

**Lies We Believe** – Lies believed when we are abused or wounded.<sup>1</sup> This list is not exhaustive; it can be added to for any lies for which you are aware that you have been meditating on or lies you become aware of through this process. When someone is rejected or wounded, almost immediately we start believing a lie about ourselves, God, others, or our environment sown by Satan or verbally by our rejecter motivated by Satan:

- **Abandonment** – *I am all alone. I have been overlooked. I will always be alone. They do not need me. I don't matter. No one even cares. They are not coming back. There is no one to protect me. God has forsaken me too. No one will believe me. I cannot trust anyone. I am afraid they won't come back.*
- **Shame** – *I am so stupid, ignorant, an idiot. I should have done something to have stopped it from happening. I allowed it. I should have known better. It was my fault. I should have told someone. I knew what was going to happen, yet I stayed anyway. I felt pleasure so I must have wanted it. I was a participant in it. It happened because of my looks, my gender, my body, etc. I should have stopped them. I did not try to run away. I deserved it. I am cheap like a slut. I was paid for service rendered. I kept going back. I did it to him/her first. I'm bad, dirty, shameful, sick, nasty.*
- **Fear** – *I am going to die. He/she is going to hurt me. I do not know what to do. If I tell, they will come back and hurt me. If I trust, I will die. He/she/they are coming back. It is just a matter of time before it happens again. If I let him/her/them into my life, they will hurt me too. Something bad will happen if I tell, stop it, or confront it. They are going to get me. Doom is just around the corner. I will automatically hurt my kids or others I influence like I was hurt.*
- **Powerlessness/Trapped** – *I cannot stop this. He, she, they are too strong to resist. There is no way out. I am too weak to resist. The pain is too great to bear. I cannot get away. I am going to die and I cannot do anything about it. I cannot get loose. I am overwhelmed. I don't know what to do. Everything is out of control. I am pulled in every direction. Not even God can help me. I am too small to do anything.*
- **Tainted** – *I am dirty, shameful, evil, perverted, etc., because of what happened to me. My life is ruined. I will never feel clean again. Everyone can see or sense my shame, filth, dirtiness, etc. I will always be hurt/damaged/broken because of what happened to me. I will never be happy. I will always be unclean, filthy, etc. God could never want me after what has happened to me. My body parts are dirty. I could never be used by God. No one will ever be able to love me.*
- **Invalidation** – *I am not loved, needed, wanted, cared for, or important. They do not need me. I am worthless, have no value, I am unimportant. I was a mistake. I should never have been born. I am in the way. I am a burden. I was never liked by them because I was \_\_\_\_\_. God could never love or accept me. I could never be as \_\_\_\_\_ as she/he. I could never please him/her and therefore I can never do it right. I am not acceptable.*
- **Hopeless** – *It is never going to get any better. There is no way out. It will just happen again and again. There is no good thing for me. I have no reason to live. There are no options for me. I just want to die. Nothing good will ever come of this. The world would be better off if I was not in it.*
- **Confusion** – *I don't know what is happening to me. Everything is confusing. This does not make sense. Why would they do this to me? I can't seem to sort any of this out. God does not love me like others and will not give me wisdom to figure this out.*

<sup>1</sup> Lie/Emotional Identification Sheet: taken from resources created by Dr. Karl Lehman, M.D.; used by permission.