



Let's Look Inside The Real Me

1. If I could change the way I look, what would I change?

_____ Size (short, tall, fat)
_____ Complexion
_____ Teeth
_____ Hair
_____ Ears
_____ Facial features
_____ Legs
_____ Other

2. What abilities would I desire, if I could have my choice?

_____ Intellectual
_____ Scholastic
_____ Athletic
_____ Musical
_____ Talents (name)
_____ Making friends
_____ Speaking
_____ Personality
_____ Other

3. Who are you unable to forgive?

_____ Dad
_____ Mom
_____ Step-Parent
_____ Sibling
_____ Employer
_____ God
_____ Life circumstance
_____ Friend who hurt you

4. What would you change about your parents if you could?

_____ Discipline; too strict	_____ Too lenient
_____ Not accepted	_____ Unable to please
_____ Non-loving	_____ Non-affectionate
_____ No Freedom	_____ Lack of trust
_____ Argumentative-strife	_____ Rejection
_____ Lack of possessions	_____ Competition; sibling

Ashamed of parents:

_____ Morally	_____ Intellectually
_____ Provision wise	_____ Home

Parental approval of friends:

_____ Yes	_____ No
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5. What would you change about my surroundings if you could?

_____ Nationality	_____ Race
_____ Neighborhood	_____ Religion/denomination
_____ Socially accepted	_____ Friends
_____ Satisfied with friends	



6. What have you failed at?

<input type="checkbox"/> Occupation	<input type="checkbox"/> Goal	<input type="checkbox"/> Marriage	<input type="checkbox"/> Relationship
<input type="checkbox"/> Sport	<input type="checkbox"/> School	<input type="checkbox"/> Friendships	<input type="checkbox"/> Ministry
<input type="checkbox"/> Other			

7. Which of the following beliefs do you struggle with?

<input type="checkbox"/> You're ugly	<input type="checkbox"/> You're stupid
<input type="checkbox"/> You're clumsy	<input type="checkbox"/> You're too short/tall
<input type="checkbox"/> No one likes you	<input type="checkbox"/> You're not good enough
<input type="checkbox"/> You're not smart enough	<input type="checkbox"/> You never do anything right
<input type="checkbox"/> You will never make anything of yourself	<input type="checkbox"/> List others



Questions:

#1. & #2.

1. Confess my ungratefulness for checked areas
2. Thank God for the way He has made me, especially for features I have checked.
3. Ask God to show me His purpose for each of those features. Receive them as a gift from God for His purpose.

#3. & #4.

1. Receive grace from God to forgive (Hebrews 12:15)
2. Receive cleansing by the blood of Christ.
3. Look past faults to see needs in those who hurt me. Pray for needs.

#5.

Apply Serenity Prayer

#6.

1. Own them; I John 1:9
2. Reframe it - Romans 8:28 (How's God using this for good in me?)
3. Every failure is an opportunity to learn. Write out what I have learned through this failure.

#7.

1. Reject false beliefs
2. Replace with specific truth
3. Affirm truth daily for two months