



Questioning Your Unhappy Stories

Instructions: *Reflect on the negative beliefs, thoughts, and feelings you've experienced this week. In the first column, write down these unhappy stories. In the second column, identify the unhappy feelings associated with each story. In the third column, note the negative actions, destructive behaviors, or defense strategies you engaged in when believing the lie. In the fourth column, prayerfully search Scripture to combat these lies and replace them with truth.*

Unhappy Stories:	Unhappy Feelings:	Negative Reactions:	Replacing with Truth from Scripture:



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Examples:

1. *Unhappy Story: "I'm not good enough."
*Unhappy Feelings: Inadequacy, Worthlessness
*Negative Reactions: Procrastination, Self-sabotage
*Truth from Scripture: "I can do all things through Christ who strengthens me." - Philippians 4:13
2. Unhappy Story: "I'll never be successful."
Unhappy Feelings: Hopelessness, Despair
Negative Reactions: Giving up easily, Avoiding challenges
Truth from Scripture: "For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope." - Jeremiah 29:11
3. *Unhappy Story:* "I'm alone and no one cares."
Unhappy Feelings: Loneliness, Rejection
Negative Reactions: Isolating oneself, Pushing people away
Truth from Scripture: "The Lord is near to the brokenhearted and saves the crushed in spirit." - Psalm 34:18
4. *Unhappy Story:* "No one appreciates me or all I do for them."
Unhappy Feelings: Unappreciated, Resentful
Negative Reactions: Withdrawing affection, Becoming resentful
Truth from Scripture: "Whatever you do, work heartily, as for the Lord and not for men." - Colossians 3:23

Questions for Journaling:

1. What specific situations triggered these negative beliefs, thoughts, and feelings?
2. How have these unhappy stories impacted your relationships and daily life?
3. What patterns or themes do you notice in your negative thought patterns?
4. How do you typically respond when faced with these unhappy stories?
5. In what ways do these negative beliefs contradict God's truth as revealed in Scripture?