

Check-List #2 - Lies

In the Name of Jesus, I renounce & reject the lie that... or In the Name of Jesus, I receive the truth that...

Abuse: ___ Their anger is my fault ___ I should have stopped him/her/them ___ I deserve the abuse
___ My father/mother/sis/bro/spouse's anger/abuse was my fault ___ Not even God can help me
___ No one will ever believe me ___ I deserved it ___ It's a matter of time before it happens again
___ God has rejected me because of what happened to me ___ If I let them into my life, they'll hurt me too

Body Image: ___ I am not beautiful ___ I am ugly

Death and Dying: ___ I shouldn't be here ___ I should be dead ___ Nobody cares if I live or die
___ I am responsible for their illness/death ___ My mother/father/sis/bro/spouse's illness is my fault
___ My mother/father/sis/bro/spouse's death is my fault (circle)

Fear of Others: ___ I can't have close relationships with (girls/guys) ___ Men/women aren't trustworthy

Forgiveness: ___ I should never forgive....for...(fill in the blanks)

Intelligence: ___ I am not smart ___ I am stupid

Negativity: ___ I'm always in the wrong place ___ It's always my fault ___ I can't say no ___ Nothing is ever good enough
___ I should be punished ___ Anyone can do whatever they want to me and I can't say no

Paranoia/Fatalism: ___ I've destroyed my life ___ Bad things always happen to me ___ Someone/everyone is out to get me
___ My life is cursed ___ My life is doomed ___ It's hopeless ___ I am a victim ___ I can't do anything about it ___ I can't fight back
___ I'm too weak ___ I can't change ___ I will never get any better ___ I have no reason to live ___ Heaven is not for me

Parenting: ___ I am a terrible mother/father

Perfectionism: ___ I have to get it right ___ I have to be perfect ___ I can't make a mistake or something bad will happen

Pleasing Others: ___ My worth is based on what others think of me ___ I have to please others to be loved
___ If people know the real me I would not be accepted ___ If I allow myself to be used I won't feel alone

Present, past, future: ___ Nothing good ever happens or will ever happen to me
___ My current circumstance will never change ___ I've destroyed God's plan for my life
___ I have nothing to look forward to in the future ___ My past will always define me
___ There is no way to change the future ___ I'm never where I'm supposed to be

Satan: ___ Satan is stronger than God ___ the fear of being spiritually attacked

Unhealthy Self-Sufficiency: ___ I have to do it all myself ___ No one will help me ___ I am in control ___ I can fix those I love

Weakness: ___ Showing emotion means I'm weak

Worth/Value: ___ I am not worthy of being loved ___ I am worthless ___ I can't do anything right ___ I am a failure
___ I am of no significance ___ I'll never amount to anything ___ I'm a mistake ___ Something's wrong with me ___ I am garbage
___ I do not have a voice ___ I'm shameful ___ I don't matter ___ I'm dirty ___ I am unimportant ___ No one needs me
___ I am no good ___ I'm not able to do anything ___ What I want doesn't matter ___ I am a burden ___ I'm sick ___ I am lazy
___ I am not normal ___ God made a mistake when He made me a man/woman
___ If they knew the real me, no one would like me ___ I'm nasty ___ I don't belong
___ If I say the right thing, everyone will be happy ___ If I do the right thing, everyone will be happy

Wrong Image of God: ___ I have to earn God's love ___ God can't help me ___ God is against me
___ God doesn't want to help me ___ God has forsaken me ___ God doesn't care about me ___ God can't be bothered with me
___ God is not in control ___ God's mercy/blessing is for everyone but me ___ God could never love me
___ God is punishing me ___ God has rejected me ___ God has abandoned me ___ God can't forgive me
___ God is not protecting me ___ God wanted this to happen to me