



EVENT

SATAN'S LIE

STRONGHOLD

MY REACTION

DEFENSE
COMFORT

CORE LIE

INNER VOWS
& JUDGMENTS

Common Lies We Believe

- I'm incompetent
- I'm worthless
- I'm unlovable
- I must be perfect
- I'm a mistake
- It's all my fault
- I can't change
- My marriage will never get better

- I'm unworthy
- I'm unacceptable
- I'm disconnected
- I'm powerless
- God must not love me
- It's all their fault
- I can't love again
- I am better off alone
- I'm unforgivable

