





Recognise what? See below for some questions to help with this stage of the process.

What am I believing about who God is?

- In what ways is this a true reflection of who God is/ Biblical?
- In what ways is this unhealthy/unbiblical?

What am I believing about who I am?

- In what ways is this healthy/true and Biblical?
- In what ways is this unhealthy/untrue/unbiblical?

What am I believing about the situation?

- In what ways is this healthy/true?
- In what ways is this unhealthy/unbiblical?

What am I believing about other people in this situation?

- In what ways is this healthy/true and Biblical?
- In what ways is this unhealthy/unbiblical?



