believe about God, myself?
5. How has God given me what I need?
6. How is God my 3P in this situation?
7. What is true?
8. Pray and release your feelings and fears to God. Verbally accept his truth about you and that he is who he says he is and can do what he says he can do (and will and wants to). Tell yourself the truth. Say out loud how God is your 3P and how he meets your needs. Release yourself or others from meeting those needs for you.

### **Scripture:**

**Romans 6** (read it all)

**2 Corinthians 10: 3-6** "For though we walk in the flesh, we are not waging war according to the flesh. For the weapons of our warfare are not of the flesh but have divine power to destroy strongholds. We destroy arguments and every lofty opinion raised against the knowledge of God, and take every thought captive to obey Christ, being ready to punish every disobedience, when your obedience is complete."

**John 8: 31-38** “So Jesus said to the Jews who had believed him, “If you abide in my word, you are truly my disciples, and you will know the truth, and the truth will set you free. “They answered him, “We are offspring of Abraham and have never been enslaved to anyone. How is it that you say, ‘You will become free?’” Jesus answered them, “Truly, truly, I say to you, everyone who practices sin is a slave[b] to sin. The slave does not remain in the house forever; the son remains forever. So, if the Son sets you free, you will be free indeed. I know that you are offspring of Abraham; yet you seek to kill me because my word finds no place in you. I speak of what I have seen with my Father, and you do what you have heard from your father.”

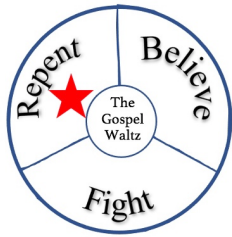
**James 1:2-8, 12-15** “Count it all joy, my brothers, when you meet trials of various kinds, for you know that the testing of your faith produces steadfastness. And let steadfastness have its full effect, that you may be perfect and complete, lacking in nothing. If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him. But let him ask in faith, with no doubting, for the one who doubts is like a wave of the sea that is driven and tossed by the wind. For that person must not suppose that he will receive anything from the Lord; he is a double-minded man, unstable in all his ways... Blessed is the man who remains steadfast under trial, for when he has stood the test, he will receive the crown of life, which God has promised to those who love him. Let no one say when he is tempted, “I am being tempted by God,” for God cannot be tempted with evil, and he himself tempts no one. But each person is tempted when he is lured and enticed by his own desire. Then desire when it has conceived gives birth to sin, and sin when it is fully grown brings forth death.”

JK 2018



## Next Steps

### Meeting 10



The goal of this meeting is to provide an opportunity for the individual(s) to share their OWN progress. If the individuals are in a relationship, and it is appropriate, it is a good thing for them to share with each other in the presence of their shepherds. This gives their work credibility with their spouse and forwards the potential for full reconciliation. This is also an opportunity for persons in relationships to experience repentance, forgiveness and *begin* the process of reconciliation. If none of these are present or possible, it is a good time for self-reflection and self-evaluation. Share this with their shepherd. \*\*\*Important rule: *for the one in process, "You may only talk about yourself until asked in #12"*.

#### ○ Activity #13: Sharing My Progress

- This is a good time for those who are married to share what they have been learning with their spouse (depending on situation).
- Depending on the age of kids, and situation, it could be useful for parents to share with children who have been affected by the situation as well.
- If children are going through this process also, they can use this opportunity to share with their parent(s) what they are learning.
- This provides an avenue for repentance (if not done in earlier steps), forgiveness and beginning reconciliation.
- Important things to convey regarding forgiveness:
  - Forgiveness is **NOT** letting your offender off the hook.
  - Forgiveness is **NOT** saying what was done was/is ok.
  - Forgiveness is **NOT** easy.
  - Forgiveness is **NOT** a once and done thing, forgiveness is an ongoing choice to leave the outcome and punishment/retribution/vengeance in the hands of the sovereign God who sees and knows all.
  - Forgiveness **IS** releasing *yourself* from trying to hold on to the job of God in punishing your offender and controlling the outcome regarding the painful event and the sin of the offender.
  - Forgiveness **IS** freeing *yourself* from bitterness.
  - Forgiveness needs to be given *out loud/verbally*.
  - Forgiveness can be given even when the offender is not repentant. This is possible because forgiveness is really for your freedom and is made possible by the work of the Holy Spirit in your life. It does not let them off the hook. God will still deal with them according to his sovereign perspective and will.
- Alternatively, this is a good time for self-reflection and self-evaluation. This should be shared with the shepherd and needs to include a demonstration of understanding and using all the tools to this point. Humility and honest accepting of faults.

## Meeting 11



Activities 13-18 are too much in one meeting, However, the next several activities need to take place if not the same day, then in very close succession. Because after sharing, repentance, forgiveness, and a possible beginning to reconciliation, the following steps must be set in place ASAP to ensure the continuation of healing and healthy reconciliation. It may be tempting to end here. The danger is that no further progress will be made, and relapse is all too common when the following steps are not followed through on. The goal for this meeting is to take the concepts and practices learned through Steps 1-7 and develop and implement alternative solutions or next steps to

ensure continued progress and diminish the possibility of relapse. For the purpose of ongoing accountability to the concepts learned in the previous meetings, set up regular times to meet with the ONE person who will be their accountability person. This needs to be someone who is experienced with Steps 1-7. \*\*\*Important rule: *for the one in process, "You may only talk about yourself until asked in #12".*

### ○ **Activity #14: Develop Alternative Solutions (brainstorming, idea collecting)**

What can I do differently when I am in a situation?

- Brainstorm ideas utilizing the concepts learned from Steps 1-7.
- Write down all the ideas given.
- Some ideas:
  - Behavior modification therapist
  - Implementing spiritual wellness habits
  - On-going accountability (more than what is asked of here) could be an accountability group for the issue they struggle with.
  - Counseling individual or couple or family
  - Healing Journey class
  - Overcomers
  - Grief Share
  - 12 Step group
  - Going through marriage/communication tools with a Shepherd together with spouse
  - Going through parenting tools with a Shepherd together with spouse if applicable
  - Re-processing these steps with a Shepherd
  - Etc.

### ○ **Activity #15: Select a Solution**

A. Resources

- List of counselors from church
- Contact information for joining any of the ideas mentioned above
- General Resources

B. Action

- evaluate the practicality of each option.
- choose which ones to act on.

- **Activity #16: Agree on contingencies, monitoring (accountability)**
  - Decide who will meet with who for accountability and in what areas. More than one person meeting with someone for the same reason can be overwhelming and lead to defeating the process. The fewer the better.
  - Specific purpose for meeting must be agreed on and that is what you do when you meet. This will be to monitor the continued progress of Steps 6, 7, 8 from above and can be reminders of the previous steps. You will need to take the tools with you in case they are needed to reiterate one step or another that may be lacking in practice.
  
- **Activity #17: Document the agreement**

Be sure everyone has a copy and has signed it.
  
- **Activity #18: Implement the Solution**
  - assign steps to accomplish
  - set up counseling, groups/classes, etc.
  - set up meetings for accountability

## Meeting 12



The goal of this meeting is to evaluate the progress of the individual(s). This should be done after a set/agreed upon amount of time after they have begun their agreed on next steps. When working with spouses, this needs to be done separately but at the same time. Not too much time should elapse between meetings 11 and 12 and every effort should be taken to ensure this step is taken to provide closure. This is an essential part of any report that would be given to session.

### ○ Activity #19: Evaluate the Outcome (meet again and again and again)

This activity needs to happen immediately after Meeting 11.

- A. Conference with each spouse separately. This is the only step besides #1 in which they may talk about the other person.
- B. With individual, can they consistently and honestly identify:
  2. Lies they are believing and acting on
  3. What P they are doing (self-power, self-provider, self-protector)
  4. Victim vs. victorious behaviors
  5. Successes and failures
  6. Are they able to and evidence that they are using Self-correction using tools?
  7. Habit of admitting faults and failures with apologies to the offended party
- C. Use the tools for evaluation and compare the results to beginning and midway evaluations
  - Heart Check Questions  
(Credit-Cathy Roberts)  
Where am I right now in life?  
What is good about my life right now?  
What concerns me about my life at the current time?  
What is lacking in my life right now?  
What verse do I need to keep in front of me at this time in life?
  - How close am I to God evaluation tool
  - My relationship with \_\_\_\_\_ evaluation tool
  - What is My Want To?

### ○ Activity #20: Repeat as needed

Name

Date

## **Heart Check Questions Worksheet:**

(Credit-Cathy Roberts)

Where am I right now in life?

What is good about my life right now?

What concerns me about my life at the current time?

What is lacking in my life right now?

What verse/Biblical concept/truth do I need to keep in front of me at this time in life?

Name

Date

## **What is my “Want To”?**

What do I want my relationship with God to be like?

What do I want my relationship with \_\_\_\_\_ to be like?

What kind of person do I want to be?

## How close am I to God?

Mark where you feel you are in in relationship to God at this time. Write the date.

ME

GOD

## How is my relationship with \_\_\_\_\_ ?

On a scale of 1-10 (1 being the worst it can get and 10 being the best it can get) *circle and date* how you would rate your relationship with \_\_\_\_\_ right now.

**1   2   3   4   5   6   7   8   9   10**