

Chapter	False Beliefs	Consequences
3-4  The Performance Trap	<i>I must meet certain standards to feel good about myself.</i>	The fear of failure; perfectionism; drive to succeed; manipulation of others to achieve success; withdrawal from healthy risks.
5-6  Approval Addict	<i>I must be approved by certain others to feel good about myself.</i>	The fear of rejection; attempts to please others at any cost; overly sensitive to criticism; withdrawal from others to avoid disapproval.
7-8  The Blame Game	<i>Those who fail (including myself) are unworthy of love and deserve to be punished.</i>	The fear of punishment; punishing others; blaming others for personal failure; withdrawal from God and others; drive to avoid failure.
9-10  Shame	<i>I am what I am. I cannot change. I am hopeless.</i>	Feelings of shame, hopelessness, and inferiority; passivity; loss of creativity; isolation; withdrawal from others.

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**God's Answer**


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**Justification**

*Justification means that God not only has forgiven me of my sins but also has granted me the righteousness of Christ. Because of justification, I bear Christ's righteousness, and I am therefore fully pleasing to the Father (Rom. 5:1).*

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**Reconciliation**

*Reconciliation means that although I was at one time hostile toward God and alienated from Him, I am now forgiven and have been brought into an intimate relationship with Him. Consequently, I am totally accepted by God (Col. 1:21-22).*

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**Propitiation**

*Propitiation means that by His death on the cross Christ satisfied God's wrath; therefore, I am deeply loved by God (1 John 4:9-11).*

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**Regeneration**

*Regeneration means that I am a new creation in Christ (John 3:3-6).*

## Fear of Punishment



Read each of the following statements; then, choose the term that best describes your response. Put the number above that term in the blank beside each statement.

1	2	3	4	5	6	7
Always	Very	Often	Sometimes	Seldom	Very Seldom	Never

- \_\_\_ 1. I fear what God may do to me.
- \_\_\_ 2. After I fail, I worry about God's responses.
- \_\_\_ 3. When I see someone in a difficult situation, I wonder what he or she did to deserve it.
- \_\_\_ 4. When something goes wrong, I have a tendency to think that God must be punishing me.
- \_\_\_ 5. I am very hard on myself when I fail.
- \_\_\_ 6. I find myself wanting to blame people when they fail.
- \_\_\_ 7. I get angry with God when someone who is immoral or dishonest prospers.
- \_\_\_ 8. I am compelled to tell others when I see them doing wrong.
- \_\_\_ 9. I tend to focus on the faults and failures of others.
- \_\_\_ 10. God seems harsh to me.

\_\_\_ **TOTAL**

**0-26:** Experiences of punishment dominate your memory and have probably resulted in a great deal of depression. These problems will remain until some definitive action is taken. In other words, this condition will not simply disappear; time alone cannot heal your pain. You need to experience deep healing in your self-concept, in your relationship with God and with others.

**27-36:** The fear of punishment forms a general backdrop to your life. There are probably few days that you are not affected in some way by fear. Unfortunately, this robs you of the joy and peace your salvation is meant to bring.

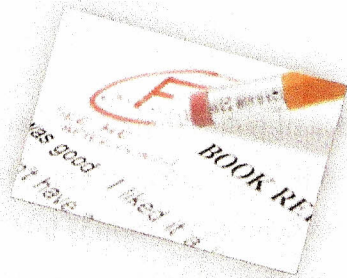
**37-46:** When you experience emotional problems, they may relate to a sense of punishment. Upon reflection, you will probably relate many of your previous decisions to this fear. Many of your future decisions will be affected by the fear of failure unless you take direct action to overcome it..

**47-56:** The fear of punishment controls your responses rarely or only in certain situations. Again, the only major exceptions are those who are not honest with themselves.

**57-70:** God has apparently given you a very strong appreciation for His love and unconditional acceptance. You seem to be freed from the fear of punishment that plagues most people. (Sometimes people who score this high either are greatly deceived or have become callous to their emotions as a way to suppress pain).



# Fear of Failure



Read each of the following statements; then, choose the term that best describes your response. Put the number above that term in the blank beside each statement.

1	2	3	4	5	6	7
Always	Very	Often	Sometimes	Seldom	Very Seldom	Never

- \_\_\_ 1. Because of fear, I often avoid participating in certain activities.
- \_\_\_ 2. When I sense that I might experience failure in some important area, I become nervous and anxious.
- \_\_\_ 3. I worry.
- \_\_\_ 4. I have unexplained anxiety.
- \_\_\_ 5. I am a perfectionist.
- \_\_\_ 6. I am compelled to justify my mistakes.
- \_\_\_ 7. There are certain areas in which I feel I must succeed.
- \_\_\_ 8. I become depressed when I fail.
- \_\_\_ 9. I become angry with people who interfere with many attempts to succeed and, as a result, make me appear incompetent.
- \_\_\_ 10. I am self-critical

\_\_\_ **TOTAL**

**0-26:** Experiences of failure dominate your memory and have probably resulted in a great deal of depression. These problems will remain until some definitive action is taken. In other words, this condition will not simply disappear; time alone cannot heal your pain. You need to experience deep healing in your self-concept, in your relationship with God and with others.

**27-36:** The fear of failure forms a general backdrop to your life. There are probably few days that you are not affected in some way by fear. Unfortunately, this robs you of the joy and peace your salvation is meant to bring.

**37-46:** When you experience emotional problems, they may relate to a sense of failure. Upon reflection, you will probably relate many of your previous decisions to this fear. Many of your future decisions will be affected by the fear of failure unless you take direct action to overcome it.

**47-56:** The fear of failure controls your responses rarely or only in certain situations. Again, the only major exceptions are those who are not honest with themselves.

**57-70:** God has apparently given you a very strong appreciation for His love and unconditional acceptance. You seem to be freed from the fear of failure that plagues most people. (Sometimes people who score this high either are greatly deceived or have become callous to their emotions as a way to suppress pain.)

## Fear of Shame



Read each of the following statements; then, choose the term that best describes your response. Put the number above that term in the blank beside each statement.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>Always</b>	<b>Very</b>	<b>Often</b>	<b>Sometimes</b>	<b>Seldom</b>	<b>Very Seldom</b>	<b>Never</b>

- \_\_\_\_ 1. I often think about past failures or experiences of rejection.
- \_\_\_\_ 2. There are certain things about my past that I cannot recall without experiencing strong, painful emotions.
- \_\_\_\_ 3. I seem to make the same mistake over and over again.
- \_\_\_\_ 4. There are certain aspects of my character that I want to change, but I don't believe I can ever successfully do so.
- \_\_\_\_ 5. I feel inferior.
- \_\_\_\_ 6. There are aspects of my appearance that I cannot accept.
- \_\_\_\_ 7. I am generally disgusted with myself.
- \_\_\_\_ 8. I feel that certain experiences have basically ruined my life.
- \_\_\_\_ 9. I perceive myself as an immoral person.
- \_\_\_\_ 10. I feel that I have lost the opportunity to experience a complete and wonderful life.

\_\_\_\_ **TOTAL**

**0-26:** Experiences of shame dominate your memory and have probably resulted in a great deal of depression. These problems will remain until some definitive action is taken. In other words, this condition will not simply disappear; time alone cannot heal your pain. You need to experience deep healing in your self-concept, in your relationship with God and with others.

**27-36:** The fear of shame forms a general backdrop to your life. There are probably few days that you are not affected in some way by fear. Unfortunately, this robs you of the joy and peace your salvation is meant to bring.

**37-46:** When you experience emotional problems, they may relate to a sense of shame. Upon reflection, you will probably relate many of your previous decisions to this fear. Many of your future decisions will be affected by the fear of failure unless you take direct action to overcome it.

**47-56:** The fear of shame controls your responses rarely or only in certain situations. Again, the only major exceptions are those who are not honest with themselves.

**57-70:** God has apparently given you a very strong appreciation for His love and unconditional acceptance. You seem to be freed from the fear of shame that plagues most people. (Sometimes people who score this high either are greatly deceived or have become callous to their emotions as a way to suppress pain).



## Fear of Rejection



Read each of the following statements; then, choose the term that best describes your response. Put the number above that term in the blank beside each statement.

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>
<b>Always</b>	<b>Very</b>	<b>Often</b>	<b>Sometimes</b>	<b>Seldom</b>	<b>Very Seldom</b>	<b>Never</b>

- \_\_\_\_ 1. I avoid certain people.
- \_\_\_\_ 2. When I sense that someone might reject me, I become nervous and anxious.
- \_\_\_\_ 3. I am uncomfortable around those who are different from me.
- \_\_\_\_ 4. It bothers me when someone is unfriendly to me.
- \_\_\_\_ 5. I am basically shy and unsocial
- \_\_\_\_ 6. I am critical of others
- \_\_\_\_ 7. I find myself trying to impress others.
- \_\_\_\_ 8. I become depressed when someone criticizes me.
- \_\_\_\_ 9. I always try to determine what people think of me.
- \_\_\_\_ 10. I don't understand people and what motivates them.

\_\_\_\_ **TOTAL**

**0-26:** Experiences of rejection dominate your memory and have probably resulted in a great deal of depression. These problems will remain until some definitive action is taken. In other words, this condition will not simply dis-appear; time alone cannot heal your pain. You need to experience deep healing in your self-concept, in your relationship with God and with others.

**27-36:** The fear of rejections forms a general backdrop to your life. There are probably few days that you are not affected in some way by fear. Unfortunately, this robs you of the joy and peace your salvation is meant to bring.

**37-46:** When you experience emotional problems, they may relate to a sense of rejection. Upon reflection, you will probably relate many of your previous decisions to this fear. Many of your future decisions will be affected by the fear of failure unless you take direct action to overcome it.

**47-56:** The fear of rejection controls your responses rarely or only in certain situations. Again, the only major exceptions are those who are not honest with themselves.

**57-70:** God has apparently given you a very strong appreciation for His love and unconditional acceptance. You seem to be freed from the fear of rejection that plagues most people. (Sometimes people who score this high either are greatly deceived or have become callous to their emotions as a way to suppress pain).