

STEPS TO EMOTIONAL HEALING

Please read this before you start: A friend of mine used these steps while in counseling. I am not a professional counselor and if you are in counseling check with your health care provider before working on these or any other issues. I am simply sharing a process that worked well for me to uncover those beliefs that were contrary to God's Word. It took me about 4 hours to work through this. Be sure to pray, asking God to reveal His truth to you.

- A. **Actual event:** name the event that happened and describe it. If there are several events in your life list them separately.
 - a. Ex. My father was killed when I was 11 years old.

- B. **Beliefs:** List everything you have come to believe as a result of that event. Just list the beliefs and get it all out.
 - a. Ex. I believed that I was completely alone and did not have what I needed to face life.

- C. **Consequences:** Behavioral and Emotional. Take each belief and list out any behavioral consequences that stem from that belief. Then do the same for emotional. Some will be the same.
 - a. Ex. I became suicidal. That can both be emotional and behavioral.
 - b. Ex. I began to overeat to dull the pain.

- D. **Dispute the beliefs:** Determine if your beliefs are true or false according to God's Word.
 - a. Ex. It is not true that I am all alone.
 - b. Ex. It is not true that I do not have what I need for life.

- E. **Expose the lies to the Truth from God's Word:** Replace the lie with the truth from God's Word. Our truth must come from God's Word and not our own thoughts or feelings or what others have said.
 - a. Ex. It is not true that I am all alone because God's Word says that He will never leave me or forsake me.
 - b. Ex. It is not true that I do not have what I need for life because God's Word says that I can do all things through Christ who strengthens me (Phil. 4:19) and I have everything need for life and godliness (2 Peter 1:3)