



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:



#1:

- Worries about what _____
- Feels inadequate or unwanted



#2:

- Neutral comments taken as _____
- Correction is _____



#3:

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



#4:

- Put myself down _____ others can



#5:

- Put others down to avoid feeling _____



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Recognize It:

- Shame lurks beneath _____ and _____
- Keep track of when you feel 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
- I can _____ because he loves me

Homework

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



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