



Turning the Corner

Personal Assessment:

Where are you at?	Low					High
Awareness of my brokenness	0	1	2	3	4	5
Confessing false beliefs	0	1	2	3	4	5
Confessing destructive thoughts	0	1	2	3	4	5
Confessing destructive emotions	0	1	2	3	4	5
Confessing destructive behaviors	0	1	2	3	4	5
Turning away from the bad	0	1	2	3	4	5
Choosing to obey God and the good	0	1	2	3	4	5
Starting to experience peace and hope	0	1	2	3	4	5

Guilt Versus Shame:

Guilt	Shame
Can be a status of emotion.	Relates more to self-image and a view of others in relationship to self.
Confrontation of sinful behavior.	Attacks a person's identity.
"I made a bad or sinful choice."	"I am a bad person."
Invitation to come clean to be healed.	The objective is to hide and not be exposed.
Painful emotion for a period of time.	Ongoing pain and destructive thinking.
Not negative unless it is ignored.	Always negative.

