

EXAMPLE OF HOW TO DETECT WRONG BELIEFS

Situation: Bill picked you up late, and so you were late to work.

How do you determine the wrong belief which is responsible for your anger? Ask yourself, "Why am I angry? I am angry because ..."

1. I hate to be late (your "certain standard"), and my lateness makes me feel badly about myself.

(Wrong belief: I must meet certain standards to feel good about myself).

2. My boss will be displeased with me because I'm late, and her opinion of me means so much.

(Wrong belief: I must be approved by certain others to feel good about myself).

3. Bill failed by being late to pick me up. It was his fault, that creep!

(Wrong belief: Those who fail are unworthy of love and deserve to be punished.)

4. No matter what I do, something always goes wrong.

(Wrong belief: I am hopeless. I can't change. I will always be this way.)

EXAMPLE OF HOW TO COMBAT WRONG BELIEFS

	SITUATION # 1	SITUATION # 2
SITUATION	Bill picked me up late.	I was late to work.
EMOTIONS	Anger at Bill.	Fear that my boss would be upset with me.
WRONG ACTIONS	I hardly spoke to Bill all day.	I avoided looking at my boss's eyes. I withdrew from her.
WRONG BELIEF	Those who fail are unworthy of love and deserve to be blamed and condemned.	I must be approved by certain others to feel good about myself.
GOD'S TRUTH	Propitiation: I am deeply loved by God; therefore, I can love others with God's love (1 John 4:9-11).	Reconciliation: I am totally accepted by God (Colossians 1:19-22).
GODLY RESPONSE	Forgive Bill; help him any way I can; offer to take my car if his isn't running well; be cheerful.	Apologize to my boss; relax and realize that there was nothing I could do about being late this morning. Hopefully, she will understand, but if not, I need to do my work with peace and joy.
SUMMARY STATEMENT	It would be nice if Bill had picked me up on time, but he didn't. Even so, Bill is deeply loved by God.	It would be nice if my boss really liked me and accepted me, but if she doesn't, I'm still deeply loved, completely forgiven, fully pleasing, and totally accepted by God.

WORK SHEET FOR COMBATTING WRONG BELIEFS

Think over the past two weeks, and list a recent situation in which you have had distressing or painful emotions. Take time to reflect on the following questions and each occasion: What was the situation? What emotion(s) was I experiencing? What wrong belief(s) was I believing? What is God's truth concerning the situation? What should my Godly response have been? What summary statement can I make concerning the situation?

	EXAMPLE
SITUATION	
EMOTIONS	
WRONG ACTIONS	
WRONG BELIEFS	
GOD'S TRUTH	
GODLY RESPONSE	
SUMMARY STATEMENT	