



## 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.

**Examples of False Thinking:**

**False Extremes:** Tendency to evaluate personal qualities in extreme, black and white categories; shades of gray do not exist. “All or nothing” thinking.

**False Generalization:** After experiencing one unpleasant event, we conclude that the same thing will happen to us again and again.

**False Filter:** Pick out the negative in every situation and think about it alone, to the exclusion of everything else. Filter out all the positive and decide all is negative.

**False Transformation:** Transform neutral or positive experiences into negative ones.

**False Mind Reading:** Believe you can tell what someone is thinking about you and that the person hates you, or views you as stupid. Often these are not supported by facts.

**False Fortune Telling:** Expecting the worst and a catastrophe. The expectation itself produces hopelessness and helplessness.

**False Lens:** Magnify fear, errors, mistakes and expect terrible consequences. Everything is out of proportion.

**False Feelings-Based Reasoning:** Take emotions as the truth. Allowing feelings to determine facts.

**False “Shoulds”:** Life is dominated by “oughts” and “shoulds” that are applied to self and others. This heaps pressure on you and others and produces unattainable standards which causes frustration and resentment when you and others fail.

**False Responsibility:** Assume responsibility and blame yourself for a negative outcome, even when there is no basis for this.

Next Step/Notes: