

## Self Defeating Beliefs:

AFTER the 4<sup>th</sup> Column

### Considerations and Steps 5-12

The two biggest LIES we perpetuate are:

- a) That is the way it is!        or
- b) Well, that's the way I am!

Consideration 1: IS THIS A LIE? (Look around your life for evidence)  
(The answer is always YES!)

TRUTH: (Example) “I have many friends and a family that loves me”

Consideration 2: If I was God dependent, how would I behave and who would I be? (Example) I would feel confident, secure and comfortable with myself and others; I would KNOW that **I AM A CHILD OF GOD...NO BETTER OR WORSE THAN ANYONE ELSE!**

THERE IS NO EXCUSE TO BELIEVE THIS LIE!!!

*“By believing this lie, I am NOT a victim...I am a PARTICIPANT!!!”*

Harms: “What harms have come from this belief??”

(Example) Harms to ME...and everyone who has ever tried to know me!

What do I find objectionable about this belief? (Step 5)

(Example) Feeling less than, unlovable, fearful, worthless, untrustworthy

Am I willing to forgive myself and those involved with supporting this belief

(Step 6) (Example Prayer) “God, I forgive myself for living in a powerless state, and I forgive what I perceived as judgment from others. They are human, just like me.”.

Am I willing to give this to God so I can have a new belief? (Step 7)

(Example Prayer) “God, please help me to see the truth about this belief. I am your beloved child, no better or worse than anyone else.”

Am I willing to make amends to myself, and others harmed by this belief?

(Steps 8&9) (Example) I will seek the guidance of God to set right these wrongs.

Am I willing to be vigilant about allowing God to help me change this belief

(Step10) (Example) I will allow God to empower me to continue to grow in trust and reliance on Him and the truth of who I am in His world.”

Am I willing to seek freedom from this belief through prayer and meditation?

(Step 11) (Example Prayer) “God, please help me to see the truth about these limiting, self-defeating beliefs that I may let them go and live as you created me to be.”

Am I willing to help others break free from the bondage of these beliefs? (Step

12) (Example) As I recognize these beliefs in myself, I will hear them in the shares of the others and ask God to use me to help them.

**“WITH GOD’S HELP, WE WILL SEE THE TRUTH ABOUT THESE  
LIMITING BELIEFS, AND BE ABLE TO LET THEM GO, SO WE MAY BE  
FREE!”**