

Hope

Shame

Behavior
Turn to Christ.
Talk with those you trust.
Share your hurts, questions, victories.
Extend grace to yourself & others.
Pursue growth.
Be authentic and vulnerable.

Internal Voice
Jesus is sufficient.
I don't have to be perfect.
I am more like others than not.
Struggling is hard and it is okay.
I can lean on others.

Emotion
Guilt
Compassion
Empathy

Behavior
Isolation, Blame,
Hiding, Numbing,
Perfectionism,
Comparing

Emotion
Fear, Hopelessness,
Worthlessness, Anger

Internal Voice
What will others think?
There is no hope for me.
I am a failure.
Who do you think you are?

