Feeling(s)

Emotional Reactions

* Anger / Sadness

Vulnerable Feelings

* Failure
* Unacceptable

Belief(s)

Lie-based Beliefs

* I can’t do anything right
* I’m not appreciated

Truths

Event Sequence - Sample

Spouse asks for you to pickup groceries on the way home.

You get home and they say, “What took you so long?”

* Become Defensive
* Justify my actions
* Get Angry
* Refuse to help in the future

Choice (Flesh)

Choice (Faith)

* Apologize for taking so long
* Respond in Love
* Ask how else I can help
* Rest in what God says about me
* What’s the rush?
* Spouse isn’t happy with me
* I’ve failed

Thought(s)

Event