

## LABEL ACTIVITY

1. Who are you or how would you describe yourself?
2. What are some of the ways you have identified yourself? Is it around your family roles, work roles, or past/present achievements?
3. Do you tend to identify yourself in a way that leans more positively or negatively? (Positive: "I'm an overachiever" or "I'm very independent." Negative: "I'm worthless" or "I'm a pushover.") How do you think this influences the way you view yourself and the way you view God?
4. Below, choose life events from your past that you've experienced.

### LIFE EVENT:

- Bad church experience
- Broken relationship (yours, your parents)
- Death of a loved one
- Moving
- Natural disaster
- Negative experience from parents (absence, neglect, lack of emotion, rejection)
- Negative experience from an influential adult other than a parent (teacher, coach, relative, spiritual leader, neighbor)
- Negative experience from a childhood peer (being bullied, rejected)
- Positive church experience
- Positive experience from parents (unconditional love, support, encouragement, praise)
- Positive experience from an influential adult(s) other than a parent
- Positive experience from a childhood peer(s) (befriending, loyalty)
- Other \_\_\_\_\_

5. It is likely life events contributed to some of your foundational beliefs. Now look through the list of Common Foundational Beliefs, and check any boxes that you resonate with and/or believe.



## COMMON FOUNDATIONAL BELIEFS:

- I am unworthy of love or acceptance.
- I cannot allow other people to see my flaws.
- I cannot be happy unless my circumstances change.
- I deserve all the good things I have.
- I do not measure up to everyone else.
- I must be right to know I am of value.
- I must attain certain career goals to be successful in life.
- I must be guarded and not risk intimacy.
- I must be in control.
- I must please others in order to be loved or accepted.
- I need to be in a relationship and/or have children.
- I need to be perfect to be approved.
- My loved ones must change in order for me to be content. My past defines me.
- Other \_\_\_\_\_

6. Review your life events and your foundational beliefs. Try to make connections between the two lists. For example: A bad church experience in my youth contributed to my belief that I do not measure up.

7. Each foundational belief is addressed in Scripture. Use the following table to discover what Scripture says about each belief. In the space provided, write in your own words the truth that Scripture teaches.





Foundational Belief	Scripture	Truth
I am unworthy of love or acceptance.	Romans 5:8	
I cannot allow other people to see my flaws.	2 Corinthians 12:9–10	
I cannot be happy unless my circumstances change.	Philippians 4:11–13	
I deserve all the good things I have.	James 1:17	
I do not measure up to everyone else.	2 Corinthians 5:17	
I must be right to know I am of value.	Psalms 25:9	
I must attain certain career goals to be a success in life.	Colossians 3:23	
I must be guarded and not risk intimacy.	Psalms 4:8	
I must be in control.	Proverbs 16:9	
I must please others to be loved or accepted.	Romans 15:7	
I need to be in a relationship and/or have children.	Romans 5:5	
I must be perfect to be accepted.	2 Corinthians 3:4–6	
My loved ones must change for me to be content.	John 14:27	
My past defines me.	Romans 8:1	



Foundational Belief	Scripture	Truth
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**Other**

8. Compare the truths you discovered in Scripture with the corresponding foundational beliefs. You'll notice each of these foundational beliefs are contrary to what Scripture teaches us and are considered to be false beliefs. Spend some time reflecting on this activity.

- a. Have you ever connected your life events to your foundational beliefs?
- b. In observing the connection between the person/events of your past and the beliefs that resulted, can you think of any behaviors that may stem from those false beliefs?
- c. What can you do to start working on some of the unhealthy behaviors that stem from your false beliefs?

