

Lies We Tell Ourselves

We are liars. We exaggerate. We catastrophize. We fib. We prevaricate.

Most of us lie to ourselves. We do not tell the whole truth. We jump to conclusions.

My Situation/Event/Experience

(What happened to make me sad?)

Negative Feeling (I feel...)	Negative Thought(s) (I'm telling myself)	Distortion(s) of Truth (The lie I'm believing)	God's Truth/Reality (God's Opinion)
I'm depressed	I hate myself	<ol style="list-style-type: none"> 1. All-or-Nothing (perfectionism) 2. Generalization (Murphy's law) 3. Mental Filter (gloom & doom) 4. Disqualifying Positives (so what) 5. Mind Reading (no one cares) 6. Fortune Telling (sky is falling) 7. Magnification (exaggeration!) 8. Should Statements (demanding) 9. Name Calling (shaming) 10. Personalizing (blaming, pity party) 	<p>His love never fails I am forgiven I am loved I am not alone God has a plan for me God will make a way God answers prayer God sees my need God feels my hurt God is at work God will provide He will hold me fast</p>
I'm sad	I'm fat		
I'm angry	Nobody cares		
I'm lonely	I have no friends		
Unloved	Nobody loves me		
Forgotten	I'm unimportant – I don't matter		
Hopeless	I wish I were dead.		
Like quitting	I hate my life.		

It is helpful to include verse references and even have the promises of God before you.

- Romans 8:28
- Isaiah 43:19
- Psalms 32:1
- Jeremiah 29:11
- Hebrews 13:5
- Hebrews 4:15
- Psalms 136:3
- Isaiah 41:13