



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

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

LAST WEEK I LOST MY JOB

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

ANGER	Hateful, Critical, Annoyed, Irritated, Skeptical, Other _____
	Angry, Selfish, Frustrated, Jealous, Envious, Other _____
	Hostile, Resentful, Hurt, Sarcastic, Distant, Other _____
FEAR	Anxious , Overwhelmed, Insecure, Embarrassed , Other _____
	Submissive, Inadequate, Helpless, Insignificant, Other _____ Rejected, Discouraged , Confused, Bewildered, Other _____
SHAME	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	I'll never find a job and without a job I'm a worthless loser.
2	I should have lined up another job before I was let go.
3	I can't take care of my family now...my wife will probably leave me.
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!

	I'll never find a job and without a job I'm a worthless loser.	Belief %
		100%

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 in the box.

ENEMY DRIVEN DECEPTION

Never & Always Deception		Luke 9:62, The Message	Belief %
Example of the Deception: I fail a test and think, "I always fail."	<input checked="" type="checkbox"/>	Just because I don't have a job now doesn't mean I will NEVER have a job!	100%
Should Deception		Romans 14:13-14, The Message	
Example of the Deception: "I should be nice" & "He should love me"			
Tunnel Vision Deception		Matthew 6:30, The Message	
Example of the Deception: "I made a mistake, now I conclude the whole project is doomed to failure."	<input checked="" type="checkbox"/>	Being jobless doesn't make my entire life worthless or a failure.	100%
Good Doesn't Count Deception		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"	<input checked="" type="checkbox"/>	I had 10 great years on the job as a good worker that counts for something.	80%
All or Nothing Deception		Galatians 2:17, The Message	
Example of the Deception: "Unless my appearance or work is flawless then it's no good at all"	<input checked="" type="checkbox"/>	Joblessness does cause additional challenges but doesn't mean that my life has no meaning or worth.	100%
Mind Reading Deception		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 %
100%

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



I don't know that I will never get a job in the future. I can't predict the future.

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."



Losing a job is bad but not the end of the world or the end of me.

Belief %
100%

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."



I may have had something to do with being let go, but there were other contributing factors.

Belief %
90%

Blaming Others Deception

John 9:1-5, The Message

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



It's not all my boss's fault...I may have been partially responsible and the poor economy didn't help.

Belief %
60%

Name Calling Deception

I Corinthians 12:12-18, The Message

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



If everyone who loses a job is a "Loser" then I guess I have a lot of good "Loser" company right now!

Belief %
80%

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

WRITE THE "ORIGINAL THOUGHT" AGAIN HERE:



I'll never find a job and without a job I'm a worthless loser.

Belief %
50%

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			I Thess. 2:3-5
If people reject me, there must be something wrong with me.		My worth as a person is not based on what other people think of me. God inside me creates my value.	John 5:41
More people will like me if I do better.		When I do better some people will like me more but some will not like me at all...they will be jealous!	Philip. 3:7-9
People won't like me if I make mistakes & get in trouble.			2 Thess. 1:5

PLEASING OTHERS MAKES ME MORE VALUABLE

The challenges I face are all my fault.		The challenges I face come at me from things I can & can't control. And these challenges grow me up!	Romans 5:3-5
I do what pleases others, I shouldn't make waves.			Colossians 3:18-19
When I please other people I feel better about myself			Luke 6:26
Avoiding conflict makes my life better			Galatians 6:14-16

OTHER PEOPLE'S LOVE MAKE ME MORE VALUABLE

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

continued...

MY ACHIEVEMENTS MAKE ME MORE VALUABLE

My worth depends on my intelligence, status, and looks.	<input checked="" type="checkbox"/>	My status comes from being a child of God and is not based on my talent or achievements.	I John 2:26-27
If I make a mistakes then I'm less worthwhile.	<input checked="" type="checkbox"/>	Making mistakes is how I learn, it has nothing at all to do with my worth.	Galatians 2:17-18
I need to perform well when I'm around people.			Galatians 2:19-21
When I fail I should be punished.			Ephesians 1:7-10

MY VALUE IS BASED ON COMPARING MYSELF WITH OTHERS

I'm inferior to others which makes me defective and worthless.	<input checked="" type="checkbox"/>	Valuing my life based on whether I'm better or worse than someone else is a con-game that keeps me in misery.	Galatians 5:25
I'm better than others which makes me a better person.			Matthew 5:5
If other people are more then I am less.			Galatians 6:4
I cannot change. I'm hopeless.			Matthew 5:3

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

I should never get frustrated with people or circumstances.			2 Corinth. 12:7-10
My problems are too big to be solved. I'm hopeless.	<input checked="" type="checkbox"/>	The bigger the problem the more reliance on God it produces in me, moving me closer & closer to Him.	Matthew 5:3
I need to keep my challenges to myself.			Matthew 5:14-16
Challenges mean that I'm not blessed.			James 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.			I Peter 4:1
People should treat me well.			Matthew 5:11-12
When people fail they should be punished.			Romans 14:2-4
I'm right and you are wrong.			Romans 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

		Belief %
		Verse
Truth Thought:	My worth as a person is not based on what other people think of me. God inside me creates my value.	100%
Verse in 1st Person:	"I'm not interested in crowd approval"...I've got God approval - I'm His child!	John 5:41
Truth Thought:	My status comes from being a child of God not based on my talent or achievements.	100%
Verse in 1st Person:	Others try to deceive me but are "no match for what is embedded deeply <u>within me</u> - Christ's anointing!"	I Jn 2:26-27
Truth Thought:	The challenges I face come at me from things I can & can't control. And these challenges grow me up!	100%
Verse in 1st Person:	Troubles develop passionate patience & virtue in me keeping me alert for whatever God will do next.	Rom 5:3-5
Truth Thought:	Valuing my life based on whether I'm better or worse than someone else is a con-game that keeps me in misery.	100%
Verse in 1st Person:	I will not compare myself with others as if one of us were better and another worse...I am an original.	Gal 5:25

WRITE THE "ORIGINAL THOUGHT" AGAIN HERE:



I'll never find a job and without a job I'm a worthless loser.

Belief %

0%



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