Suggested Steps towards setting your Weekly Commitment for Change

It is past experiences that have wounded us and set the heart (limbic brain) to avoid taking risk in that area again. Therefore it is an opposite experience in that area of wounding (broken trust), that will in part, begin to heal that wound. It is people we are wounded by; it takes a risk with people to reformat trust in the heart. It is critical that the weekly goal include action that involves another person. Internal change is important, as in prayer, positive thought, ect., but this type of goal must be extended to include involving another person in to the process, hence the risk of trusting people again.

You do not have to follow this exactly; just use it as a guideline to help you form your final commitment.

• I want to reduce ____________ in my life this week.
• Possible Questions;
  • What/who causes me to ____________?
  • Is it my or others expectations of me?
  • What are they?
  • Why do I do them?
  • What do I get from it?
  • How do I look to others when I think/behave this way?

Challenge:
What must I do to expose this thought/behavior this week and ask for help?

Tell a significant person I am working on this behavior, “Will you_________?”

2nd Step
Where did that belief come from?

Who can help me explore that belief and pray through the healing?

Repent of attempting to protect myself through these behaviors and give control of this area back to God.