

Exercise Instructions



Instructions:

1. Print a copy of these four pages. You can also use sheets of blank paper if you need more space to write things down.
2. Pray and ask the Holy Spirit to help you in this exercise.
3. Take at 15 minutes to sit down, think about the questions asked and write your answers.
4. If you are struggling to find examples, ask a close friend for help.
5. Once you've written down some responses, take one and answer these questions about it.
 1. When did this behavior probably start?
 2. Can I remember any event(s) about this?
 3. What false belief might be behind my emotional response?
6. If you are struggling with these three questions, ask a close friend who knows you well.
7. Good job. One identified!
8. Now, schedule time to look at the next example on your list.

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Exercise Questions



1. List irritating/frustrating things in your life that are repetitive.
2. List fears you have that are repetitive.
3. List worries in your life that are repetitive.
4. List things you feel obsessed about and which you find crowding into your mind.
5. List patterns where you do something over and over and never get the results you want.

Your Analysis



Anger Worry Fear Obsession Pattern *(Circle one)*

What I see and feel:

Where it started:

What belief was behind it?

What do you think the lie is?

Finding the Lies

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Sample Evidences of a Hidden Lie



Anger

I get irritated by slow drivers.
I get angry when things don't work.
I get frustrated with my lack of progress.
It makes me angry when I'm interrupted.

Worry

What if we never get out of an apartment?
Who is going to take care of me if I get sick?
What if people don't like me?
What if I'm never good enough?

Patterns

I keep changing jobs because I'm frustrated.
I don't make friends easily or keep them.
I am spending more and more time on this.
Every month I find myself overspending.
I always start something but rarely finish.
Once I get the garage cleaned out it fills up again.

Fear

I am really afraid of messing up our trip.
I feel fear when my children are out of my sight.
I am afraid I will lose my friendship if this happens.
I'm afraid I've committed the unforgivable sin.

Obsessions

I am not doing enough. I need to run longer.
I better buy some more so I don't run out.
If I can get this raise/promotion I will be set.
I spend a lot of time binging on tv series.
I like to keep a lot of things just in case.
I can't rest because I'm going to get behind.
I don't just mow the lawn I hand trim it too.
It's not done until it's done perfectly.

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