

TRUE NORTH

Your True Self

Module 3, Video 2



North Star Quote:

“Knowing who you are to God means you can take risks, live joyfully, follow God bravely, give generously, and work on your mission free of the burden of anxiety or fear.”

Today, take quiet time to identify your underlying paradigms.

1. Re-read your worksheet from video one and the journaling exercise. In it are contained your greatest struggles at this present moment. Your struggles are the fruit of an underlying paradigm. Read the exercise with an eye to seeing the underpinning belief.
2. Try to articulate each paradigm like this: “I act/behave/think _____ because I believe _____. I adopted that belief when _____.”
 - a. For example, “I ghost when someone wants to get close to me because I believe that intimate relationships are too painful to sustain. I adopted that belief when my parents divorced.”
 - b. “I act passive aggressively because I believe that conflict means the end of relationships. I adopted that belief when my father’s anger issues manifested themselves in my childhood.”
 - c. “I overeat because I think I’m not worth loving and I deserve to be punished. I adopted that belief when I was bullied in third grade.”

Remember, trauma is subjective. What one person experiences as a trauma, another person may not. You may have adopted harmful paradigms even if nothing extreme or dramatic happened to you.)

3. Pray the prayer of surrender. Hand over each of your paradigms and anything that’s still confusing you to God.
4. Now rephrase the paradigms from step 2 and set a goal that’s in your circle of control. “I reject the belief that _____. When I _____ I will be able to _____.”
 - a. For example, “I reject the belief that relationships are too painful to sustain. When I work through it in counseling, I will be able to maintain a relationship with someone even in difficult times.”
 - b. “I reject the belief that conflict means the end of relationships. When I forgive my father and take responsibility for building interpersonal skills through educating myself, I will be able to handle confrontation and process anger healthily.”

