

Your mindsets will either bring you closer to God or will enable the enemy to attack you. God wants you to know the truth and to be free. Use this tool to process an area where you are struggling or stuck. The questions will help uncover your true beliefs by examining how you *think, feel* and *speak* about it. (Adapted from an article by Candice Blomely at NINE12.org)

1. To determine where your thoughts about \_\_\_\_\_ come from, answer the following:
  - a. What did my parents or someone significant in my life teach me about \_\_\_\_\_?
  - b. What did their words and actions reveal concerning their thoughts about \_\_\_\_\_?
  - c. Is there a specific event that comes to mind surrounding this issue?
  - d. When I clear my head and think of this topic, what comes to mind first?
  - e. Are many of my thoughts centered on \_\_\_\_\_ or do I avoid thinking about it?
  - f. Is \_\_\_\_\_ something I use to control others either to help or to harm them?
  - g. What do your answers tell you about what was passed down to you regarding \_\_\_\_\_?
2. To determine where your feelings about \_\_\_\_\_ come from, answer the following:
  - a. Where have I been wounded when it comes to \_\_\_\_\_? What is my most painful memory?
  - b. Has someone I trusted disappointed or betrayed me when it comes to \_\_\_\_\_? If yes, when and how?
  - c. Has an individual or an organization treated me unfairly in the area of \_\_\_\_\_? What feelings come up as I think about that situation?

d. Have circumstances beyond my control adversely affected me regarding \_\_\_\_? How did I feel about it then? How do I feel about it now?

e. Have I caused harm to myself or others by making poor decisions about \_\_\_\_? What feelings arose then? What about now?

f. How does \_\_\_\_ bring bondage to my life? What freedoms do I enjoy regarding \_\_\_\_? Be specific.

g. In what ways am I closer to, more distant from, or angry with God because of \_\_\_\_? Have I expressed this to Him?

3. Answer the following questions about what you are saying concerning \_\_\_\_\_. Your words may help uncover judgments, vows, or concessions you've made in this area.

a. Do I compare myself to others when it comes to \_\_\_\_? Do I have resentment or jealousy? What am I saying and to whom do I say it?

b. Do I say that I can't or won't obey God on the subject of \_\_\_\_? What reasons do I give? What am I saying about the way others behave in this area?

c. Do I speak ill of others for the way they handle the issue of \_\_\_\_? Do I speak ill of myself? Do I realize that I am judging when I do that?

d. Do I ever find myself saying I will never overcome or find freedom in \_\_\_\_? Do I recognize those types of statements as vows? Record any specifics here.

Ask God to forgive you where appropriate. "Tools & Techniques: Forgiveness" may be helpful in forgiving others. Use "I Feel But God Says" in the process of renewing your mind with truth.