**Identifying False Belief Systems Worksheet**

1. Briefly describe the event or circumstances that caused the problem.
2. What unwanted behavior occurred because of this event? Does this behavior appear to be an overreaction?
3. Have you had similar behavior or over reactions before? If so what is the earliest recollection?
4. Write down a few unhealthy emotions (feelings) that accompanied your reaction? (For help, see the page with the “Feeling Wheel”.)
5. What is your earliest remembrance of a pervious event that had these feelings accompanying such a reaction?
6. Invite the Holy Spirit to help you identify any false belief system (Lies) associated with the feelings and behaviors.
7. Invite the Holy Spirit to help you identify any wounds you received that set up these false belief systems.
8. Were these wounds caused by the sin of someone else or by a sin you may have committed?
9. Invite the Holy Spirit to help you identify any vows, curses or generational sins associated with this issue.
10. Set a few goals for how you would want your feelings to be different from those identified in item 4 above, should a similar event happen again.
11. Identify a few goals for how you would want your behavior to be different from those identified in item 2 above, should a similar event happen again.
12. Identify a new godly belief system (truth) to replace the false belief system identified in item 6 above.
13. Identify a few scriptures that support your new Godly belief system. For help, see the pages of “I Ams”.
14. Ask God to come in and heal the wounds identified in item 7 above. (Forgive, Relinquish, Renounce, Repent as applicable.)
15. Speak specific forgiveness for any sins, or who to forgive, that were identified in item 8 above.
16. Renounce any vows, curses or generational sins identified in item 9 above.
17. As a way of rebuilding, what practical action steps can you take to help change your daily lifestyle? i.e. Post and read the scriptures identified in item 13 above, or, ask an accountability partner to check your progress in this area once a week.