



Road to Freedom

Week 7 - Sample Chart of Empty Wells

Empty Well	Source	Results/Negative Impact
Drugs, Alcohol	Father never encouraged me	<ul style="list-style-type: none"> • Dropped out from High School • Ruined family & friendships • Lost my identity • Prison time
Surfing the Net/Gaming/ Social Media	Family Life - parents argued; parents ignored me	<ul style="list-style-type: none"> • I escaped from life • Isolation & broken relationships • Anger and rage developed • Feared others knowing the real me
Relationships	Parents constantly cared what others thought	<ul style="list-style-type: none"> • I never felt loved • I believed I was unwanted • I sought approval of others • I became co-dependent on others, including my children
Sex	Relatives abused me	<ul style="list-style-type: none"> • People will only like me if I have sex with them; it's just like me. • I felt worthless, lost my identity • Afraid to speak up for myself • I have to protect myself.
Good Works - Service, Ministry, Volunteering	Father or Mother who I could never please	<ul style="list-style-type: none"> • I put on the Good Girl/Boy mask • I put ministry above my family, • My value comes from what I do, not who I am • I avoided my pain by doing good.
Fears	Traumatic event occurred	<ul style="list-style-type: none"> • Everyone will abandon or reject me, including God. • The world is unsafe. • I can't trust others, just myself. • I must defend & justify myself.

Notes

*This is a fictitious chart, not pertaining to any one person. and is not absolute.
Add extra thoughts or details here*