



**SESSION 1:** INTRO (18 mins)

**SESSION 2:** WHERE DID THIS THINKING COME FROM? (21 mins)

**SESSION 3:** TRANSFORMING NEGATIVE THINKING (13 mins)

**SESSION 4:** BUILDING A POSITIVE SELF-CONCEPT (21 mins)

**SESSION 5:** MENTAL LAWS THAT SHAPE YOUR FUTURE (14 mins)

**SESSION 6:** SEE YOU AS GOD SEES YOU (15 mins)

## How You Can Benefit Most from This Program

**What you get out of this will depend on two major factors above anything else:**

- 1) How much you desire to change? Above anything else, your hunger for joy, peace, and freedom is the #1 factor to improvement.
- 2) How much you apply the insights as routine ways of thinking and acting. It takes both desire and work for this to change your self-worth to the fullest.

You'll be wise to listen to each audio session several times. Don't expect to get full value from these talks if you hear them only once.

### ***Make Concentrated Listening a Habit***

Set aside a short period each morning or evening, or both, when you can listen with full attention to the sessions with which you are working. This does not in any way preclude casual listening - while you're driving your car, dressing, eating or exercising, for example.

### ***Act on Your Ideas***

Until intelligent thought is linked with appropriate action and follow-through, little or nothing is accomplished. Once you've grasped a particular idea and how to apply it, *act* - put it to work in your daily life.

If you're determined to stick with the program, you'll soon discover that you're creating a more forgiving life where your self-worth, self-esteem, and self-concept are improving. You'll discover that you're able to accomplish your goals – personally, professionally, spiritually, and relationally with those around you. You'll improve your relationships and *enjoy* your life more.

### ***Jot Down Your Ideas***

Whenever you're listening, keep pen and paper at hand, and be prepared to stop your audio player at any time. When you hear an idea or technique that particularly appeals to you, stop. Think about the idea. Think about it in connection with your situation and its value to you – how it could change and improve what you are doing. Visualize yourself doing so and making it pay off for you.

## SESSION 1: INTRO

(Notes - listen to the audio session first)

Don't expect to get the full value from these talks if you hear them only once. Even the most intelligent, thoughtful listener needs to hear these sessions several times to be able to pick up, think over and internalize all the ideas discussed. It's not good enough to know this, you must feel this.

**Quoting Brené Brown:** "Shame is the intensely painful feeling or experience of believing that we are flawed and therefore unworthy of love and belonging. It's an emotion that affects all of us and profoundly shapes the way we interact in the world."

When you don't have a healthy self-concept, three things stand out:

- 1) Those closest to you pay the most.
- 2) You are uber-sensitive to what others say to you and about you.
- 3) You spend your days attempting to prove you're enough instead of simply living with nothing to prove.

The difference between guilt and shame.

**Guilt = What I did. "It bad". It is the bad feelings of the event.**

**Shame = Who I am. "Me bad". It is the bad feelings of who you are.**

Guilt is not necessarily bad – it's only bad when you wallow in it and don't forgive it. Shame is a different story. Shame should never exist. Guilt or shame cannot change the past any more than worry can change the future.

**Shame requires 3 things to exist. Remove these 3 and shame can't thrive in your life:**

- Secrecy
- Judgment
- Unforgiveness

The mantra, for this to work best, is "if it's to be, it's up to me!" If it's to be, it's up to me!

There are several methods you can use to accelerate this process of self-worth development. The first is affirmation. Use affirmations such as " I like myself," " I am responsible " I feel terrific," " I am decisive." Repeating these affirmations over and over with belief and enthusiasm drives them into the subconscious.

The second way you can program your mind is by visualization. The key to using visualization is to get a clear mental picture of yourself as though you already had the characteristics and attributes that you want. Form a clear mental picture of yourself performing at your very best in any situation and visualize the situation coming out exactly the way you want it to come out.

The very best time to use these methods of affirmation and visualization is early in the morning – just a soon as you can after waking. During the 15 minutes after you wake up, your subconscious mind is more amenable to new programming than at any other time of the day. As soon as you get up in the morning, say, "I like myself, I like myself" and "I feel terrific! I feel terrific!"

## SESSION 2: WHERE DID THIS THINKING COME FROM?

(Notes - listen to the audio session first)

Blame emotions are rooted in anger, either inwardly directed or outwardly expressed. It may be just, or unjust anger, for what was done by, or to you. As Brené Brown says so well, “Blame is the discharge of anger.”

The starting point of anger is criticism and excessive judgment of both yourself and others. When we judge others to be wrong, our human nature is to become angry. “You are wrong!” “That makes me angry”.

A hurt, offense, or transgression occurs – regardless if it was by someone else or yourself.

You judge it to be wrong – rightly or wrongly.

You become angry.

You blame.

Negative emotions kick in.

If you want to blame less, have less anger.

If you want to be less angry, work on judgment detox.

What you can't control is other people, what they do, and how they can be so hurtful.

What you can control is how you process judgment, anger, and most of all, blame.

Children who do not receive high-quality love in the first 3 to 5 years will develop deficiency needs. For the rest of their lives, they will try to compensate for their deficiencies rather than realize their potential.

A person who has been brought up with feelings of guilt and shame feels inferior, inadequate and undeserving – especially of good things. A common adult manifestation of guilt and shame is that the individual engages in destructive self-judgment – and judgment of others.

A common characteristic of the person who has been brought up feeling guilt and shame uses victim language - "I wish," "I'll try," "I can't," "I have to," "I didn't mean to," "I'm sorry," "I apologize," "It wasn't my fault."

Forgiveness and self-worth are woven together tighter than the genetic code in your DNA. Forgiveness is a decision to release feelings of resentment or vengeance toward anyone who has harmed you because of what they did (or didn't do) – regardless of whether they actually deserve it. So maybe THEY don't deserve it to be forgiven, but YOU deserve it. And with that comes freedom from resentment or vengeance.

The instant you take the wheel and stop blaming, your negative emotions stop.

Stop blaming by immediately saying, "I am responsible, I am responsible," every single time something happens that causes you to feel angry.

Guilt looks to the past – worry looks to the future. Often those who struggle with guilt, also struggle with worry.

No amount of **guilt** can change the **past**, and no amount of **worrying** can change the **future**.

Do your part and let God take care of the rest...but you need to do your part.

God grant me the serenity to accept the things I cannot change,  
The courage - and responsibility - to change the things I can,  
And the wisdom to know the difference.

## SESSION 3: TRANSFORMING NEGATIVE THINKING

(Notes – fill in the blanks while listening to the audio)

Responsible = Control, freedom, and positive emotions

Irresponsible = Lack of control and freedom – plus -- negative emotions and excuses

What was done to you was bad – really bad.

It's important to know that we are talking about responsibility of your present and future. This does not take away the responsibility of your offender for what he/she/they did to you. We will address that later.

As much as it doesn't feel as such, you have \_\_\_\_\_ of your future. If you wish to achieve freedom from the resentment, it is imperative that you accept complete responsibility from this moment forward. Everything you are to be and every emotion you feel, is up to you.

It is understandable that most people would rather \_\_\_\_\_ to stay in the pain, rather than surrender to be healed. But forgiving and taking responsibility for what happens from this moment forward provides peace and freedom.

Yet somehow, many people can't help but hang on with this fight. Defeating the wrong-doer is the currency. That feeling of judgment and justice over freedom and forgiveness shows its ugly head when you take the stance that you can't let them off the hook. At times, it only seems right that you MUST prove that you were right, and they were wrong!

Remember, forgiveness is a \_\_\_\_\_ to release feelings of resentment or vengeance toward anyone who has harmed you because of what they did (or didn't do) – regardless of whether they actually deserve it.

The expression of a completely responsible person is "If it's to be, it's up to \_\_\_\_\_!"

Keep in mind that you are always free to \_\_\_\_\_ the quality of your emotional life. To take responsibility means that you become the architect of your destiny.

The major obstacle to your freedom are your negative emotions. The great aim in all of this is to be free from the resentment, shame, and blame of what happened to you, or that you caused, and be free of the anger and resentment of the person and event that caused this pain. There is a direct relationship between your acceptance of the personal responsibility for your emotional well-being and the elimination of your negative feelings.

"Getting over a painful experience is much like crossing monkey bars. You have to let go at some point in order to move forward."  
— C.S. Lewis

### The Negative Emotion Tree

More times than not, the starting point of negative habit patterns are \_\_\_\_\_ and/or lack of unconditional love as a child by one or both of your parents.

For children to feel fully loved and develop a healthy self-concept, three conditions must exist:

Parents must love \_\_\_\_\_  
 Parents must love \_\_\_\_\_  
 Parents must love \_\_\_\_\_

If one or more of the three conditions did not exist and then added with destructive criticism, you will have grown up with feelings of not being worth very much.

When you don't feel worth very much, you feel \_\_\_\_\_

The feelings of guilt and lead to a feeling of \_\_\_\_\_

The feelings of worthlessness are expressed in the thought/attitude of, "\_\_\_\_\_"

Those who have spent a long time in an environment of destructive criticism and lack of love are plagued by \_\_\_\_\_ and self-condemnation.

The adult manifestations of guilt and shame are feelings of inferiority, inadequacy, and being \_\_\_\_\_, destructive self-criticism, and are easily manipulated by \_\_\_\_\_.

Fear of success comes from feeling that you are not good enough to deserve it.

Blame catchers attract blame passers. Do you attract people who use blame and guilt?

**So often what you SEE, is what you FEEL:**

Revenge  
 Mistrust  
 Anger  
 Guilt



Fear  
 Doubt  
 Envy  
 Resentment

Roots - There are two things that your negative emotions alive:

- 1) Identification – take it personally
- 2) Blame – looking to the past rather than the future

How do you starve the roots of the Negative Emotion Tree?

- 1) You become \_\_\_\_\_ to others and yourself
- 2) You dis-\_\_\_\_\_

The key to ridding yourself of the negative emotions is to cut down the trunk of the tree by eliminating \_\_\_\_\_ which is 99% of negative emotions.

Eliminate blame and negative emotions by using the Law of Substitution. Replace the blame with this affirmation: "\_\_\_\_\_"

### Justification

Negative \_\_\_\_\_ is something that you create in yourself that causes enormous amounts of stress and distress. You justify hanging on to it because of what happened. It creates \_\_\_\_\_ which can be defined as fantasized experiences appearing to be real.

The source of justification comes from being a victim. You are not alone. You have every right to carry around your backpack of resentment, shame, and blame. I get it. However:

Victims are \_\_\_\_\_.

Victims have no control over their lives.

Victims are at the mercy of others. They are passengers in the game of life.

Victims can only react.

Victims are prisoners.

**A victim has an excuse. A victim can excuse just about any kind of behavior.**

As a victim, you can excuse being the way you are with all your negative emotions since you are that way because of what happened. Improvement of your emotional well-being comes from taking complete responsibility, instead of \_\_\_\_\_.

You can identify *victim language* with words like:

I can't

I'll try (which is excusing failure in advance)

I wish (another way to say I want to have something, but I never will)

I am like this because of what happened to me (another way to blame others for your poor behavior)

Be alert to victim language.

You are the way you are in great part because of what happened to you. But to achieve full freedom, you will need to take responsibility of your emotional well-being and not blame your transgressor, or what you did in the past, for the way you are today, how you react, and most importantly, no longer \_\_\_\_\_ your actions by blaming your transgressor or yourself.

Instead of justifying your actions or blame your offender / transgressor, your new mantra should be **I was. I am. I will.**

**I was** a victim — but I am not now.

**I am** able to forgive — and that frees me from the resentment, shame and blame.

**I will** thrive — thanks to the power and freedom from forgiveness available to me.

## Responsibility vs Blame

Blame always looks \_\_\_\_\_ at what cannot be changed.

Responsibility always looks to the \_\_\_\_\_. [Remember – “If it's to be, it's up to me”]

The question of the responsible person is “\_\_\_\_\_”

The mere existence of blame will cause you to not let go of the harm that was caused to you. What blame does is to cause you to stay in the same place, spin your wheels, and go in circles for the rest of your life.

Blame will consume you and hold you back in all that you do – especially when it comes to your most precious relationships.

Blame is simply the discharging of discomfort and pain. It has an inverse relationship with accountability. Blaming is a way that we discharge anger.  
— Brené Brown

The starting point of blame is: \_\_\_\_\_ (of both yourself and others).

The goal is to have your self-worth back healthy once again – “I like myself, I like myself, I like myself!”

Question: Can you look in the mirror and say that? Do you actually mean it?

### Judgment Detox Exercise

Eliminate destructive \_\_\_\_\_ of both yourself and others.

Try using this red flag / arm raise exercise: Anytime you find yourself being critical or judging others or yourself, and you find yourself saying: “They are wrong, they should \_\_\_\_\_”, then put up a mental red flag, or even raise your arm, to recognize that you are being judgmental and by doing such, you are putting them in the driver’s seat of your emotional well-being.

When you feel the negative feelings creeping back in, say to yourself, “If it’s to be, it’s up to me!” The objective is to free, completely free yourself of the chains of your past hurts and give control back to your emotions.

*Forgiveness won't change the past but could very well change the future.  
Apparently, everything is forgivable.” – Red from the TV series *Blacklist**

## SESSION 4: BUILDING A POSITIVE SELF-CONCEPT

(Notes - listen to the audio session first)

Law of cause and effect: Your thoughts create the conditions of your life. If you change your thinking, you change your life. The quality of your thinking determines the quality of your life more than any other single factor.

Your self-concept is your bundle of beliefs about yourself, your abilities, and your world that determines how you see the world around you. You don't see the world the way it is, you see it the way you are.

Your self-concept is made up of three parts:

- 1) Self-ideal: Values, qualities, virtues, and goals that you aspire to be or have in the course of your life. This is what you imagine yourself to be.
- 2) Self-image: This is the way you see yourself. The person you see, is the person you will be.
- 3) Self-esteem: This is how much you like yourself. It is the source of your happiness.

The key to improving your outer world is to reprogram your subconscious mind, your inner world.

The way you short circuit your negative emotions and take control of your self-esteem is by accepting 100% responsibility of the person you are and for everything you accomplish. The starting point of transforming your thinking is to change your explanatory style.

The law of sow and reap. If you want something in the future, you have to something now.

Yes, you can even reprogram your mind to act and react better to the very people, events, or things that trigger you negatively now – if you change your self-image to that of which you want to be, not what you currently see.

Say, "I like myself, I like myself," over and over, until it is driven deeply into your subconscious.

Whenever you see a dysfunctional adult, you can almost always trace it back to a dysfunctional childhood. And a dysfunctional childhood was where the child was criticized, abused, or dysfunctionally punished by their parents when they were growing up.

One of the great insights is that it's never too late – to have a happy childhood.

It means that you have the choice. You have a choice to continue to replay all of the negativity about your childhood – or – you can interpret your childhood as an opportunity to turn what you learned from it, to good as you grew up. Imagine that your childhood was sent to you to teach you valuable lessons that you needed to know, in order to be successful, and happy, and to be a better father, husband, neighbor and friend.

You have the choice to look back on your childhood and you say, "Boy, it was sure lucky that those difficult things happened because they helped me learn insights that enable me to be far better with my own family, far better in my own adult life!"

Because by the law of cause and effect, whatever you've put in, you've gotten out. By the law of sowing and reaping, whatever you are reaping today is a result of what you sowed in the past. And you have complete control over what you sow in the present. If you want something more out of your life and relationships that is different and better in the future, you have to do something different now. The person you see, is the person you will be.



## SESSION 5: MENTAL LAWS THAT SHAPE YOUR FUTURE

(Notes - listen to the audio session first)

7 mental laws that determine your life and potential:

Law of cause and effect: Everything happens for a reason.

Law of control: You feel positive about yourself to the degree that you feel that you are in control of your own life.

Law of belief: Your intently held beliefs become your reality. You always act consistent to that of which you believe.

Law of expectation: Whatever you expect, with confidence, becomes your self-fulfilling prophecy.

Law of attraction: You attract into your life people and circumstances in harmony with your dominate thoughts.

Law of correspondence: Your outer world corresponds to the thoughts of your inner world.

Law of subconscious activity: Any thought held continuously in your conscious mind, must be brought into reality by your subconscious mind.

If you change your inner world, your outer world will change in three areas:

- 1) Relationships
- 2) Lifestyle:
- 3) Health and fitness

Here the characteristics of the subconscious mind that make it so powerful.

You may already experience triggers from past trauma events that are activated from your subconscious mind. When you ruminate about an event or a person that harmed you, running it through your mind over and over, your subconscious mind is sparking the turmoil in your brain. However, by reprogramming your subconscious mind, it can eliminate this trigger experience that can feel so painful.

Suddenly, without consciously thinking about it, you can find yourself not being triggered and eliminating the rumination of the bad event or person.

You don't have to think about the laws, because when you have a clear goal to forgive and improve your self-worth, the law of cause and effect goes to work. The cause is your thoughts about your goals. And the effect is moving towards your success to achieve these goals.

- The law of control goes to work. How do you control your thinking? You think about your goals of forgiveness and a healthy self-worth.
- The law of belief goes to work. You believe that everything you're doing is moving towards your goals of forgiveness and a healthy self-worth.
- The law of expectations. You expect that everything that happens will help you achieve your goals.
- The law of attraction - you continually attract people, circumstances, passages, and ideas to achieve your goals.
- The law of correspondence. Your outer world mirrors your inner world.
- And of course, the law of subconscious activity, working 24 hours a day, moving you more and more rapidly toward your goals of forgiveness and a healthy self-worth.

## SESSION 6: SEE YOU AS GOD SEES YOU

(Notes - listen to the audio session first)

What happens if we believe we're not enough?

- Those closest to us often get the worst of us
- We are uber-sensitive to even falsely perceived slights
- We spend our days attempting to prove we're enough
- It steadily erodes our confidence in Christ's love or ability
- The "real us" never becomes fully known, by anyone
- We isolate because it's very hard to stay in public; believing others can tell we're not enough
- We hide our struggles, addictions, and failures
- Achievement becomes the hollow proof we are enough

So regardless of what you did, the shame you feel for what you did before or how you see yourself, with Christ, you are perfected, and you ARE the righteousness of God!

The Bible offers several powerful messages and teachings on the topic of forgiveness and shame:

Therefore, there is now no condemnation for those who are in Christ Jesus. **Romans 8:1**

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come. **2 Corinthians 5:16**

Once you were alienated from God and were enemies in your minds because of your evil behavior. But now he has reconciled you by Christ's physical body through death to present you holy in his sight, without blemish and free from accusation. **Colossians 1:21-22**

He forgave us all our sins, having canceled the charge of our legal indebtedness, which stood against us and condemned us; he has taken it away, nailing it to the cross. **Col 2:13**

God made him who had no sin to be sin for us, so that in him we might become the righteousness of God. **2 Corinthians 5:21**

Do NOT repay evil with evil or insult with insult. On the contrary, repay evil with blessing, because to this you were called so that you may inherit a blessing. **1st Peter 3:9**

Focusing on your guilt and shame is looking at the law of SIN & NOT the love of the SON.

Heavenly Father, I injured myself and others by <what I did>.

As a result, I experienced <resentment> and <low self-image>.

I have held this debt long enough.

Just as Jesus values me, I value me.

I do not condone or excuse what I did – it was wrong.

However, my value and worth is more than what I did.

I choose to release this debt. I don't owe me anymore.

I choose to love me just as I am and just as You love me.

Just as you released my debt, I release my debt.

I forgive myself completely. I love myself completely.