

The Core Lies

What it looks like	Operating Lie	Truth	Where I catch it	What I use to combat it
Feelings driven	My feelings dictate to me the reality of my life	Feelings aren't evil. Even the negative ones. They are indicators. I can learn how to process and feel in a healthy way.	Try to run from or medicate the feelings away	Share, journal, discuss my experiences and feelings with wise mentors
Self-sufficiency, go-it-alone, loner	I alone can meet the needs I feel	Many of my needs are legitimate. I can learn how to meet those needs in a healthy way. I can learn to go to God to meet my needs.	Feelings are not a good gauge of reality. They are affected by so many things. I should base my actions on facts and truth.	Keep digging into my past experiences and the impact or damage they had on me. Identify the needs and look to God for understanding.

Approval dependent	I must portray the actions and feelings that others expect	If I do everything to please others, I give up my own principles and values. I may end up somewhere I don't want to be.	Saying things to impress others, making sure others know something	Share failure and struggles in this area, keep my successes or wins private. Beware of social media.
Control freak, manipulation, constant anger	I must manage the elements of my life	My control is an illusion. Acceptance is a healthy approach as I surrender the actual outcome to God	Shopping for opinions, must know everything, selective event attendance	Practice surrender, stay in my lane, let go of responsibility for other's lives