

Road to Freedom **Week 9- Name that Lie Checklist**

First Name and last initial: _____ Date: _____

Lies and deception are the root of every empty well. When we can name them, acknowledge them, and face them, we can become free as we exchange them for truth in our inner most parts through the power of Jesus Christ. Which ones have you believed?

I am unloveable _____

No one likes me _____

I am just too ugly _____

I am too bad for God. _____

I have be strong. _____

I am such a failure. _____

I never do anything right _____

I am always rejected _____

My opinions don't matter _____

I have no value or worth _____

I am not accepted _____

I am not good enough _____

I have to be perfect _____

I am too weak/can't cope _____

I can't let down my guard _____

I am just a bully _____

I can't tell anyone _____

I have to prove myself _____

I lack faith _____

I can't let others see the real me _____

I must look put together. _____

I must change for God to love me _____

I can't let anyone know my past _____

Its like me to be _____

My parent was an addict, so am I. _____

My parent was an addict, so am I. _____

I feel like I don't belong _____

I am too broken to be used _____

I am alone/lonely _____

I don't have what it takes _____

I am an outcast _____

I have no voice _____

I am like my mother/father _____

I am afraid/I am a worrier _____

I have a right to be angry/to do that _____

I feel discarded/unwanted _____