

WHAT ABOUT YOU?
NEGATIVE THOUGHTS EXPOSED

1. Stand in front of the mirror completely naked (not with your small group, of course). Write exactly what you think about yourself. _____

2. How do you think your answer from question one lines up with what God would say about you? _____

3. A recent *Glamour* magazine poll revealed that 97 percent of women have negative thoughts about themselves every day. How often do you have negative thoughts about yourself? _____

4. If you answered “every day” to question three, about how many times a day do you think something negative of yourself?

5. Do you remember the time in your life when your negative thoughts about yourself began? If so, when was it?

6. Trainer (the one who hates your appearance) might not live in your head, but I'll bet you've heard a voice like hers. What is something typical you remember hearing from her? How did you reply?

a. **TRAINER:** _____

b. **YOU:** _____

7. Reflection (the one who is disappointed with you as a person) might not live in your head, but you've probably heard a voice like hers, as well. What is something typical you remember hearing from her? How did you reply?

a. **REFLECTION:** _____

b. YOU: _____

HOW ABOUT YOU?
PRIVATE PRAYERS REVEALED

1. As Christians we're pretty good at praying the prayers that we should pray and keeping the things we're really hoping for hidden deep inside. You know what I mean, don't you? Those times when we pray, "All I want is *Your* will for me, God," while we secretly hope for a second chance at love, or that baby we've been longing for, or that opportunity we've been dreaming of. These are the things we are often afraid to put words to. What is your "silent" prayer? _____

2. Why do you think you've kept this prayer secret? _____

3. Do you think you could take a bold step in the direction

of faith and put words to your prayer in the space below?
(This step is for us . . . God kinda already knows.) _____

4. Answer honestly: Do you think God is holding out on you? _____

5. If you answered “yes” to number four, what kind of God do you think would hold out on you? _____

6. God wants us to be honest with Him. He already knows what’s going on in our hearts, but sometimes we don’t. In the space below, write a note to God honestly telling Him what you’re afraid He’s withholding from you. _____

WHAT ABOUT YOU?
WORLDLY DESIRES DIVULGED

1. When you look at the covers of magazines, what kinds of things go through your mind? _____

2. How do you compare yourself to the women on the covers of magazines? _____

3. Do you ever say, “I wish I had _____ like she does?” If so, what is it that you’ve desired? _____

4. Be really honest now. Do you see your worth or value in terms of these things. For example, do you think you are actually *worth* more when you weigh less? Or do you think you are a more *valuable* person when you have more valuables in your possession? _____

5. What do you think God would say about your last answer?

6. You might not have Sabby (the one who always tries to sidetrack you) in your head, but you probably hear a voice like hers. Have you ever heard anything from her just when you were trying to do something God’s way instead of the world’s? For example, just as you were trying to love yourself as you are, Sabby might say, “But it wouldn’t hurt to just get a few nips and tucks” — setting you right back on vanity’s trail. What does she say to you?

a. **SABBY:** _____

b. **YOU:** _____

7. Make an honest list of the worldly things you want:

WHAT ABOUT YOU? FICKLE FEELINGS

1. Make a list of as many feelings as you can think of (such as joy, fear, embarrassment, excitement, etc.): _____

2. Look at the list you made in question one. Which of those feelings is your favorite? _____

3. Which feeling is your least favorite? _____

4. When you feel the feeling you mentioned in question three, what do you usually do about it (such as chocolate therapy)? _____

5. How does doing what you do in number four make you feel? _____

6. How does this become a never-ending cycle? _____

7. Do you think it's good for us to base our decisions on our feelings? Why or why not? _____

9. How have your feelings ever misled you? _____

10. How do you think God can use our feelings for His purposes? _____

WHAT ABOUT YOU?
MISPERCEPTIONS UNMASKED

1. List three adjectives that would describe your dad while you were growing up:
 - a. _____
 - b. _____
 - c. _____

2. List three adjectives that would describe your mom while you were growing up:
 - a. _____
 - b. _____
 - c. _____

3. Be honest here: How would you describe the way they felt about you when you were a child? For example, did you feel like they adored you, or did you feel like you were a bother, or somewhere in between? _____

4. Looking at your responses to the first three questions, how do you think the way you felt about your parents and perceived how they felt toward you has transferred over into your relationship with God? In other words, how has it affected the way you would describe Him, and the way you think He feels toward you? _____

5. Pray and ask the Mighty Counselor (Holy Spirit) to bring to mind any potential stowaways you might have brought with you from childhood into your adult life. Are there attitudes or behaviors you've ascribed to your heavenly Father simply because they existed in your earthly parents? What is the Mighty Counselor hoping for you to see? What would you say to Him?

a. MIGHTY COUNSELOR: _____

b. YOU: _____

6. How could having a more correct understanding of the nature and heart of your heavenly Father change your life? _____

WHAT ABOUT YOU?
OWNING UP TO ORPHAN WAYS

1. Take a look at the chart in appendix A. List three orphan heart tendencies you see in your own life: (For example: source of comfort—seek comfort in counterfeit affections)
 - a. _____
 - b. _____
 - c. _____

2. Write what the chart says would be found in the heart of God's child for the categories you listed above: (For example: source of comfort—seek quiet times with God)
 - a. _____
 - b. _____
 - c. _____

3. Do the orphan tendencies you mentioned in number one seem to have an effect on the relationships in your life? If so, in what way? _____

4. How do you think your daily life would change if you started really living like a daughter of the King? _____

5. What would it be like to truly love others with no strings attached, with no fear, and with the ability to truly rejoice when they are blessed? _____

6. What might try to keep you from letting the Mighty Counselor bring to light everything He needs to in order to replace your orphan heart with a heart of a daughter? _____

WHAT ABOUT YOU? WEIGHTY WOUNDS

1. Take a look at appendix B in the back of the book. Which of these personalities do you find most difficult to deal with in your life? _____
2. Do you think your personality resembles any of those on the list? If so, which one(s)? _____

3. Are you hesitant to admit that you are emotionally wounded? _____
4. Do you think it's possible for any human being to have his or her emotional needs met perfectly at all times (apart from getting them met by God)? Explain. _____

5. Look at the scale below. Where do you think your beliefs fall with regard to how God views your emotional wounds:

*"Just get over it
already. You're saved."*

*"Please let Me heal
each of your wounds."*

0 1 2 3 4 5

6. Jesus often asked people a question like this: "Do you want to be healed?" He didn't ask to get permission, He asked because being healed often requires a lot from people emotionally. It requires being willing to let go of our claim on our wounds—any identity we've been getting from our hurts. With that in mind, if Jesus were to ask you the question, what would you say? _____

WHAT ABOUT YOU?
FACING FORGIVENESS

1. As you reflect on your daily life, do you feel like you ever deal with “the torturers”? If so, which ones (bitterness, self-pity, entitlement, or others): _____

2. If you answered “yes” to number one (and you’d be angelic if you didn’t), do you think there might be someone you haven’t quite forgiven all the way? Maybe a parent, a friend, leader at church, a former boyfriend? Who?

3. How do you think it would change your life if you became willing to let God take your hand and lead you through the full trek of forgiveness? _____

4. As you reflect further, do you think you've built up sinful defense mechanisms as a result of your pain? For example, because I had a fear of abandonment, I became very possessive and jealous of my friends. I wasn't responsible for the wound, but jealousy is a sin. Do you see anything like this at work in your life? If so, briefly describe: _____

5. After reading chapter 8, do you think there is anyone you might need to ask for forgiveness? Who? _____

6. If you answered "yes" to number five, what would keep you from asking for forgiveness? _____

WHAT ABOUT YOU?
BEHOLD THE BEAUTY

1. In chapter 1, we started the process of bringing to light our negative self-talk. It is time to deal with those thoughts once and for all. Let's get Trainer in on this. What is something she likes to nag you about? Write it.

TRAINER: _____

2. Take some time to pray about what Trainer says to you. What does God have to say about all of this? What do you believe He would say to Trainer about this issue?

GOD (TO TRAINER): _____

3. What would God say to you about what He sees when He looks at you?

GOD (TO YOU): _____

4. What do you want to say to God about all of this? Do you want to see it His way, or do you want to continue to believe Trainer?

YOU: _____

5. Part of ending my relationship with Trainer was getting rid of my old name (Fat Christian Woman) and accepting the new name God had for me, "Beloved." What do you think your old name was? What is your new name?

a. Old name: _____

b. New name: _____

HOW ABOUT YOU?
BEATING THE BEAST

1. How can you tell if a thought is a lie? _____

2. If you catch yourself believing a lie in the future, what will you do? What is your plan of attack?

3. Why do we want to proclaim the truth aloud? _____

4. List a couple of truths you want to commit to memory so that you have your ammunition ready at all times (for example, *No weapon formed against me shall prosper*):

a. _____

b. _____

5. Have you been keeping your “delivery truck” parked in the garage too often? If so, do you think you can take steps toward taking it for a spin more often? _____

APPENDIX A

ORPHAN VS. CHILD OF GOD

ORPHAN HEART		HEART OF GOD'S CHILD
See God as Master	IMAGE OF GOD	See God as a loving Father
Independent/self-reliant	DEPENDENCY	Interdependent/ acknowledges need
Live by the love of law	THEOLOGY	Live by the law of love
Insecure/lack peace	SECURITY	Rest and peace
Strive for the praise, approval, and acceptance of people	NEED FOR APPROVAL	Totally accepted in God's love and justified by grace
A need for personal achievement as I seek to impress God and others, or no motivation to serve at all	MOTIVE FOR SERVICE	Service that is motivated by a deep gratitude for being unconditionally loved and accepted by God
Duty and earning God's favor, or no motivation at all	MOTIVE BEHIND CHRISTIAN DISCIPLINES	Pleasure and delight

APPENDIX A

ORPHAN HEART		HEART OF GOD'S CHILD
Must be holy to have God's favor, thus increasing a sense of shame and guilt	MOTIVATION FOR PURITY	Want to be holy; do not want anything to hinder intimate relationship with God
Self-rejection from comparing myself to others	SELF-IMAGE	Positive and affirmed because I know I have such value to God
Seek comfort in counterfeit affections: addictions, compulsions, escapism, busyness, hyper-religious activity	SOURCE OF COMFORT	Seek times of quietness and solitude to rest in the Father's presence and love
Competition, rivalry, and jealousy toward others' success and position	PEER RELATIONSHIPS	Humility and unity as I value others and am able to rejoice in their blessings and success
Accusation and exposure in order to make myself look good by making others look bad	HANDLING OTHERS' FAULTS	Love covers as I seek to restore others in a spirit of love and gentleness
Difficulty receiving admonition; I must be right, so I easily get my feelings hurt and close my spirit to discipline	VIEW OF ADMONITION	See the receiving of admonition as a blessing and need in my life so that my faults and weaknesses are exposed and put to death
Guarded and conditional; based upon others' performance as I seek to get my own needs met	EXPRESSION OF LOVE	Open, patient, and affectionate as I lay my life and agendas down in order to meet the needs of others

ORPHAN HEART		HEART OF GOD'S CHILD
Conditional and distant	SENSE OF GOD'S PRESENCE	Close and intimate
Bondage	CONDITION	Liberty
Feel like a servant/slave	POSITION	Feel like a son/daughter
Spiritual ambition; the earnest desire for some spiritual achievement and distinction and the willingness to strive for it; a desire to be seen and counted among the mature	VISION	To daily experience the Father's unconditional love and acceptance and then be sent as a representative of His love to family and others
Fight for what I can get!	FUTURE	Relationship as a child releases my inheritance!
See authority as a source of pain; distrustful toward them and lacking a heart attitude of submission	VIEW OF AUTHORITY	Respectful, honoring; I see them as ministers of God for good in my life

(Chart adapted by permission from Shiloh Place Ministry training materials.)¹⁹

APPENDIX B

PERSONALITY TYPES THAT CAN DEVELOP WHEN WE'RE EMOTIONALLY WOUNDED

1) The “Show-off”

To get our emotional needs met, we draw as much attention to ourselves as possible. We become very talkative, trying to make ourselves look important by name-dropping, exaggerating our accomplishments in work, sports, ministry, or family. We can't help but steer nearly all conversations back to ourselves.

2) The “People Pleaser”

We find our identity in conforming to group ideals. We have very little, if any, identity of our own, so we conform to the perceived norm in order to belong. We fit into groups well because we are good at saying the right things to be accepted. At church we are the perfect Christian, but with our non-Christian friends, we fit right in too. We can be fairly critical of others, but cannot receive criticism from others.

3) The “Timid”

We are not to be confused with the meek (which is a character strength). We have a big fear of man, failure, and rejection.

We lack the inner strength to make our own decisions. We usually deal with self-pity and a sense of no self-worth. Most people don't know, but deep inside of us there is often quite a bit of anger. We are usually very passive.

4) The "Isolationist"

Our inner pain has caused us to form walls of self-protection. We cut ourselves off from anyone we think is a threat to us and we usually bond to only one or two people. This can cause us to become very possessive of those we get close to and to feel threatened by anyone else entering into our relationships.

5) The "Fighter"

We become rebellious and defiant towards everyone and everything, especially the system we presently have to operate in. We are usually very independent because we don't want to have to depend on anyone who may hurt us again. Often, we become workaholics in order to prove our self-worth and to establish our identity.

6) The "Moralist"

We are God's policemen. We see the fault in everything and everyone and know how to fix it. We have an answer for everything under the sun. We are very opinionated, which

reveals our lack of humility. We live by the letter of the law but are empty of love. We are usually right in our observations, but have the wrong attitude; that makes us wrong. However, to us, our rightness justifies our wrong attitude.

(Adapted by permission from Shiloh Place Ministries training materials.)