

# TRUE NORTH

## *Your True Self*

Module 3, Video 2



### *North Star Quote:*

“Knowing who you are to God means you can take risks, live joyfully, follow God bravely, give generously, and work on your mission free of the burden of anxiety or fear.”

***Today, take quiet time to identify your underlying paradigms.***

1. Re-read your worksheet from video one and the journaling exercise. In it are contained your greatest struggles at this present moment. Your struggles are the fruit of an underlying paradigm. Read the exercise with an eye to seeing the underpinning belief.
2. Try to articulate each paradigm like this: “I act/behave/think \_\_\_\_\_ because I believe \_\_\_\_\_. I adopted that belief when \_\_\_\_\_.”
  - a. For example, “I ghost when someone wants to get close to me because I believe that intimate relationships are too painful to sustain. I adopted that belief when my parents divorced.”
  - b. “I act passive aggressively because I believe that conflict means the end of relationships. I adopted that belief when my father’s anger issues manifested themselves in my childhood.”
  - c. “I overeat because I think I’m not worth loving and I deserve to be punished. I adopted that belief when I was bullied in third grade.”

***Remember, trauma is subjective. What one person experiences as a trauma, another person may not. You may have adopted harmful paradigms even if nothing extreme or dramatic happened to you.)***

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3. Pray the prayer of surrender. Hand over each of your paradigms and anything that’s still confusing you to God.
4. Now rephrase the paradigms from step 2 and set a goal that’s in your circle of control. “I reject the belief that \_\_\_\_\_. When I \_\_\_\_\_ I will be able to \_\_\_\_\_.”
  - a. For example, “I reject the belief that relationships are too painful to sustain. When I work through it in counseling, I will be able to maintain a relationship with someone even in difficult times.”
  - b. “I reject the belief that conflict means the end of relationships. When I forgive my father and take responsibility for building interpersonal skills through educating myself, I will be able to handle confrontation and process anger healthily.”

- c. "I reject the belief that I'm unworthy of love and deserving of punishment. When I read God's word for 20 minutes daily and attend Overeaters Anonymous, I will be able to eat intuitively and look at myself with love."

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5. Ask yourself honestly: "Could I benefit from professional help?" If your gut reaction is 'yes,' take action TODAY to begin.

Could I benefit from professional help?

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6. Is there another action that would be more appropriate to help heal your unhealthy paradigms? If so, make a plan to take action. Write it down.

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***Feeling Stuck?***

***It can be extremely difficult to step outside yourself. If you're stuck, here are ideas to gain an outside perspective:***

1. Write a letter to yourself from God. Imagine him looking at you with kindness and love. How does that differ from the way you usually talk to yourself?
2. Open up to three people you trust in a relaxed environment when you have quiet and the ability to concentrate. Use these prompt questions: "Do you think I'm too hard on myself?" "Do you notice patterns in my behavior that you see hurting me?" "From an outside perspective, do I seem to worry a lot?" "Do I seem to always be beating myself up?"
3. Seek guidance from your spiritual director.
4. Be totally honest with God that you don't know what to do and ask him to inspire the next course of action.