

# The Deep Lies

What it looks like	Operating Lie	Truth	Where I catch it	What I use to combat it
Depression, negativity	If others don't approve of me, I am worthless	<b>I need to model my life after truth and not the opinions of those around me.</b>	Catastrophic thinking about everything, downer	Stop mind reading, live with facts, not my imagination
Hopelessness	There isn't any hope for me	<b>If I will listen and put in the work, I can have the same hope as others that have gone before me.</b>	Giving up, saying "What's the point"	Be honest, let others and God encourage me
Failure	God is disappointed and shocked at how bad/broken I am	<b>God has always known me and been aware of my brokenness and need and has provided and offered a solution and a relationship for me.</b>	Demanding my own success	Review God's truth about my failure

Desperation	God might love me if I can become the person he wanted me to be	<b>God offered his solution without any requirements that I first fix myself. He knew I couldn't.</b>	Imagining God's disappointment & disapproval	Review God's truth about his love and acceptance
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