



LIVES TRANSFORMING WORKSHEET (The 4 Steps)  
T-E-A MOVEMENT (Thoughts - Emotions - Actions)

**THE CHALLENGE (THE GIFT - JAMES 1:2-4) (write it below)**

**IDENTIFY THE UNHEALTHY EMOTION (Highlight or Circle ALL that apply) - Galatians 5:19-23**

<b>ANGER</b>	Hateful, Critical, Annoyed, Irritated, Skeptical, Other _____ Angry, Selfish, Frustrated, Jealous, Envious, Other _____ Hostile, Resentful, Hurt, Sarcastic, Distant, Other _____
<b>FEAR</b>	Anxious, Overwhelmed, Insecure, Embarrassed, Other _____ Submissive, Inadequate, Helpless, Insignificant, Other _____ Rejected, Discouraged, Confused, Bewildered, Other _____
<b>SHAME</b>	Guilty, Remorseful, Ashamed, Stupid, Inferior, Other _____ Depressed, Worthless, Lonely, Isolated, Other _____ Hopeless, Discouraged, Bored, Apathetic, Tired, Other _____

**IDENTIFY THOUGHTS THAT CREATE THE UNHEALTHY EMOTION(S): 2 Corinthians 10:5, John 8:44**

1	
2	
3	
4	
5	

CAUTION: (A) Write a statement not a question (B) Write a complete sentence (C) Write a thought NOT a feeling

**CHOOSE ONE THOUGHT FROM ABOVE AND WRITE IT BELOW (2 Cor. 10:5) - This is your ORIGINAL THOUGHT!**



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Belief %

**UNTWIST YOUR THOUGHT**

**(A) Check all that apply to your original thought.**

**(B) Change the ORIGINAL THOUGHT: Take out the Deception you've identified Write a new thought it in the box.**

**ENEMY DRIVEN DECEPTION**

<b>Never &amp; Always Deception</b>	Luke 9:62, The Message	<b>Belief %</b>
Example of the Deception: I fail a test and think, "I always fail."		

<b>Should Deception</b>	Romans 14:13-14, The Message	
Example of the Deception: "I should be nice" & "He should love me"		

<b>Tunnel Vision Deception</b>	Matthew 6:30, The Message	
Example of the Deception: "I made a mistake, now I conclude the whole project is doomed to failure."		

<b>Good Doesn't Count Deception</b>	I John 3:18, The Message	
Example of the Deception: "I had a good morning, but it doesn't count because I just flew off the handle a few minutes ago"		

<b>All or Nothing Deception</b>	Galatians 2:17, The Message	
Example of the Deception: "Unless my appearance or work is flawless then it's no good at all"		

<b>Mind Reading Deception</b>	Matthew 6:34, The Message	
Example of the Deception: "My friend didn't call me back - she must hate me."		

continued...

**Predicting the Future Deception**

James 4:13-15, The Message

**Belief %**

Example of the Deception: "My son is late...he must be hurt"

**Playing Down Deception**

Luke 22:24-26, The Message

Example of the Deception: I just got an A and think, "I'm still not as good as my friend."

**Playing Up Deception**

I Corinthians 12:19-24, The Message

Example of the Deception: "I just got an A and think "I'm the best ever."

**Emotional Deception**

Philippians 1:9, Colossians 3:5, The Message

Example of the Deception: "I feel bad so life is bad"

**Blaming Myself Deception**

John 9:1-5, The Message

Example of the Deception: "My husband got drunk I made him mad and caused him to do it."

**Blaming Others Deception**

John 9:1-5, The Message

Example of the Deception: "I screamed at my son...his actions made me do it."

**Name Calling Deception**

I Corinthinas 12:12-18, The Message

Example of the Deception: "My wife left me...I am a Loser"

\* The Lives Transforming Untwist Your Thought is based on work by C.S. Lewis &amp; Dr. David Burns.

**WRITE THE "ORIGINAL THOUGHT" AGAIN HERE:****Belief %****TRUTH DISCOVERY****(A) Check all that apply to your original thought.****(B) Change the ORIGINAL THOUGHT: Take Out the Lie Write a new thought (Truth) in the box****"The Message"****ENEMY LIES!****OTHER PEOPLE'S OPINIONS MAKE ME MORE VALUABLE**

If people don't like me then I'm not worthwhile			<b>I Thess. 2:3-5</b>
If people reject me, there must be something wrong with me.			<b>John 5:41</b>
More people will like me if I do better.			<b>Philip. 3:7-9</b>
People won't like me if I make mistakes & get in trouble.			<b>2 Thess. 1:5</b>

**PLEASING OTHERS MAKES ME MORE VALUABLE**

The challenges I face are all my fault.			<b>Romans 5:3-5</b>
I do what pleases others, I shouldn't make waves.			<b>Colossians 3:18-19</b>
When I please other people I feel better about myself			<b>Luke 6:26</b>
Avoiding conflict makes my life better			<b>Galatians 6:14-16</b>

**OTHER PEOPLE'S LOVE MAKE ME MORE VALUABLE**

If I'm not loved by a significant other then I'm hopeless.			<b>Luke 14:26</b>
I can't be happy if I don't have someone else loving me.			<b>I John 3:1</b>
I cannot be happy if I'm lonely.			<b>2 John 1:1</b>
People who love each other should not fight			<b>2 Corinth. 4:1-2</b>

continued...

**MY ACHIEVEMENTS MAKE ME MORE VALUABLE**

My worth depends on my intelligence, status, and looks.			<b>I John</b> 2:26-27
If I make a mistakes then I'm less worthwhile.			<b>Galatians</b> 2:17-18
I need to perform well when I'm around people.			<b>Galatians</b> 2:19-21
When I fail I should be punished.			<b>Ephesians</b> 1:7-10

**MY VALUE IS BASED ON COMPARING MYSELF WITH OTHERS**

I'm inferior to others which makes me defective and worthless.			<b>Galatians</b> 5:25
I'm better than others which makes me a better person.			<b>Matthew</b> 5:5
If other people are more then I am less.			<b>Galatians</b> 6:4
I cannot change. I'm hopeless.			<b>Matthew</b> 5:3

**IF I NEVER HAVE ANY PROBLEMS THEN I'M MORE VALUABLE**

I should never get frustrated with people or circumstances.			<b>2 Corinth.</b> 12:7-10
My problems are too big to be solved. I'm hopeless.			<b>Matthew</b> 5:3
I need to keep my challenges to myself.			<b>Matthew</b> 5:14-16
Challenges mean that I'm not blessed.			<b>James</b> 1:2-3

**IF OTHER PEOPLE DO WHAT I WANT THEN I'M MORE VALUABLE**

My problems are because others won't do what I want.			<b>I Peter</b> 4:1
People should treat me well.			<b>Matthew</b> 5:11-12
When people fail they should be punished.			<b>Romans</b> 14:2-4
I'm right and you are wrong.			<b>Romans</b> 14:13-14

**TRUTH SUMMARY**

**WRITE THE THOUGHTS FROM "TRUTH DISCOVERY" & ADD SUPPORTING VERSES IN 1ST PERSON FROM ABOVE (if possible) AND RENEW AS ILLUSTRATED IN ROMANS 12:2 & COLOSSIANS 3:2**

		<b>Belief %</b>
		<b>Verse</b>
Truth Thought:		
Verse in 1st Person:		
Truth Thought:		
Verse in 1st Person:		
Truth Thought:		
Verse in 1st Person:		
Truth Thought:		
Verse in 1st Person:		

**WRITE THE "ORIGINAL THOUGHT" AGAIN HERE:**



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<b>Belief %</b>

