

FALSE BELIEFS VS. TRUTHS

Look back at the false beliefs you checked and select the corresponding boxes below. Take some time to read through the opposing truths that relate to the beliefs you selected. Next time the false belief crops up, see if you can focus your mind around the truth instead of giving that false belief power over your thoughts and actions.

FALSE BELIEF	TRUTH
<input type="checkbox"/> 1. I must be in control to be safe, secure, or significant.	I do not need to be in control because God is in control. Many are the plans in a person's mind, but it is the Lord's purpose that prevails. Proverbs 19:21
<input type="checkbox"/> 2. I must please other people to be loved or accepted.	I am to please God, rather than seek the approval of people. Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ. Galatians 1:10
<input type="checkbox"/> 3. I must overcome and make it; I must be tough and independent to survive.	I am dependent on God. Apart from him, I can do nothing. I [Jesus] am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing. John 15:5
<input type="checkbox"/> 4. To be safe and secure, I must be guarded and not risk intimacy.	Christ's peace will guard my heart and mind. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:7
<input type="checkbox"/> 5. Emotions always represent truth.	Emotions can and will deceive me. The heart is deceitful above all things and beyond cure. Who can understand it? Jeremiah 17:9
<input type="checkbox"/> 6. For me to be content, life must be fair.	I can learn to be content in my circumstances through Christ. I am not saying this because I am in need, for I have learned to be content whatever the circumstances. Philippians 4:11
<input type="checkbox"/> 7. I am unworthy of love or acceptance.	Nothing can separate me from the love of God in Christ. For I am convinced that... [nothing] will be able to separate us from the love of God that is in Christ Jesus our Lord. Romans 8:38-39
<input type="checkbox"/> 8. I must be right to be significant or to know I am of value.	My value and significance come from a humble dependence on God. God opposes the proud but shows favor to the humble. 1 Peter 5:5
<input type="checkbox"/> 9. I must be heard to know I am of value.	My value comes from God, not other people. God opposes the proud but shows favor to the humble. 1 Peter 5:5



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<input type="checkbox"/> 10. I cannot be okay or at peace if those around me are not okay.	My peace comes from the Lord, not other people. Peace I [Jesus] leave with you; my peace I give you. John 14:27
<input type="checkbox"/> 11. I deserve special treatment from other people.	I am called to value others above myself. In humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. Philippians 2:3-4
<input type="checkbox"/> 12. I must have respect to know I am of value.	True respect and honor come from God, not other people. Wealth and honor come from [God; he is] the ruler of all things. 1 Chronicles 29:12
<input type="checkbox"/> 13. I must perform/achieve to be accepted.	God accepts me—not because of anything I have done. [God] saved us, not because of righteous things we had done, but because of his mercy. Titus 3:5
<input type="checkbox"/> 14. What I do makes me who I am.	What I do does not define who I am. [God] saved us, not because of righteous things we had done, but because of his mercy. Titus 3:5
<input type="checkbox"/> 15. My loved ones must change for me to be content and at peace.	Peace and contentment come from God. Do not be anxious about anything, but... present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. Philippians 4:6-7
<input type="checkbox"/> 16. Other people must meet my needs.	God is the ultimate source of provision for all my needs. And my God will meet all your needs according to the riches of his glory in Christ Jesus. Philippians 4:19
<input type="checkbox"/> 17. I must get revenge on those who have wronged me.	Do not repay evil with evil. Do not repay anyone evil for evil... live at peace with everyone. Romans 12:17-18
<input type="checkbox"/> 18. I must be protected to know I am safe and secure.	The Lord is my safety and refuge. The Lord is my rock, my fortress and my deliverer; my God is my rock, in whom I take refuge. Psalm 18:2
<input type="checkbox"/> 19. I must have the approval of other people to know I am of value. Their opinions of me determine my worth.	My approval comes from God, not from pleasing people. Am I now trying to win the approval of human beings, or of God? Or am I trying to please people? If I were still trying to please people, I would not be a servant of Christ. Galatians 1:10
<input type="checkbox"/> 20. I must be in a relationship or married to be satisfied, secure, or significant.	Only God, not a relationship, will ultimately meet my needs. And my God will meet all your needs according to the riches of his glory in Christ Jesus. Philippians 4:19
<input type="checkbox"/> 21. If I follow the Lord, life will be hard.	Trouble happens to everyone. I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have overcome the world. John 16:33
<input type="checkbox"/> 22. I am a victim.	I'm a conqueror, not a victim. In all these things we are more than conquerors through [Christ] who loved us. Romans 8:37



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<input type="checkbox"/> 23. My past determines who I am.	My past is not who I am. I am new. If anyone is in Christ, the new creation has come: The old has gone, the new is here! 2 Corinthians 5:17
<input type="checkbox"/> 24. I must meet certain standards to love, accept, and feel good about myself.	God loves me not based on what I do, but because of his mercy. When the kindness and love of God our Savior appeared, he saved us, not because of the righteous things we had done, but because of his mercy. Romans 5:8
<input type="checkbox"/> 25. I must have a child to fill my emptiness.	Only God, not a child, promises to fulfill me. And my God will meet all your needs according to the riches of his glory in Christ Jesus. Philippians 4:19
<input type="checkbox"/> 26. I must figure out my future to be secure.	My future is secured by God. Consider the ravens: They do not sow or reap... yet God feeds them; [so consider] how much more valuable you are than the birds. Luke 12:24
<input type="checkbox"/> 27. I can't handle this.	I can do all things through Christ. I can do all this through him who gives me strength. Philippians 4:13
<input type="checkbox"/> 28. I must be appreciated to know I am of value.	God sees what I do, regardless of appreciation from other people. She gave this name to the Lord who spoke to her: "You are the God who sees me." Colossians 3:32
<input type="checkbox"/> 29. I do not measure up.	Because of Jesus, I am enough. For by one sacrifice [Jesus] has made perfect forever those who are being made holy. Hebrews 10:14
<input type="checkbox"/> 30. I'm worthless. I will never amount to anything.	I was valuable before I was born. I am fearfully and wonderfully made. Psalm 139:14
<input type="checkbox"/> 31. I am responsible for the happiness of other people, and they are responsible for mine.	I am not responsible for the happiness of other people. God is. May the God of hope fill you with all joy and peace... so that you may overflow with hope. Romans 15:13
<input type="checkbox"/> 32. I must fix problems to know I am secure.	I must be still and wait for the Lord to rescue me. I waited patiently for the Lord; he turned to me and heard my cry. . . he set my feet on a rock and gave me a firm place to stand. Psalm 40:1-2
<input type="checkbox"/> 33. In order to feel worthy, I must not fail.	My weakness becomes strength by the power of Jesus. But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." 2 Corinthians 12:9
<input type="checkbox"/> 34. I must be the best to know that I am of value.	I am to value others above myself. In humility value others above yourselves, not looking to your own interests but each of you to the interests of the others. Philippians 2:3-4
<input type="checkbox"/> 35. I must get my way to be satisfied and content.	My satisfaction comes from God. For [God's] thoughts are not your thoughts, neither are your ways [God's] ways. Isaiah 55:8
<input type="checkbox"/> 36. I must earn love.	I am already loved by God. God demonstrates his own love for us in this: While we were still sinners, Christ died for us. Romans 5:8



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<input type="checkbox"/> 37. Real men do not show they need help.	Pride is followed by destruction. Pride goes before destruction, a haughty spirit before a fall. Proverbs 16:18
<input type="checkbox"/> 38. I cannot be happy unless my circumstances change.	I can be content in my circumstances through Christ who strengthens me. I am not saying this because I am in need, for I have learned to be content whatever the circumstances. Philippians 4:11
<input type="checkbox"/> 39. I must be understood to have peace and contentment.	I am known and understood by God. You have searched me, Lord, and you know me. You know when I sit down and when I rise. Psalm 139:1-2
<input type="checkbox"/> 40. I cannot allow other people to see my flaws. I must be perfect to know I am of value and to be secure.	Christ's power is made perfect in my weakness. But he said to me, "My grace is sufficient for you, for my power is made perfect in weakness." 2 Corinthians 12:9
<input type="checkbox"/> 41. The shame of my past is my fault, and I am to blame for the consequences of it.	I am no longer condemned. Therefore, there is now no condemnation for those who are in Christ Jesus. Romans 8:1
<input type="checkbox"/> 42. I am who I am. I shouldn't have to change.	God's plan for me is to mature and grow. Speaking the truth in love, we will grow to become in every respect the mature body of [Jesus] who is the head. Ephesians 4:11
<input type="checkbox"/> 43. I deserve what I have. I worked hard for it.	I am entitled to nothing. It is given as a gift. Every good and perfect gift is from above, coming down from the Father. James 1:17
<input type="checkbox"/> 44. I must prove myself to know my worth.	I am valuable regardless of my works or successes. For it is by grace you have been saved... it is the gift of God—not by works, so that no one can boast. Ephesians 2:8-9
<input type="checkbox"/> 45. I must take care of myself.	God will take care of me. The Lord is my strength and my defense; he has become my salvation. Psalm 118:14
<input type="checkbox"/> 46. Others cannot be trusted.	I can trust God, even when I cannot trust people. Trust in the Lord with all your heart and lean not on your own understanding; in all your ways submit to him, and he will make your paths straight. Proverbs 3:5-6
<input type="checkbox"/> 47. I must protect my reputation to feel valued.	I can trust God with my reputation. I don't need to fear what people think. Fear of man will prove to be a snare, but whoever trusts in the Lord is kept safe. Proverbs 29:25