

Common Lies and Hesitations

Common lies:

- I am all alone.
- I don't matter.
- I am stupid.
- I should have known better.
- It was my fault.
- I am bad, dirty, shameful, sick, nasty and everyone can see it.
- I do not know what to do and I cannot stop it
- There is no way out.
- My life is ruined.
- I am worthless.
- I am a burden.
- I could never jump high enough to please them
- I am not acceptable
- If I don't show my feelings I cannot get hurt.
- There is something wrong with me.
- I am not loved or loveable

Common hesitations

- Types of hesitations for letting go of your anger:
 - They will get away with it = I am the judge.
 - What they did won't matter.
 - I don't matter.
 - I will get hurt again.
 - I have lived with it so long, what will it be like if I let it go

Take my hesitations to Jesus and let him reveal his truth.

- Types of hesitations for letting go of sadness/loss:
 - I will forget them.
 - They didn't matter.
 - It's all I have left of them.
 - What will replace the sadness/loss?

Take my hesitations to Jesus and let him reveal his truth.

- Types of hesitations that prevent us from letting go of shame:
 - I'm too dirty.
 - You will something is wrong with me or I am bad.
 - It is too bad for Jesus.

Take my hesitations to Jesus and let him reveal his truth.