

# Questions to ask myself when tempted to say, “What’s wrong with me?”

Noticing and naming places of growth or stretching points may be somewhat difficult, but most of us are aware of where we feel we do not measure up.

For each of these 3 points, it is necessary to take a healthy look at ourselves and see what can be honestly noticed and named.

## 1. Are there unhealthy patterns that I am still repeating/reenacting? [ ] Yes [ ] No

• If so, what are they? (Notice and name) List them below:

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

• Ask self, “What would I like to change about above behavior(?)” Notice and name:

This item corresponds to **1.a.** above

a. \_\_\_\_\_, \_\_\_\_\_,

\_\_\_\_\_

This item corresponds to **1.b.** above

b. \_\_\_\_\_, \_\_\_\_\_

\_\_\_\_\_

This item corresponds to **1.c.** above

c. \_\_\_\_\_, \_\_\_\_\_

\_\_\_\_\_



What would your life be like if you were to change the above behaviors? Notice and name:

This item corresponds to **1.a.** above

a. \_\_\_\_\_, \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_

This item corresponds to **1.b.** above

b. \_\_\_\_\_, \_\_\_\_\_  
\_\_\_\_\_, \_\_\_\_\_

This item corresponds to **1.c.** above

c. \_\_\_\_\_, \_\_\_\_\_  
\_\_\_\_\_, \_\_\_\_\_

Ask self, "Is there anything I can do to change this pattern?" (Hint: the answer to most childhood protective patterns repeated in adulthood is "yes") Brainstorm ideas of things you can do to change the named pattern listed in 1.a., 1.b., and 1.c.

a. \_\_\_\_\_, \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_

b. \_\_\_\_\_, \_\_\_\_\_  
\_\_\_\_\_, \_\_\_\_\_

c. \_\_\_\_\_, \_\_\_\_\_  
\_\_\_\_\_, \_\_\_\_\_

**Tip:** Begin training brain, rerouting brain neurological connections towards new behavior. Caution: This does not typically come easy and can take lots of time and practice to change. But it is worth it!



**Remember:** Failure only occurs when you stop trying/practicing. Each day is a new day! One day at a time!

**2. In our desires to be loved and accepted, are there unhealthy stories that we are making up in our head?**

What are they? (Notice and name) If you could take a photograph of the point in your story that is most disruptive to you, what would the title of the photo be? List titles below:

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

Ask self, "Is there anything I can do to change this pattern? (Hint: the answer to changing most of the negative stories we make up in our heads is "yes") [ ] Yes [ ] No

Ask self, "What would I like to change about the unhealthy stories that I make up in my head?"  
Notice and name

This item corresponds to **2.a.** above

a. \_\_\_\_\_, \_\_\_\_\_,

\_\_\_\_\_

This item corresponds to **2.b.** above

b. \_\_\_\_\_, \_\_\_\_\_

\_\_\_\_\_

This item corresponds to **2.c.** above

c. \_\_\_\_\_, \_\_\_\_\_

\_\_\_\_\_



Ask self, "Is it possible to verify the story I am telling myself with the person I am making up the story about?" If "yes," then make a point of doing so.

a. I promise to talk to \_\_\_\_\_ about \_\_\_\_\_ story I am making up in my head to verify if it is true or if it is a lie that I am choosing to believe.

b. I promise to talk to \_\_\_\_\_ about \_\_\_\_\_ story I am making up in my head to verify if it is true or if it is a lie that I am choosing to believe.

c. I promise to talk to \_\_\_\_\_ about \_\_\_\_\_ story I am making up in my head to verify if it is true or if it is a lie that I am choosing to believe.

**Tip:** *If you cannot verify the story, then the story may or may not be true, and you are making your life more difficult believing a made-up story. Probably not the healthiest, wouldn't you say?*

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**3. Am I comparing myself to people around me? [ ] Yes [ ] No If you answered "Yes," to whom are you most likely to compare yourself? Notice and name.**

a. \_\_\_\_\_ b. \_\_\_\_\_

c. \_\_\_\_\_ And, what do I hope to gain by doing so?

Comparing myself to a. \_\_\_\_\_, I hope to gain

\_\_\_\_\_

Comparing myself to b. \_\_\_\_\_, I hope to gain

\_\_\_\_\_

Comparing myself to c. \_\_\_\_\_, I hope to gain

\_\_\_\_\_

Other:

During the process of filling out this work sheet (notice and name), where/how am I most likely to shame myself or others?

Myself:

\_\_\_\_\_

\_\_\_\_\_

Others:

\_\_\_\_\_

\_\_\_\_\_

Ask self, "Is there anything I can do to change this pattern?" (Hint: the answer to changing the pattern of our tendency to compare "yes") [ ] Yes [ ] No



What would your life be like if you were to stop comparing yourself to others? Notice and name:

This item corresponds to **3.a.** above

a. \_\_\_\_\_, \_\_\_\_\_,  
\_\_\_\_\_, \_\_\_\_\_

This item corresponds to **3.b.** above

b. \_\_\_\_\_, \_\_\_\_\_  
\_\_\_\_\_, \_\_\_\_\_

This item corresponds to **3.c.** above

c. \_\_\_\_\_, \_\_\_\_\_  
\_\_\_\_\_, \_\_\_\_\_

Ask self, "What about comparing myself to others would I like to change?" Notice and name

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_



Ask self, "How do I feel I need to change/improve and what do I need to put in place/practice to achieve success in this area?"

a. \_\_\_\_\_

b. \_\_\_\_\_

c. \_\_\_\_\_

**As an act of faith, can you put your childlike behavior aside and pick up the mantle of knowing you are God's workmanship? [ ] Yes [ ] No**

**If your answer is "No,"** do not fret! Just return to the beginning and journal through 1. What was it like to do this exercise? 2. Where would I say is an area of greatest strength? 3. Where would I say is an area of greatest weakness? 4. Who could I enlist as a resource to help me grow out of my greatest weakness to become, perhaps, an area of strength?

**If your answer is "Yes,"** you are ready for the next step in retraining your brain.

**Growth Point:** *The difficult part often comes in the noticing and naming areas of Success, Strengths, Achievements and Giftings. Be kind to any awareness of physical, mental, emotional or spiritual push back that may be attempting to keep you stuck in childlike behavior. Boldly move on to the next question.*



Ask self, "Who around me can I encourage or celebrate today?" Notice and name

I can encourage \_\_\_\_ myself \_\_\_\_\_ by doing or saying

\_\_\_\_\_

I can celebrate \_\_\_\_ myself \_\_\_\_\_ by doing or saying

\_\_\_\_\_

I can encourage \_\_\_\_ myself \_\_\_\_\_ by doing or saying

\_\_\_\_\_

I can celebrate (name) \_\_\_\_\_ by doing or saying

\_\_\_\_\_

I can encourage (name) \_\_\_\_\_ by doing or saying

\_\_\_\_\_

I can celebrate (name) \_\_\_\_\_ by doing or saying

\_\_\_\_\_

I can encourage (name) \_\_\_\_\_ by doing or saying

\_\_\_\_\_

I can celebrate (name) \_\_\_\_\_ by doing or saying

\_\_\_\_\_

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