



Healthy Living

based on
THE PRISM
WEIGHT LOSS PROGRAM

Curriculum Two (2)
Week 8

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WEEK EIGHT:

A Right Response to My Emotions



Healthy Living



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FREEING YOURSELF FROM THE EMOTIONAL EATING CYCLE

Have you found that others in your class share many of the same feelings you have? This is common for people who share similar difficulties and struggles. You may have found yourself sharing with your group more freely and honestly each week. As you and your classmates continue to increase your awareness and understanding, this interaction and willingness to share with each other will increase. The support you give each other can be of great value to you on your journey.

This week you will examine the role that your emotions have played in your eating behaviors. You will gain understanding of your tendency in the past to get on the “emotional eating cycle.” You will also learn how to choose to free yourself from this vicious cycle of allowing your emotions to control your eating behaviors. The good news is – **IT IS POSSIBLE TO SEPARATE YOUR EMOTIONS FROM YOUR EATING BEHAVIORS!**

You may believe that this is one struggle you have either conquered or viewed as insignificant in the past. Have you said to yourself, “Oh, stresses will never make me overeat again.” Or, “I am in complete control now. I’ll never have to worry about that anymore.” Remember, you are adhering to strict program guidelines as you journey to your destination. Are you confident today that you have separated your emotions from your eating behaviors? Do you feel you could maintain that separation without the benefit of the program guidelines? This part of your journey, Week Eight, will help you to answer these questions.

Before you look at specific emotions and how they may affect your eating behaviors, it might be helpful to briefly go over a few general aspects of the “emotional eating cycle.” Studies indicate that even people who are not overweight turn to eating in times of emotional turmoil. Some researchers believe that overweight people tend to be more emotional than normal weighted people. The following steps describe a common emotional eating cycle:

1. An incident in your life triggers a strong emotion.
2. You turn to eating to “neutralize” the emotions within you.
3. Your eating triggers a secondary, but equally strong emotion – GUILT.
4. This feeling of guilt leads to more eating and the cycle continues.

The more you eat the worse you feel, the worse you feel the more you eat. It can be a feeling of helplessness and hopelessness. How do you break the cycle? The cycle can only be broken through awareness and understanding of the reasons behind your behavior. You must change your attitude, no longer allowing your emotions to control your eating behaviors. You must choose to break the bond between emotions and eating in your life! It will not be easy, but the program guidelines and **KEY PRINCIPLES** equip you for this task.

CHOOSE TODAY TO FREE YOURSELF FROM THE EMOTIONAL EATING CYCLE! THE

WEEK EIGHT - Lesson 1

LIFESTYLE OF THE TRUE YOU IS ONE OF INDEPENDENCE – WHERE HEALTHY FOOD CHOICES ARE MADE SEPARATE AND APART FROM EMOTIONS!

OPTIONAL SCRIPTURE READING:

PHILIPPIANS 1:9-11

“My prayer for you is that you will overflow more and more with love for others, and at the same time keep on growing in spiritual knowledge and insight, for I want you always to see clearly the difference between right and wrong, and to be inwardly clean, no one being able to criticize you from now until our Lord returns. May you always be doing those good, kind things which show that you are a child of God, for this will bring much praise and glory to the Lord.” (The Living Bible)

PSALM 98:1

“O sing to the Lord a new song, for He has done wonderful things, His right hand and His holy arm have gained the victory for Him.” (New American Standard Bible)

PERSONAL EVALUATION

On the following page you will find a chart designed to help you become more aware of the emotional ties you may have to your eating behaviors. You may already recognize the existence of this relationship; however, you have never taken the time to examine it closely.

For the next week, whenever you feel the urge to eat, ask yourself if it is connected in any way to the emotions you are currently experiencing. Using your chart, record the intensity of your emotion and your reactions to it. Faithfully completing this exercise this week will increase your awareness and understanding, revealing areas in which you need to change as you journey toward your destination the TRUE YOU.

THIS CONCLUDES WEEK EIGHT – LESSON ONE

EMOTIONAL RESPONSE CHART

DATE	EMOTION	INTENSITY (1 - 10)	EVENT WHICH LED TO EMOTION	DID I WANT TO EAT?	DID I GIVE IN?	WHAT ACTIVITY DID I SUBSTITUTE?

BE ANXIOUS FOR NOTHING

“Today I choose to deal with life’s difficulties from a position of strength!”

There is little doubt that one of the greatest contributors to your emotions at this time in your life is STRESS. It seems that this word is on the lips and in the minds of everyone. Many feel it has received too much attention in our society. Much time is spent discussing and developing ways to recognize it and skills to deal with it. Books have been written and seminars created to help society somehow control it, use it and direct it. When you think about it, what really is this thing we call “stress?” Isn’t stress really a RESULT of the pressure you place on yourself as you work through life situations? Today’s lesson focuses on the emotions that stress can create, and how it can affect your eating behaviors.

It can be a natural progression. Life situations or challenges lead to stress, which in turn leads to feelings of anxiety. Anxiety is defined as “pain or uneasiness of mind, with regard to some event, future or uncertain.” How often do you find yourself with these kinds of feelings? Often, feelings of anxiety leave you “spinning your wheels” because you can’t really pin down exactly what it is that you are anxious about. There are few feelings in life you experience which cause you greater frustration than anxiety.

In the past it is likely you dealt with your feelings of anxiety by attempting to “make them go away” through the activity of eating. Just as the alcoholic drinks his anxieties away, you attempted to “eat” them away. The problem was, shortly after you finished eating, your anxieties returned, but this time they brought guilt and remorse with them! What your eating activity actually did to you was create another life situation that led to even more stress and anxiety.

Today you will choose to begin to deal with life’s situations in a more positive way. No longer will you react to stressful situations or anxiety by overeating! The program guidelines have given you the ability to separate your feelings of anxiety from your eating behaviors. Look for positive, alternative activities to ease your anxieties. Taking a walk, playing with or reading to your children, or simply taking a few minutes to relax can give you renewed strength and the courage to meet the challenges of the day with a positive attitude.

Consider the words of Jesus in Matthew 6:25:

**“FOR THIS REASON I SAY TO YOU, DO NOT BE ANXIOUS
FOR YOUR LIFE, AS TO WHAT YOU SHALL EAT,
OR WHAT YOU SHALL DRINK; NOR FOR YOUR BODY,
AS TO WHAT YOU SHALL PUT ON.
IS NOT LIFE MORE THAN FOOD,
AND THE BODY THAN CLOTHING?”**

WEEK EIGHT - *Lesson 2*

OPTIONAL SCRIPTURE READING:

LUKE 12:25-26

“Who of you by worrying can add a single hour to his life? Since you cannot do this very little thing, why do you worry about the rest?” (New International Bible)

PSALM 29:11

*“The Lord gives strength to his people; the Lord blesses his people with peace.”
(New International Bible)*

PERSONAL EVALUATION

1. What are some areas of stress or anxiety in your life at this time?

2. Have any of the above situations affected your eating behavior? If so, how?

3. What are some alternative activities you will choose to deal with stress and anxiety?

4. How has your commitment to the program guidelines helped you deal with stress and anxiety over the last seven weeks? How will the changes you are making during your journey help you to deal with stress and anxiety for a lifetime?

THIS CONCLUDES WEEK EIGHT – LESSON TWO

WORKING THROUGH DEPRESSION

Today’s lesson addresses another emotion which can often lead to the misuse of food – DEPRESSION. It is quite possible, in fact likely, that you have experienced some depression during your journey to this point. You may even be feeling a little down or depressed this week. The thought of exploring depression today may not sound like a great idea to you. When you are depressed, even accomplishments like the dedication and discipline you have exhibited the last seven weeks may seem insignificant, not worth the effort. **THE PROGRESS YOU HAVE MADE ON YOUR JOURNEY IS SIGNIFICANT! YOU ARE CLOSER TO LASTING TRANSFORMATION EACH DAY!**

Everyone experiences depression from time to time. It is a normal human emotion. The key to working through depression is the awareness and understanding that it is a **TEMPORARY, CIRCUMSTANTIAL EMOTION**. In other words, your feelings of depression must be traced to their source. It is the circumstance, or source of your depression which you must confront in order to free yourself.

In the past, you may have attempted to “comfort yourself” through the activity of eating. Sometimes you end up making your depression worse rather than better. For example, your depression over finances may have led you to take the change in your wallet and buy an ice cream cone. Depression about a hurting personal relationship may have led you to overeat, which merely caused the wall between you and your loved one to get bigger. Can you see today that you really were not dealing with your depression, but simply “sugar coating” it for a brief period of time? Once the “sweetness” wore off, your depression was even deeper. Your failure to deal with the cause or source of your depression left you feeling weak and out of control, reinforcing your lack of self-worth.

Through your journey to this point you have learned at least one very important fact about yourself – **YOU ARE A LOVABLE, WORTHWHILE AND SUCCESSFUL PERSON WHO DESERVES THE OPPORTUNITY TO BECOME THE PERSON YOU WERE CREATED TO BE!** Do not let your depression stand in the way of the fulfillment of this truth! You are on the road to the **TRUE YOU**, and a life of freedom and choice – **NOT depression!**

The best way to work through your depression is to attack its source head on. By taking this bold step, you can stop the defeated feeling of depression in its tracks! If you think you need to take a less direct approach, just do something positive with your time. Get up off your chair and stop feeling sorry for yourself. You will be amazed how getting involved with others in constructive activities will help you change your focus for the better.

**RESOLVE TODAY TO FACE YOUR TEMPORARY BOUTS WITH DEPRESSION
WITH A POSITIVE ATTITUDE AND RIGHT ACTIONS!
YOU WILL DETERMINE THE SOURCE OF YOUR DEPRESSION
AND DEAL WITH IT DIRECTLY.
WORKING THROUGH YOUR TIMES OF DEPRESSION
WILL STRENGTHEN YOUR COMMITMENT
TO STAY ON THE ROAD AND COMPLETE YOUR JOURNEY!!**

OPTIONAL SCRIPTURE READING:

II CORINTHIANS 4:6-9

“For God, who said, ‘Light shall shine out of darkness,’ is the One who has shone in our hearts to give the light of the knowledge of the glory of God in the face of Christ. But we have this treasure in earthen vessels, that the surpassing greatness of the power may be of God and not from ourselves; we are afflicted in every way, but not crushed; perplexed, but not despairing; persecuted, but not forsaken; struck down, but not destroyed.” (New American Standard Bible)

PSALM 119:26-28

“I recounted my ways and You answered me; teach me Your decrees. Let me understand the teaching of Your precepts; then I will meditate on Your wonders. My soul is weary with sorrow; strengthen me according to Your word.” (New International Bible)

PERSONAL EVALUATION

1. Have you had feelings of depression the last seven weeks? How did you deal with them?

2. Will you be able to deal with depression in positive ways even after you are no longer on the program?

3. In what ways do you think you need to improve your ability to deal with times of depression in your life?

4. Do you believe you are a lovable, worthwhile and successful person? Why or why not?

THIS CONCLUDES WEEK EIGHT – LESSON THREE

OVERCOME YOUR FEAR WITH PERFECT LOVE

How many times have you experienced some form of fear in just the past week? If you think back to each day you will probably find that you felt the emotion of fear in one manner or another. Fear runs rampant in our society today. One must only read the front page of the daily newspaper or listen to a few minutes of the evening news to be touched by this emotion. Fear is expressed in many different ways; worry, doubt, indecision and anger are but a few. Even the emotions you looked at for the last two days, anxiety and depression, can be a by-product of fear.

If this emotion is so strong and far-reaching, how can it possibly be dealt with in a positive way? How can fear contribute to poor eating behaviors? Today's lesson will take a brief look at these two questions and some possible answers.

If you have viewed the activity of eating as "comforting" in the past, you may have used food to "defend or shield" yourself from your fears. The activity of eating did nothing to shield or defend you, nor did it change the circumstances which initiated your fear. It was actually your "fears" which "drove" you to eat! Your poor eating behaviors have opened the doors to the fear of self-doubt, inferiority, self-criticism and depression.

Some of the fears you may be facing today, as you journey to the TRUE YOU, are some of the same fears you have experienced in the past through other weight loss efforts. Have you asked yourself any of these questions? "What if I am doing all of this for nothing?" "What if I really haven't changed?" "Am I just going to gain back this weight I have lost?" You cannot ignore these questions if they are a concern to you. You must analyze the underlying fears that lead you to ask yourself these questions. Only after you have faced these fears directly will you be able to answer with confidence and determination: "I AM ACCOMPLISHING MUCH IN MY WEIGHT LOSS JOURNEY!" "I AM CHANGING, BECOMING THE PERSON I WAS CREATED TO BE!" "I BELIEVE THAT THE TRANSFORMATION PROCESS IS TAKING PLACE WITHIN ME!"

One true weapon to defend yourself against the assault of fear in your life is described in the Bible in I John 4:18. "There is no fear in love; but perfect love casts out fear..." During the past seven weeks, you have demonstrated to yourself and others a new ability to overcome fear and treat yourself with love and respect. In a spirit of "perfect love", you have made the decision to change; you have followed the guidelines of the program on a daily basis; and you have chosen, with much thought and consideration, the lifestyle of the TRUE YOU as your final destination.

**WITH "PERFECT LOVE" AS YOUR SHIELD,
YOU CAN DEFEND YOURSELF AGAINST ANY FEAR!
THE SUCCESS OF YOUR JOURNEY IS ASSURED
AS YOU CHOOSE EACH DAY TO ACT IN LOVE!**

WEEK EIGHT - Lesson 4

OPTIONAL SCRIPTURE READING:

I JOHN 4:16-19

“And we have come to know and have believed the love which God has for us. God is love, and the one who abides in love abides in God, and God abides in him. By this, love is perfected with us, that we may have confidence in the day of judgement; because as He is, so also are we in this world. There is no fear in love; but perfect love casts out fear, because fear involves punishment, and the one who fears is not perfected in love. We love, because he first loved us.” (New American Standard Bible)

PSALM 27:1-3

“The Lord is my light and my salvation – whom shall I fear? The Lord is the stronghold of my life – of whom shall I be afraid? When evil men advance against me to devour my flesh, when my enemies and my foes attack me, they will stumble and fall. Though an army besiege me, my heart will not fear; though war break out against me, even then I will be confident.” (New International Bible)

PERSONAL EVALUATION

1. If you have asked yourself some of the questions referred to in today's lesson, how will you deal with those fears?

2. Have you found a tendency to turn to "eating" when faced with some of these fears? If so, did eating ease your fears? Did it make them worse?

3. List some ways that you have allowed fear to control your behaviors in the last week. How can you change your attitude and actions to overcome these fears?

4. Do you see any evidence of "perfect love" in your life? If so, where? If not, how can you begin to use it to help you in your journey?

THIS CONCLUDES WEEK EIGHT – LESSON FOUR

DEALING WITH ANGER

Anger is a dangerous emotion. Feeling anger is not wrong; however, the way in which you react to this feeling can be very destructive if not properly controlled. Your ability to control your feelings of anger and re-direct those feelings into positive attitudes for change is a key ingredient to your success in dealing with this volatile emotion.

Are you an angry person? Are you often bitter, envious or resentful toward others? These feelings are just other forms of anger. Jealousy and gossip are also variations of this emotion. Although anger can be a justified emotion when someone or something has “deeply wronged you,” the way in which you respond says a great deal about your level of self-control.

Anger and its related emotions, some of which are listed above, can greatly influence your eating behaviors. This is particularly true when anger is allowed to grow uncontrolled within you. As you search for ways to communicate or “vent” your anger and frustrations, you may find that your determination to remain committed to your journey begins to diminish. As self-control disappears, the temptation of “giving in” can be almost more than you can bear. In those trying times, hold fast to your commitment through your Agreement of Resolution! Do not let a moment of anger destroy weeks and weeks of hard work!

You have chosen the journey to the TRUE YOU. The lifestyle of the TRUE YOU is one of self-control, including control over the emotion of anger. ALLOW YOUR EMOTIONS OF ANGER TO BE TRANSFORMED AS YOU BECOME THE PERSON YOU WERE CREATED TO BE!

**ANGER IS A TRAP!
NO MATTER HOW MANY TIMES YOU HAVE
ALLOWED ANGER TO DEFEAT YOU BEFORE,
TODAY IS A NEW DAY - CLEAN - WITH NO MISTAKES IN IT!!
GOD STANDS READY TO SUPPLY
ALL OF THE SELF-CONTROL YOU NEED.
ASK FOR IT - RECEIVE IT - PRACTICE IT!!!**

OPTIONAL SCRIPTURE READING:

JAMES 1:19-20

“My dear brothers, take note of this: Everyone should be quick to listen, slow to speak, and slow to become angry, for man’s anger does not bring about the righteous life that God desires. Therefore, get rid of all moral filth and the evil that is so prevalent, and humbly accept the word planted in you, which can save you.” (New International Bible)

PSALM 37:8

“Refrain from anger and turn from wrath; do not fret—it leads only to evil.” (New International Bible)

PERSONAL EVALUATION

1. Describe a time when you allowed anger to lead to overeating:

2. How can you “release” your anger in healthy ways?

3. How have the program guidelines helped you to RESPOND rather than REACT to your anger?

THIS CONCLUDES WEEK EIGHT – LESSON FIVE

FIGHTING APATHY WITH DISCIPLINED ACTIONS

At this point in your journey to the TRUE YOU, a very subtle emotion may be creeping into your daily routine. Because of its lack of spark or strength, it may almost feel like nothing at all. Do not be fooled. This may be the most destructive emotional response you have on the road before you. APATHY is that feeling which leads to statements such as “Oh, who cares anyway?” “I just feel ‘blah,’” or “What’s the use?” Feelings that foster statements such as these can sidetrack even the most determined traveler!

As the spark of your initial vision and commitment fades, apathy may begin to set in. You began your journey almost eight weeks ago, filled with excitement and anticipation of the promise of transformation. The promise is still before you; however, the “newness” of your journey has worn off through over fifty days of hard work and diligence. The original “luster” has quietly faded into routine.

Perhaps the transformation is not happening as fast as you would like it to. You may even feel a bit embarrassed if your outward appearance has not seemed to change as much as you thought it should. You have put your best efforts forward and still are not satisfied with your progress. Feelings such as these leave the fields of your mind fertile for the planting of the seeds of apathy.

So, what is the answer? How can you revive the spirit with which you began your journey? The answer is contained in the KEY PRINCIPLES of the program. The positive attitudes you have developed will continue to produce right, disciplined actions which will lead to transformation!!

**TRANSFORMATION IS YOUR DESTINATION!
STAY ON THE ROAD THROUGH THE DISCIPLINED ACTIONS
WHICH HAVE RESULTED FROM YOUR POSITIVE ATTITUDES!
THE LIFESTYLE OF THE TRUE YOU
IS WELL WORTH THE EFFORT!!**

OPTIONAL SCRIPTURE READING:

II TIMOTHY 2:15-16

“Work hard so God can say to you, ‘Well done.’ Be a good workman, one who does not need to be ashamed when God examines your work. Know what His word says and means. Steer clear of foolish discussions which lead people into the sin of anger with each other.” (The Living Bible)

II TIMOTHY 3:16-17

“The whole Bible was given to us by inspiration from God and is useful to teach us what is true and to make us realize what is wrong in our lives; it straightens us out and helps us do what is right. It is God’s way of making us well prepared at every point, fully equipped to do good to everyone.” (The Living Bible)

ISAIAH 40:31

“... but those who hope in the Lord will renew their strength. They will soar on wings like eagles; they will run and not grow weary, they will walk and not be faint.” (New International Bible)

PERSONAL EVALUATION

Rate yourself honestly on a scale of 0 to 5 (0 being low) on the discipline you have demonstrated in following the program guidelines and actions below:

- ___ I read my daily lesson in its entirety and complete the personal evaluation questions.
- ___ I look at my “right weight” scale and my TRUE YOU mirror at least twice a day.
- ___ I weigh and accurately measure ALL the food I consume whenever possible.
- ___ I try to avoid situations where I have to “guesstimate” my calories.
- ___ When I am unsure of the calorie count of a certain food, I look it up in my calorie counting book.
- ___ I listen to my audio cassette tape of “Transformation” and the Verbal Affirmations, and I read my own “Personal Affirmation” on a daily basis.
- ___ I keep an accurate, honest total of my daily calories.

IF YOUR SCORE WAS:

- 30 to 35 – Congratulations! You are on the road to lasting transformation.
- 20 to 29 – You are beginning to slide. Change your attitude and get back on the road!
- 15 to 19 – Speak with your leader/accountability partner before it is too late!
- less than 14 – Re-evaluate your commitment. Consult your Agreement of Resolution. Do you really want to succeed? See your leader/accountability partner immediately!

THIS CONCLUDES WEEK EIGHT – LESSON SIX

CONTROLLING YOUR EMOTIONS... AVOIDING THE "F.L.I.P. OUT" SYNDROME

Today's lesson discusses yet another possible connection between your emotions and eating behaviors. This week you may have been surprised as you discovered how much your old eating behaviors were tied to your emotional state. As you think back in your past, do you see a direct relationship between your weight level and your emotions? In other words, as you rode your emotional roller coaster did your weight rise and fall with you? This aspect of the "yo-yo" syndrome has more likely been a part of your life if you are twenty or less pounds overweight; however, it can be a part of you regardless of how much you weigh.

How frustrated are you with your inability to separate emotions from your eating behaviors? If you are like many people, you place a high value on "being in control" of a situation. Whether it is eating, the laundry, or the work on your desk at the office, most of the time you feel like you are either totally "in control" or completely "out of control." You are not happy or satisfied unless you are in "perfect" control of your situation. You have difficulty accepting anything less than perfection and you certainly do not believe that it is "normal" or "just the way things are!" Does it bother you that others are not as concerned with "doing the job right?" It may irritate you, but you probably find that you "pick up the slack" and do it "right" yourself.

You may defend your attitude of perfection by explaining you "just have high standards." Are your standards of achievement so high that they are impossible to reach, even for you? How many times in the past have you beaten yourself up because you couldn't live up to your own expectations? If you have battled for several years with ten to twenty pounds, it may be because you have never been able to overcome your "F.L.I.P."

F.L.I.P. - FRUSTRATION LEVEL INVOLVING PERFECTION

For you, slow progress equals failure. The absence of complete success after significant effort on your part equals total failure. Is that how you feel? Have you given yourself a "time frame" in which to succeed on this program? Are you satisfied with the progress you are making? Chances are, things may not be happening fast enough for you and you may be getting dangerously close to your "F.L.I.P. Out" point.

How is this syndrome manifested in your life? For most "yo-yo dieters," "F.L.I.P.ing Out" includes thoughtless and uncontrolled eating (binging), totally unrelated to physical hunger. The diet is over, and you have failed once again.

Your relationship with the bathroom scale may have played a part in your "recipe for failure" as well. In the past, how many times did you allow the scale to "communicate failure" back to you simply by the number that appeared? The scale did not measure up; consequently, neither did you. You had proven to yourself once again that you were unable to reach your lofty goal.

As you close this week of exploration into some of the emotions that have contributed to your

past eating behaviors, you have not even touched on positive emotions. Joy, love, jubilation, excitement – don't you agree that these emotions have played a role in your past eating behaviors? You must recognize the source of these emotions as well and guard against them affecting your attitude about the activity of eating.

The TRUE YOU lifestyle, one of lasting transformation, requires that you “let go” of your unrealistic perfectionist attitudes and your actions of poor eating behaviors in reaction to your emotions. You must give yourself the opportunity to succeed. **YOU ARE A LOVABLE, WORTHWHILE AND CAPABLE PERSON WITH THE DESIRE AND ABILITY TO BECOME THE PERSON YOU WERE CREATED TO BE! THE TRANSFORMATION PROCESS IS TAKING PLACE WITHIN YOU AS YOU LIVE BY YOUR AGREEMENT OF RESOLUTION – ONE DAY AT A TIME!**

Review your completed Emotional Response Chart. Does it help you understand why you must separate your emotions from your eating behaviors? The KEY PRINCIPLES and program guidelines are designed to help you work through this important step on the road to the TRUE YOU.

**THE FREEDOM TO MAKE HEALTHY, SENSIBLE FOOD CHOICES
FOR A LIFETIME CAN BE YOURS!
YOUR POSITIVE ATTITUDES AND RIGHT ACTIONS
WILL ALLOW YOU TO SEPARATE YOUR EATING BEHAVIORS
FROM YOUR EMOTIONS!!**

OPTIONAL SCRIPTURE READING:

II CORINTHIANS 12:9-10

“And He has said to me, ‘My grace is sufficient for you, for power is perfected in weakness.’ Most gladly, therefore, I will rather boast about my weaknesses, that the power of Christ may dwell in me. Therefore I am well content with weaknesses, with insults, with distresses, with persecutions, with difficulties, for Christ’s sake; for when I am weak, then I am strong.”
(New American Standard Bible)

PSALM 19:12-14

“Who can discern his errors? Forgive my hidden faults. Keep your servant also from willful sins; may they not rule over me. Then will I be blameless, innocent of great transgression. May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord, my Rock and my Redeemer.” (New International Bible)

PERSONAL EVALUATION

Has the Emotional Response Chart helped you begin to work through this important aspect of your journey? You are encouraged to keep using this tool as you continue the transformation process.

THIS CONCLUDES WEEK EIGHT – LESSON SEVEN