

Ministry Benefits:

- · Lead on a full tank, not empty
- Support others without ______
- Feel more and loved

What Shame Is:



What Guilt Is:



What Shame Looks Like:



- Worries about what
- Feels inadequate or unwanted



- Neutral comments taken as ______
- Correction is



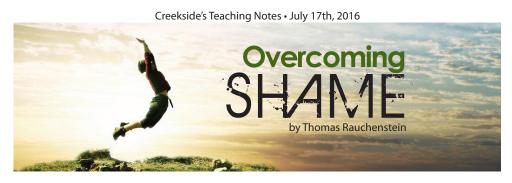
- _ others' problems
- Reluctant to or ask for help



• Put myself down others can



Put others down to avoid feeling



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Recognize It:

- Shame lurks beneath and
- · Keep track of when you feel shame

Anger 1
25 DOM
SHAME

Reveal It:

- Helps how you think and feel
- Shame can't survive _____ from others



Reality Check It:

- SITUATION
- THOUGHT
- CHECK IT
- REVISE IT
- PLAN



Relationship:

- Jesus also died for my
- God _____ me even if others don't
- because he loves me

Homework

- · Apply one healing strategy this week!
- · Seek counselling for deeper wounds



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