

Therapon University



WORKBOOK

For the Course of Study

TELLING YOURSELF THE TRUTH

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To be completed as the student reads the course text
Upon completion, return to Therapon University for grading.

Student's Name:

TELLING YOURSELF THE TRUTH

Applying the Principles of Misbelief Therapy to Common Problems

Chapter One

WHAT IS MISBELIEF?

1. List some of the self-destroying lies Jerry had been telling himself.
 - a) _____
 - b) _____
 - c) _____
 - d) _____
2. What are the three steps to becoming the happy person you want to be?
 - a) _____
 - b) _____
 - c) _____
3. Many philosophers and thinkers have been fascinated by the idea of _____, what it is, and what it means in our lives.
4. Marcus Aurelius saw that human emotion is _____

5. In Proverbs 23:7, it says, “_____.”
6. The Bible solidly teaches that man’s _____, _____
and _____ are subject to and conditioned by the way he thinks.
7. Our _____ are often images or attitudes without words attached to them.

8. It is not, however, events either past or present, which make us feel the way we feel, but our _____ of those events.
9. Our feelings are caused by what we tell ourselves about _____, whether in _____ or _____.
10. Your _____ and _____ are the most important factors of your mental and emotional life.
11. Misbeliefs are the direct cause of:
- a) _____
 - b) _____
 - c) _____
12. Misbeliefs are the cause of the destructive behavior people persist in engaging in even when they are fully aware that _____ (such as overeating, smoking, lying, drunkenness, stealing and adultery).
13. Misbeliefs generally appear as _____ to the person repeating them to himself.
14. _____ and _____ statements which a person repeats to himself come from the devil. Your flesh accepts them without question and then, like spoiled, rotting food, these words of mental poison create painful emotional aches and pains.
15. God does not want His children to suffer _____, _____ and _____.
16. _____: "I must please people. My actions must not cause others to disapprove of me in any way. If someone disapproves of me, it would be intolerable."
17. _____: The Christian doesn't have to strive for the approval of everyone around him.
18. In emotional and mental health, what a person believes is _____.

19. In the example given on page 21, name the two misbeliefs of the person who is getting ready for a party and feeling very nervous.

a) _____

b) _____

20. What you _____ and _____ determines how you feel and what you do.

21. As a counselor, what should you do for people who come to you with misbeliefs? _____

22. What is the difference between “misbeliefs” and “unbelief”? _____

23. It doesn't matter what a person believes, as long as he or she is totally sincere. (*Give reasons for your answer.*)

_____ True _____ False _____

Chapter Two
DO WE REALLY WANT TO BE HAPPY?

1. The very nice thing about changing your _____ in order to be a happy person is that it will work for you **now**.

2. What is the difference between the therapies of medicine and surgery and misbelief therapy with regard to patient involvement? _____

3. With misbelief therapy, the client is informed immediately that the plan of action involves his hard work at changing the lies and misbeliefs which have _____.

4. Many patients have the misbelief that they can't change the way they are. The believe that only **others** can:
 - a) _____
 - b) _____
 - c) _____
 - d) _____

5. Why can you expect Misbelief Therapy to work for a patient, when nothing else has ever worked? _____

6. What you believe affects how you behave. _____ True _____ False

7. What are some reasons it may be important to examine the early years of a person whose behavior is being affected by misbeliefs.

a) _____

b) _____

c) _____

8. Do you believe it is absolutely necessary to expose childhood antecedents of current behaviors in order to change them? _____ Why or why not? _____

9. The state of your _____ can affect the way you feel.

10. Name three ways to change your biochemistry.

a) _____

b) _____

c) _____

11. What you are thinking can actually change the _____

12. Read Psalm 119:59. Restate this psalm in your own words, keeping in mind the lesson for this chapter. _____

13. Our thoughts determine our behavior, and when we speak of behavior, we mean not only our actions but also our _____.

14. In Matthew 9:29, Jesus said, "According to your faith be it unto you." What does this statement clearly teach? _____

15. List some terms other psychologists have used for the process of changing people's misbeliefs in order to improve feelings.

a) _____

b) _____

c) _____

16. No matter which term the psychologists prefer, they are all excited about one major discovery, a fact which has long been known to wise men, including the authors of the Scriptures: _____

17. In order to accomplish our goal to help hurting people, we must systematically

_____, _____, _____

and _____ with truth the misbeliefs in their lives.

Chapter Three
MISBELIEF IN SELF-TALK

1. Define “self-talk.” _____

2. Where do lies and misbeliefs start? _____
3. How is a person’s belief in self-failure reinforced? _____

4. A denigrated _____ is a tar baby. The more we play with it, the more bound we are to it.
5. What are some truths that should be part of the self-talk of a happy, contented Christian.
 - a) _____
 - b) _____
 - c) _____
 - d) _____
 - e) _____
6. What are examples of the destructive self-talk of an unhappy person with low self-esteem.
 - a) _____
 - b) _____
 - c) _____
 - d) _____
 - e) _____

7. In a pole taken of 5,000 middle-class single and married people, it was found that married people envied _____, and single people envied _____.
8. The underlying basic misbelief of both groups is, "I'm unhappy and someone else is _____."
9. If we do not find worth in what we are and what we have now, we will tell ourselves we are less _____ than others or we have less _____ than others.
10. We have all known someone who is always seeking to own more and more possessions. As soon as this person purchases one thing, he/she is planning for and talking about the next thing to buy. What is probably the self-talk in such a person's mind? _____

11. What is the lesson to be learned in Philippians 4:11? _____

12. A soothing (wholesome) _____ is a tree of life, but a perversion in it crushes the spirit. (Proverbs 15:4)
13. Rich, beautiful, and famous people who have committed suicide prove there is a need for something beyond their external success. What did they need to find meaning and fulfillment in their lives? _____

14. Philippians 4:8 gives us eight examples of good things we should think about. List them here.

- | | |
|----------|----------|
| a) _____ | e) _____ |
| b) _____ | f) _____ |
| c) _____ | g) _____ |
| d) _____ | h) _____ |

15. Name the six secrets given in Psalm 34:12-14 for a long and happy life.

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____
- f) _____

16. Read 1 Peter 3:9-11, which mirrors the teaching in Psalm 34:12-14. In 1 Peter 3:12, we can read a list of three blessings that will come to the person who follows this advice.

- a) _____
- b) _____
- c) _____

17. Pursuing peace means to _____.

18. A man who is at war with _____ will be at war with others.

Chapter Four
MISBELIEF IN DEPRESSION

1. One of the most familiar causes of psychological suffering is _____

2. Name some other terms used by psychologists and psychiatrists across the world for depression.

3. Write down some phrases from the Bible that express depressed feelings.

a) _____

b) _____

c) _____

4. The ancient church fathers had another word for depression. They called it _____ . It was considered one of the seven deadly sins, on the same list with greed, anger and lust.

5. In spite of the inability of the depressed person to explain how he got that way, it is extremely rare for depression to occur without some _____ .

6. Name some events that can trigger depression.

a) _____

b) _____

c) _____

d) _____

e) _____

7. What are the three misbeliefs known as the “depressive triad”?
- a) _____
- b) _____
- c) _____
8. What are some of the misbeliefs included in Jennifer’s belief system, that are part of her self-talk?
- a) _____
- b) _____
- c) _____
9. What are some of Jennifer’s attributes, that were overlooked as she considered herself a failure?
- a) _____
- b) _____
- c) _____
10. Even without any achievements, or any special merit or attractiveness, the Christians can know for certain they are _____ and _____. Our lives have been bought with and paid for with the blood of Jesus Christ, and that means we’re free from the pressure to be something, do something, own something, achieve something or prove something in order to be _____ and _____.
11. One way some people have of combating depression is “self-centered retaliation.” Give some examples of the self-talk of such people.
- a) _____
- b) _____
- c) _____
12. This philosophy is costly because there is no way to _____ others as long as the star of the great show is you – you and only you to the tenth degree.

13. To ascribe the all-sufficiency of God to any person is _____, and the basis for idolatry is deception and misbelief. James, the apostle, wrote, “Do not be deceived ... every good and perfect gift comes from the Father of lights.” (James 1:16-17)
14. When you suffer a loss of any kind in your life, you are going to feel the sting of that loss; but the key to _____ is to not repeat that something or someone was of such importance that you cannot go on after losing it.
15. Part of the self-talk of nearly all depressives includes the statement, “_____.”
16. The depressed person believes he or she can never be happy without the things they now _____.
17. Give some examples of future-devaluing self-talk statements.
- a) _____
- b) _____
- c) _____
18. Life at any given moment offers a _____ of pleasant and unpleasant, desirable and undesirable, fulfillment and disappointment.
19. “You should never admit that you feel sad or depressed.” _____ True _____ False
- Why or why not? _____
- _____
- _____
20. Tell what it is that gives your life meaning. (*Answer optional*) _____
- _____
- _____
- _____
- _____

Chapter Five
MISBELIEF IN ANGER

1. The Bible teaches clearly, “There is not a just man on earth who _____
_____.”
2. People often confuse what _____ with what _____.
3. Name some misbeliefs Marilyn had about her marriage.
 - a) _____
 - b) _____
 - c) _____
4. What were some things Marilyn did to reduce her anger and guilt feelings?
 - a) _____
 - b) _____
 - c) _____
5. How did Marilyn’s marriage change as a result of her new behavior? _____

6. Always the person who works to change misbeliefs will _____
even if the other person does not change.
7. Anger is bad and if I’m a good Christian, I will never get angry.
_____ True _____ False
8. If I do get angry, it’s always better for me to swallow the anger than to express it.
_____ True _____ False
9. It is outrageous and insufferable when others do things I don’t like, or if they fail to
treat me as well as I ought to be treated.
_____ True _____ False

10. In Ephesians 4:26, Paul is telling us that _____

11. What does Matthew 18:15-17 teach us about how to deal with anger? _____

12. Research on _____ has demonstrated that if such behavior is rewarded and encouraged, the aggression increases; it does not decrease.

13. What is the “steamboiler” theory? _____

14. Anger is responses of your body and mind to a _____.

15. If it were essential for our mental health to express all anger by shouting, screaming or punching something, then the _____ would be mistaken in urging us to develop self-control.

16. I do not have every right to be angry when another person does not live up to my expectations. _____ True _____ False

17. There is no necessary connection between the behavior of another person and your _____.

18. Other people cannot force you to remain in a stew over their behavior. This is something you do to yourself. You make yourself angry by _____

19. We waste a lot of time, energy and thought when we brood over the _____ of others.

20. To those who are born into His family, God says, “Be ye perfect as I am perfect,” and not, “_____.”

21. The simple brief emotion of anger is _____.

22. Anger becomes a problem when it is made worse or perpetuated by _____.

23. Another unhealthy response to anger is the “_____ _____” attitude.

24. What are common traits of people who are chronically angry?

a) _____

b) _____

c) _____

25. Don't let misbeliefs have any room in your mind without immediately coming against them with the _____.

26. Anger should be expressed _____, not hidden hypocritically.

27. List some physical illnesses that may be caused or aggravated by sustained anger.

28. Anger that is _____ and _____ offers great potential for our acting in ways that are sinful and unhealthy.

29. Who is the one person you should always talk to when you are feeling angry? _____

30. What are some ways to deal with the anger of others?

- a) _____
- b) _____
- c) _____
- d) _____
- e) _____

31. Not only do we need to listen to our own self-talk, we also need to listen to our _____ . They should not reiterate our complaining, pleading, begging and grievances.

32. What are the five steps suggested as how to handle anger:

- a) _____

- b) _____
- c) _____
- d) _____
- e) _____

33. Read Eph. 4:26, James 1:19-20, Matt. 11:25 and Heb. 12:15. Explain the distinction between the brief emotion of anger and prolonged anger or bitterness.

Chapter Six
MISBELIEF IN ANXIETY

1. What are some things Susie's mother did that taught Susie to be anxious?
 - a) _____
 - b) _____
 - c) _____

2. What were some of Carol's misbeliefs that kept her from going out and getting a job?
 - a) _____
 - b) _____
 - c) _____

3. What is the central theme running through the misbeliefs that produce anxiety?
 - a) _____
 - b) _____
 - c) _____

4. Nearly all anxious people believe and tell themselves that they are in danger of other people's reactions to them.

_____ True _____ False

5. The philosophy that says you should be liked and appreciated by one and all is not only silly, it's _____ - _____.

6. You make yourself _____ by the things you tell yourself.

7. Name three cognitive behaviors that signal a person is suffering from anxiety.
 - a) _____
 - b) _____
 - c) _____

8. What are some of the physiological responses to anxiety?

9. Anxiety is:

- a) _____
- b) _____
- c) _____

10. Describe the major fear or anxiety experienced by these persons.

- a) Acrophobic person: _____

- b) Zoophobic person: _____

- c) Claustrophobic person: _____

- d) Agoraphobic person: _____

11. Let's look at the major belief in anxiety: If the thing I _____ about were to happen, it would be terrible. Even though the likelihood of the terrible happening to me is utterly remote, I _____ it's actually inevitable.

12. What effect will avoidance behavior have on anxiety? _____

13. What should you tell yourself, if you find yourself wanting to avoid a situation that is causing you anxiety?

a) _____

b) _____

14. Most anxieties are related to four things:

a) _____

b) _____

c) _____

d) _____

15. You, however, control your own feelings. Thinking creates _____.

16. Getting rid of your anxiety means to:

a) _____

b) _____

c) _____

d) _____

17. Choose one of the scriptures on page 77, and explain how you might use it to help a person overcome controlling anxieties. _____

Chapter Seven
MISBELIEF IN LACK OF SELF-CONTROL

1. It is surprising when a Christian lacks self-control that his accompanying complaints are discontent, guilt, deep dissatisfaction with _____, lack of _____ - _____ and anger at _____.

2. List eight of the misbeliefs related to a lack of self-control.

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

g) _____

h) _____

3. So called _____ educational methods often foster the belief that we ought to get and have what we want and like, disregarding all else.

4. How did the parents teach the “Screaming Child” to yell and demand immediate fulfillment and instant gratification?
- a) _____
- b) _____
5. What are some misbeliefs held by the “Screaming Child” when he goes to school and discovers his friends and teachers won’t comply with his many demands and wants?
- a) _____
- b) _____
- c) _____
6. What are some bad choices the “Screaming Child” may make as a teenager, if he still can’t imagine denying himself something he wants.
- a) _____
- _____
- b) _____
- _____
- c) _____
- _____
7. The devil has managed to convince millions of people that _____ - _____ is something other people have.
8. Some people actually train themselves to _____ they are weak, worthless, inadequate.
9. Once-fail-always-fail is a misbelief and a lie. _____ True _____ False
10. To gain self-control, it is important to identify the _____ in what you tell yourself.

11. What are some of the lies in the self-talk of a person with self-control issues?

- a) _____

- b) _____

- c) _____

12. In order to have self-control, you must actively counter your _____
with the sword of the Spirit, the _____.

13. Most of the time, in fact, you will find that gaining something valuable in your life
will depend on being willing to _____ distress, anxiety, discomfort
and discontent.

14. We get two things confused: _____ and _____.

15. The Bible says to “_____,”
and that means we are not to blindly accept or wallow in negativity, sickness and
disease.

16. You’ll discover new and exciting experiences in life, as well as pleasing things about
yourself, when _____ and _____ take their rightful
place in your thinking.

17. I am accountable for my choices. Therefore I must:

- a) _____ I make my own choices.
- b) _____ myself that I am responsible for what I am doing.
- c) _____ to accept the consequences of my behavior – even if it is
unpleasant.

18. Self-control is a choice. _____ True _____ False

19. When you admit you are _____ for your behavior, and that it's you who makes the choices in your life, you will be taking the first and most important step to becoming a person of self-control.

20. Name some examples of times when should you reward yourself for self-control.

a) _____

b) _____

c) _____

21. What are some ways you might reward yourself for maintaining self-control.

a) _____

b) _____

c) _____

22. You should eliminate triggers that set off behavior you don't want.

a) If you are dieting - _____

b) If you are trying to maintain mastery over the sin of lust - _____

c) If you want to quit smoking - _____

23. Self-control, a fruit of the _____, will become a part of your life as you diligently cultivate it, as you reject discouragement, and as you teach yourself to reward yourself for your successes.

24. How does the public media encourage poor self-control? _____

Read Genesis 39

25. What was the secret of Joseph's success? (vv. 2-3) _____

26. How did Joseph's success affect Potiphar's situation? (vv. 4-5) _____

27. What made Joseph's responsibilities difficult? (vv. 6-7) _____

28. Was Joseph's difficult situation an isolated event? (v. 10-12) _____

29. List some things Joseph did to help himself in continuing to exercise self-control in this situation.

a) _____

b) _____

c) _____

d) _____

e) _____

30. How did having victory in this time of trial with regard to self-control affect God's blessing on Joseph? (v.21-23) _____

Chapter Eight
THE MISBELIEF IN SELF-HATE

1. You can't honor your neighbor, as he ought to be, if you don't give any honor to _____.
2. The self-debaser flatters others to get their _____.
3. What were some of Arnie's misbeliefs that caused him to live with the anxieties of an adolescent?
 - a) _____

 - b) _____

 - c) _____

4. Name the two important things the Scriptures teach us about our self-worth:
 - a) _____

 - b) _____

5. Condemnation, guilt, despair, self-degradation, shame and self-hate have all been nailed to the _____ in His body.
6. Our lives are made up of many wonderful qualities such as honesty, _____, sense of _____, and most precious of all - _____.
7. If I don't give, give, give, I'm not a good Christian. _____ True _____ False

8. What were two of Elaine's misbeliefs that led her to think she was a bad Christian?
- a) _____
- b) _____
9. Although Elaine was a very giving person, she felt desperate, hopeless, and unloved. What was Elaine waiting to hear that she thought would make her feel better about herself? _____
10. However, Elaine needed to learn that she was important and valuable because _____
- _____
- _____
11. There is a difference between self-respect and selfishness.
- a) The person who truly respects himself is _____
- _____
- _____
- b) The selfish person is _____
- _____
12. You can recognize your own godly motivations by the _____
- and _____ that surround them.
13. 1 Timothy 6:6 teaches us that _____
- _____
14. Loving yourself is seen in your self-respect, your wisdom and in your _____.

15. If misbeliefs are replaced with truth, a person can learn to love himself/herself, and gain the respect of others. What are some of the truths the self-debaser must learn?

a) _____

b) _____

c) _____

d) _____

e) _____

16. Pleasing others is a principle, which may be directly opposed to the basic rule of the Christian life: _____.

17. Frequently, God's will for you may require that you consider your own needs _____, and set aside the wishes of others.

18. In making judgments about what you should do, it is too simplistic to base priority on the rule: _____

19. If you live to please others, any _____ feedback, criticism, or displeasure will tend to ruin you.

20. If you find the disapproval of others difficult to endure, it might help to remember these things.

a) It is impossible to please everyone. Even _____, our Lord and Savior, was not able to please everyone.

b) Disapproval by others is usually _____ - _____ and restrictive.

c) It is unlikely we will ever encounter a circumstance when _____ will dislike us and disapprove of us.

d) Although there may come a time when our friends may seem to dislike us and drop fellowship with us, there is one Who will never leave us or forsake us. That

Person is _____ (Hebrews 13:5)

Chapter Nine
MISBELIEF IN FEAR OF CHANGE

1. What are the misbeliefs of the characters in the examples given at the beginning of this chapter?
 - a) Lila: _____

 - b) Joe: _____

 - c) Shirley: _____

2. What is the misbelief of many people who are grouchy when they are sick? _____

3. Too often, we blame _____ for our feelings.

4. If your spouse throws pineapples at you every time you cough, what are two truths that should replace the misbelief that you're a nervous wreck because of your spouse, and there's nothing you can do about it?
 - a) _____

 - b) _____

5. What are some misbeliefs that should set off a buzzer in your mind followed by the words, "Not true!"
 - a) _____
 - b) _____
 - c) _____
 - d) _____

6. Recognize that joy comes from your relationship to _____, and His unchanging faithfulness.

7. You are in control of your happiness or unhappiness. _____ True _____ False

8. How did Paul and Silas react when they were beaten and thrown into jail at Philippi?

9. How would many people we know react to the same circumstances? _____

10. What is the truth that should replace these misbeliefs?

a) My husband/wife makes me so mad! _____

b) The children in my classroom at school are driving me crazy! _____

c) I can't help it that I'm overweight! I have to cook a good supper for my family every night! _____

d) I'm on every committee at church, and they make me do all the work. _____

e) My job depresses me. _____

f) Nobody loves me and that's why I'm sad and miserable. _____

11. A Christian should never live a life dominated by outside circumstances.

_____ True _____ False

12. Being “*content in whatever circumstances I am*” does not necessarily mean suffering in silence. It means to understand that your joy does not lie in your circumstances, but joy comes from _____.

13. Nothing in this chapter, or in this book, implies that you should not attempt to change your _____ where it’s appropriate.

14. You possess a precious and wonderful ability called _____.

15. Change is possible. God is not satisfied to let us continue living in the old ways that brought destruction, sickness, confusion, and suffering. From the New Testament, give three examples of people who were able to change their lives.

a) _____

b) _____

c) _____

16. There are times to alter your circumstances if they are negative and harmful to your well-being and happiness. Place a check mark before appropriate things you can do to change your circumstances.

_____ Ask other people to change behaviors that cause problems for you.

_____ Get sick so others will (at last) appreciate you.

_____ Punch your fist through the wall to prove who’s boss.

_____ Remove yourself calmly from the disagreeable situation.

17. There are times to alter your circumstances if they are negative and harmful to your Jesus did not always accept and remain in every negative circumstance He encountered. Read John 10:31-42, and explain the situation and what Jesus did.

17. Read Malachi 3:6. Our lives can be changed by a move to a new home, an illness, a death, the birth of a child, or even an attitude adjustment. Sometimes it feels as though we hardly have time to adjust to one change before another appears. What

comfort can we find in this verse? _____

18. Read Hebrews 13:8. After reading this chapter, you may decide that it is time to make some changes in your life. Lord, you may think, I don't know how much of this change I can handle. Lord, you may pray, it's hard to give up the lies and misbeliefs I've held on to for most of my life. When we need something steadfast to calm our insecure souls, we can go to verses as this one. Jesus and the Bible bear witness that God is unchanging and eternal, even though we will always need to make changes - as we strive to become more and more like Jesus.



While taking care of the goldfish my children won several years ago at a local carnival, I came to understand how much we can be like a goldfish in a bowl. Every week we would change the water and clean the bowl.

Although this frequent cleaning is necessary for the fish's health and well-being, it always becomes agitated when I catch it in a net and put it briefly into a smaller container while I clean the bowl. Even though this routine has taken place for several years, the fish does not understand that the temporary inconvenience is for its own good. It always flops around wildly, seemingly terrified of the change in environment.

We Christians often behave similarly when we need to make a change in our lives. Even though we know God, we become anxious and distrusting when asked to make changes in the way we react or do things. Our misbeliefs convince us that it is better to swim around in the comfort zone of the "way we've always done it," than to change the water of our environment. We must learn to trust as God "changes the water" in our lives. Only God knows what we truly need to survive and thrive.

Dear Lord, when change in our lives causes stress, help us to remember that you are at work for our good. Help us to praise you always for your guidance. Amen.

Chapter Ten
MISBELIEF IN NEVER TAKING A CHANCE

1. Name five lies commonly believed by people who are afraid to take a chance.

a) _____

b) _____

c) _____

d) _____

e) _____

2. What were some of Roland's errors of omission?

a) _____

b) _____

3. Why was Julia afraid to move south, as her doctor advises?

a) _____

b) _____

4. When something is _____ to us, we automatically want to get

rid of it, whether that _____ thing is a thought, action, event,
situation or physical stimulus.

5. Why does a person sometimes actually enjoy hearing about other people's tragedies and losses? _____

6. What were Roland's misbeliefs that robbed him of a happy adolescence?

a) _____

b) _____

c) _____

d) _____

7. God has proven Himself to be willing to take risks. Name some risks He has taken.

a) _____

b) _____

c) _____

8. Faith itself is a risk. You must trust God and act in faith in order to take that step you cannot see. You need to be willing to take chances because:

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

g) _____

h) _____

i) _____

j) _____

9. The _____ that it is stupid or sinful to make decisions that might turn out wrong is _____.

10. “*Perfect love cast out fear*” means to us that the love of God has wiped out the power of _____ over our lives, if we will use God’s methods of conquering it.

11. The Christian walking by the Spirit, in the will of God, can trust that outcomes of his actions in _____ are totally in the hands of the Father.

12. Everyone, at some point or another in his life, makes decisions without the benefit of _____ the consequences.

13. Using the three-point system, we must _____, _____ and _____ our misbeliefs with the truth.

14. We should begin to overcome our fearful behavior by taking small steps. Start out by attacking small risks that aren’t paralyzing. As we venture to take these small risks, the effect will be:

a) _____

b) _____

c) _____

d) _____

15. We should locate our negative self-talk regarding taking a chance, and replace these words with the truth. What truths could be used to replace these misbeliefs?

a) I don't dare ask for a raise. I might get turned down, and that would be terrible.

b) I wouldn't ever want to speak up at a church meeting to give my opinion. It would be too embarrassing if everyone didn't agree with me. _____

c) I can't ask Julie out for a date. She might say no, and that would be awful. _____

d) I could never sing a solo at church. I might hit a wrong note, or forget the words.

16. You can't lead a happy, peaceful life without taking risks. _____ True _____ False

17. How did God's willingness to take risks affect your life? _____

Read Ruth 1:1-22

18. What tragedies did Naomi experience in Moab? (v. 3 & 5) _____

19. What did Naomi think her daughter-in-laws should do? (v. 8-9) _____

20. What did Ruth do that showed she was willing to take a chance? _____

Read Ruth 3:1-15

21. What did Naomi suggest that Ruth do that evening? _____

22. Would this have been an easy chance for Ruth to take? _____

23. What can we learn from Ruth about taking chances? _____

It is true that there are great possibilities for failure when taking risks and, if you fail, there will be those who mock you. But mockers are not important. Those who like to point when the risk-takers stumble don't count. The criticisms of those who sit back, observe, and offer smug suggestions can be discounted. The Promised Land belongs to the person who takes the risks, whose face is marred with dust and sweat, who strives valiantly while daring everything, who may err and fall, but who has done his or her best. This person's place shall never be with those cold and timid souls who know neither victory nor defeat.

From the words of Tony Campolo

Father, sometimes you ask us to step out in faith. Forgive us when we lack the faith to take that risk. Please give us the courage to trust you and to obey.

Chapter Eleven
OUR RELATIONSHIPS WITH OTHERS

1. Putting others under the law – under my own _____ - means telling myself that others owe it to me to live up to my expectations, whether I'm right or wrong.
2. When you dream up a list of obligations for others, you're leaving yourself wide open for _____.
3. Carrie was a slave to obligation. Most of her busy-ness she did _____

4. There are only two basic obligations – two things we really *ought* to do.
 - a) _____
 - b) _____
5. God is concerned with _____ in our relationships, and quality is obtained only through _____.
6. God is deeply interested in your relationships with others and wants to be placed in the _____ of them, so He becomes the focal point of your affections and cares.
7. Fill in the chart with the missing obligation statements.

FALSE OBLIGATION SAYS		THE OBLIGATION OF LOVE SAYS
"I must because I owe it."		
		"I want to because I care."
"I ought to because I'm supposed to."		

8. For some Christians, the words “ _____ ” are part of a strange, unheard of vocabulary.
9. The words “ _____ ” to are preludes to feelings of guilt.
10. God’s love is a love of free _____.
11. When you demand that others fulfill your expectations, you make yourself a target for _____.
12. What is the result if the husband demands that the wife always cooks his food just the way his mother did, and her cooking just doesn’t turn out the same?
- a) The husband feels _____.
- b) The wife feels _____.
13. What is the result when a child demands that he always has his own way by having temper tantrums and screaming fits.
- a) The parents feel _____.
- b) The child feels _____.
14. When you are free to act in love, and out of free choice rather than a sense of obligation or pressure, you are free **from**:
- a) _____
- b) _____
- c) _____
- _____
15. In addition, you are free **to**:
- a) _____
- b) _____
- _____

16. The Bible tells us that it is _____ that fulfills the law, not duty, responsibility, or obligation.
17. “_____ *thyself also in the Lord; and He will give you the desires of your heart.*”
18. The fellowship of other Christians will help teach us to test and discern when we are uncertain about _____.
19. Instead of honestly and clearly making your desires known, you manipulate people when you _____
_____.
20. Speaking the truth is a _____ you can learn, remembering to keep accusations, threats and hostility out.
21. Give an example of a typical manipulation that might occur during the phone conversation of a mother speaking to her grown child. _____

22. Give an example of the typical manipulation that might occur during a conversation between a mother and her teenage child. _____

23. You stop _____ when you come right out and state what it is you want.
24. The Lord Jesus stands ready to lead us into all truth through the power of the _____.
25. Have you ever been manipulated out of a sense of guilt into doing things you really don't want to do? Can you relieve yourself of these obligations by telling the truth?

Chapter Twelve
MISBELIEF IN BEING INDISPENSABLE

1. What were some of the misbeliefs of John and Jan that caused them to lose their coffee house ministry?
 - a) _____
 - b) _____
 - c) _____

2. Moses was a mighty man of God, and yet he too made the mistake of thinking he was indispensable to his ministry. Why do you think Moses didn't realize he was over-working? _____

3. What advice was Moses given by his father-in-law? _____

4. Did Moses accept his father-in-law's advice? _____ Did it turn out to be good advice? _____

5. In Exodus 18:1-26, which verse reinforces the old adage "Many hands make light work"? _____

6. The born-again Christian worker is not easily tempted in areas of overt, blatant sin (robbing banks, peddling drugs, becoming hit-men for the Mafia), so the devil gets us on our own turf by appealing to our _____, while convincing us it's the Spirit.

7. The devil can skillfully and cunningly use the Seven Deadly Sins as motives for do-gooding and people-helping. Which deadly sin is at work in each of these situations?

- a) The minister does not train any counselors in the church. He tells his people that they should come only to him with their troubles. _____
 - b) The church treasurer is always late to board meetings, never has the report prepared adequately, and yet is quite demanding of others. _____
 - c) The choir director bad-mouths the youth minister who has just come back from a successful mission trip in a neighboring town. _____
 - d) The prayer-group leader has never fasted and prayed. As a matter of fact, he spends more time eating than praying. _____
 - e) The pastor is flattered by the attention of an attractive woman in the church, and schedules private counseling sessions with her. _____
8. It's possible to be a preacher, a teacher, a leader, and even a martyr without giving the slightest hoot about people. _____ True _____ False
9. Name five common misbeliefs related to the idea that we are indispensable to our chosen ministry.
- a) _____

 - b) _____

 - c) _____

 - d) _____

 - e) _____

10. Your spiritual warning flag should fly high each time you hear yourself say anything at all related to “I’m indispensable.” _____ True _____ False

11. What lesson did Pastor X and Moses both learn the hard way? _____

12. I’m not the only called-of-God person to help and direct others. ____ True ____ False

13. In order to serve God with my whole heart, I must care for my family as He has called me to. If I neglect the precious souls He has called me to as my own kin, I neglect my first calling. _____ True _____ False

14. It is an honor to be used of God. I am the one responsible for providing the answers and solutions to **everyone’s** problems who asks for help. _____ True _____ False

15. What can you say the next time your phone rings at 3:00 a.m., and you hear the words, “I have a problem, and you’re the only one I can talk to about it.” _____

16. Meditate on any similarities between Mose's "workaholic" tendencies and the way you pace yourself during busy periods (all the time?), and then record your thoughts.
(Thought question - answer optional) _____

NO INDISPENSABLE MAN

When you're feeling so important,
And your ego is in bloom
When you simply take for granted
You're the wisest in the room.

When you think your very absence
Will leave a great big hole.
Just follow these instructions.
They will humble any soul.

Take a bucket filled with water.
Put your hand in to the wrist.
Pull it out; the hole remaining
is how much you will be missed.

Splash wildly when you enter.
Stir a lot and splash galore.
Then stop, and in a minute
it will look just like before!

The moral of this story
Is to do the best you can.
Be proud, but please remember,
There is NO Indispensable Man

Author unknown

THE ONLY INDISPENSABLE MAN

There is truly only one indispensable Man who has ever lived on earth. God the Father says that His Son created the worlds and hung the beautiful jewels of the stars across the verdant meadows of the sky. His hand garnished the heavens and set the planets spinning. Yet He came as a man among men; He became the Son of man, the representative Man of the human race. (see Hebrews 1 and Philippians 2:6-11)

This indispensable Man died freely for you and for me. He is Jesus, our Lord and Saviour. When all the great ones of this earth are forgotten in the ages of time, down the highways of eternity the name of Jesus the Messiah/Christ will reign, and all the honor and joy of a holy universe will be given to God's one Indispensable Man - Jesus.

Chapter Thirteen

MORE MISBELIEFS GUARANTEED TO MAKE YOU MISERABLE

1. What are the three steps for doing something about misbeliefs?
 - a) _____
 - b) _____
 - c) _____

2. List the six popular misbeliefs covered in this chapter.
 - a) _____
 - b) _____
 - c) _____
 - d) _____
 - e) _____
 - f) _____

3. As a counselor, you will need to assist hurting people in replacing their misbeliefs and incorrect attitudes with the truth and positive self-talk, and with the promises of God. Suggest a truth that could replace each of these self-defeating statements. Some answers you will find in the text. Others you will need to think and pray about to come up with a truth statement. You will realize there can be more than one truth for each misbelief – in other words, there will be more than one possible correct answer.

Attitudes accompanying MISBELIEF #1

- a) Doing without is intense suffering. _____

- b) If other people have what I want and I don't have it, it's unfair. _____

c) If I don't have what I want, God must not hear my prayers. _____

Attitudes accompanying MISBELIEF #2

d) I must avoid situations and people who might hurt me. _____

e) I must always try to make others happy and never cause any trouble, because someone might get hurt. _____

f) I must try at all times to be "above it all." A Christian should never feel hurt. _____

Attitudes accompanying MISBELIEF #3

g) If people don't love me, I can't be happy. _____

h) People owe it to me to love me. _____

i) If nobody loves me, I might as well end it all. I'm useless. _____

Attitudes accompanying MISBELIEF #4

j) People shouldn't make mistakes. _____

k) I should never make mistakes. _____

l) When things go wrong, someone is to blame and they ought to be corrected. _____

Attitudes accompanying MISBELIEF #5

m) I can't forgive myself if I do poorly on something. _____

n) Lack of success is a sign of not trying hard enough. _____

o) Jesus is not pleased with us when we do a job poorly. _____

Attitudes accompanying MISBELIEF #6

p) People will find out I'm not a good Christian if they see I'm troubled or

distressed. _____

q) I should be happy when trouble comes my way. _____

r) Nobody must ever find out what a sinner I am. _____

4. The Bible says that the Lord will never leave me nor forsake me; therefore, I know everything in my life is under His watchful eye. _____ True _____ False

5. What are the two misbeliefs in this self-talk. "I wish I had more energy. I just can't seem to get through a day anymore without wearing out about halfway through it."

a) _____

b) _____

6. How was Jozeca Kovac, the heroine in the book *Of Whom the World Was Not Worthy*, able to wholeheartedly thank God for her blessings? _____

7. Jozeca Kovac demonstrates to us the truth that happy is something you _____ yourself to be.

8. How do you know that you're a worthwhile person? _____

Chapter Fourteen
WHAT MUST I DO TO BE MISERABLE?
or
When the Truth Does Not Set Us Free

1. Read the dialogue on pages 174-175. Write some of the seemingly good, but non-helpful answers the counselor used.

a) _____

b) _____

c) _____

2. Why did this counselor fail to help the hurting person? _____

3. The help that doesn't help, and the truth that doesn't set people free, can be due to:

a) _____

b) _____

c) _____

d) _____

e) _____

f) _____

4. Jesus can meet every problem a human being can have, but it takes _____
and _____ on the part of the counselor to see how
He wants each person handled.
5. There are no pat answers to emotional suffering. _____ True _____ False
6. What are some of the causes of emotion problems – according to some religious folk?
- a) _____
- b) _____
- c) _____
7. Name ten measures listed on page 178 through which God can work to bring
wholeness to a person's life.
- | | |
|----------|----------|
| a) _____ | f) _____ |
| b) _____ | g) _____ |
| c) _____ | h) _____ |
| d) _____ | i) _____ |
| e) _____ | j) _____ |
8. Why did Esther feel so depressed all the time? _____
- _____
- _____
- _____
9. A frequent cause of disordered behavior is a person's failure to examine his/her
beliefs (attitudes, ideas, thoughts, self-talk) and the concomitant tendency not to
_____ them, though they may be painful, cruel and untrue.
10. List the Three-Point Misbelief Therapy outline:
- a) _____

b) _____

c) _____

11. Write five “I can” statements that Esther could use when things were not going well.

a) _____

b) _____

c) _____

d) _____

e) _____

12. In times of trouble, it would be good to pray Psalm 51:6, which reads, “Behold, thou desirest _____ in the inward parts and in the hidden part thou shalt make me to know _____.”

Read Numbers 20:6-12.

13. What two things did God tell Moses to do in order to provide water for the people?

a) _____

b) _____

14. What two things did Moses do?

a) _____

b) _____

15. Was God pleased with Moses’ action? _____

16. This seemingly small action had huge consequences. Because of Moses' disobedience, _____

This is referred to several times by Moses as one of the most regrettable things that ever happened to him. Think of it. Moses spent the most of 120 years – either in preparation for – or in the actual work of getting his people out of bondage and bringing them into the Promised Land.

17. Do you think Moses might have felt like a failure at this point? _____

18. Did Moses become miserable and depressed, dwelling on the mistake he made, unable to continue with his duties? _____

19. Did Moses lose his own sense of self-worth, and find himself unable to function any longer as the leader of his people? _____

How many times do you suppose Moses must have relived that fateful day in his mind? Perhaps if only he had gotten more sleep the night before. If only the people had not complained so much. If only . . .

But what does the Bible have to say about Moses' life? Many years later, the writer of the Letter to the Hebrews commends the exemplary faith of Moses. (See Hebrews 11:23-28.) This is a great tribute for a man who must have thought that he blew it.

How about you? Many of us need to forgive ourselves for some failure. When we confess our sin, God forgives. It is as simple as that. We don't have to continue berating ourselves. Once we turn to God, the sin is gone. We can enjoy the fresh air of forgiveness. Because God forgives us, we can forgive ourselves.

Dear God, thank you for loving us even when we fail to follow your directions.