

# OBSTACLES TO ONENESS

ROOT	SELF-RELIANCE PRIDE/ANGER	SELF-ISHNESS FEAR	SELF-CONDEMNATION SHAME
LIE(S)	<ul style="list-style-type: none"> <li>» "I've made it this far."</li> <li>» "I am self-sufficient."</li> <li>» "I don't need any help."</li> </ul>	<ul style="list-style-type: none"> <li>» "Though I really need (___)... ... I can't trust anyone to help me." ... I can get/take what I need through my own efforts."</li> </ul>	<ul style="list-style-type: none"> <li>» "I'm not worth it."</li> <li>» "No one loves me for who I am."</li> <li>» "I don't deserve to have my needs met."</li> </ul>
BELIEFS	<ul style="list-style-type: none"> <li>» "No one has cared for me in the past."</li> <li>» "My painful past isn't safe to explore."</li> <li>» "My value comes from my performance."</li> <li>» "My failures are not my fault."</li> </ul>	<ul style="list-style-type: none"> <li>» "No one will look out for me."</li> <li>» "I won't trust anyone to help."</li> <li>» "Past disappointments mean I have to take."</li> <li>» "I cannot be vulnerable."</li> </ul>	<ul style="list-style-type: none"> <li>» "No one values me."</li> <li>» "My performace proves I have no value."</li> <li>» "I am/My life is shameful."</li> <li>» "Guilt."</li> </ul>
SYMPTOM	<ul style="list-style-type: none"> <li>» Little or no compassion</li> <li>» Anger</li> <li>» Judgment</li> </ul>	<ul style="list-style-type: none"> <li>» Self becomes priority</li> <li>» Lack of trust or openness</li> <li>» Stingy with time, resources, affection</li> </ul>	<ul style="list-style-type: none"> <li>» Critical of others</li> <li>» Defensiveness</li> <li>» Self-condemnation</li> </ul>
ANTIDOTE	<ul style="list-style-type: none"> <li>» Practice Gospel identity gratitude - thankfulness</li> <li>» Cultivate humility</li> <li>» Endure with patience and right understanding the training of the Lord</li> <li>» Recognize continual need for your Savior</li> <li>» Express thankfulness</li> <li>» Recognize interdependency with others</li> </ul>	<ul style="list-style-type: none"> <li>» Practice Gospel identity gratitude - thankfulness</li> <li>» Cultivate intimacy and affection for Jesus</li> <li>» Seek comfort from God in hurts</li> <li>» Learn to forgive in a biblical manner</li> <li>» Allow your heart to connect to the heart of others</li> </ul>	<ul style="list-style-type: none"> <li>» Practice Gospel identity gratitude - thankfulness</li> <li>» Let biblical guilt lead to repentance</li> <li>» Understand our significance in Jesus</li> <li>» Develop Jesus-centered confidence</li> <li>» Express thankfulness</li> </ul>
PRACTICES	<ul style="list-style-type: none"> <li>» Identify why anger seems reasonable</li> <li>» Seek Reconciliation with others</li> <li>» Experiencing Comfort from God</li> <li>» Quietening &amp; Connection Exercises</li> </ul>	<ul style="list-style-type: none"> <li>» Experiencing comfort from God in hurts</li> <li>» Identify specific areas where you experience a fear response</li> <li>» Quietening &amp; Connection Exercises</li> </ul>	<ul style="list-style-type: none"> <li>» Identify specific beliefs that shape your self view</li> <li>» Experiencing Comfort from God</li> <li>» Quietening &amp; Connection Exercises</li> </ul>