

Worksheet 1 Expose the Lies

On any given day our mind presents us with a number of thoughts and recollections that trigger a whole host of emotions. Please read each statement below and for each, answer True or False (T/F). Take time to consider each statement prior to answering *"I often have this thought or feel this emotion."* True or False (T or F).

- ___ **Guilt:** It was my fault. It's often my fault. I keep getting it wrong.
I could have done more.
- ___ **Resentment:** I am resentful of others, their success, their happiness or I resent my parent(s).
- ___ **Sadness:** My thoughts are often more bad than good most days. I feel down frequently.
- ___ **Alone:** I feel alone, I crave more connection; I don't really trust others.
- ___ **Angry:** I express my anger in a number of ways, so that those who hurt me, hurt in return.
- ___ **Hopeless:** I often worry things won't get better. I wonder, "What's the point."
- ___ **Worthless:** I believe I am worth less than others yet seek their approval. I silently envy.
- ___ **Fearful:** I am afraid of rejection and lack confidence. Fear of failure stops me.
- ___ **Self Conscious:** I need to look at lots of photos of myself to find the one that works.
- ___ **Unloved:** Deep down I am unlovable and unworthy of love. I need to earn the love of another.

You may have answered 'true' to more than one, perhaps several, maybe all of the statements above. **Please know this**—it's common for those who faced adversity in their childhood home to feel these emotions and to have these thoughts. **You are not alone.**

See them for what they are, lies learned in childhood.

The good news is, there is a way for you to end any suffering that these thoughts and emotions cause you. To be free. To see them for what they are, lies learned in childhood.

So how do we do that? Awareness always comes first. Please read the questions below and for each answer yes or no (Y or N). Take time to consider each statement prior to answering.

- ___ Is it a child's job to control the actions of adults?
- ___ Have you asked your parent(s) this question, "what was life like in your childhood home?"
- ___ While the memory is there, are you still in the environment of your childhood home?
- ___ Do you feel as alone now as you did in your childhood home?
- ___ When you are angry at another, do you most often share with that person why?
- ___ Do most of the things you worry about, end up coming to be?
- ___ Is someone who experienced what you experienced in childhood, worth less than someone who didn't have to face such a challenge?
- ___ Could a weak person go through what you went through in your childhood home?
- ___ Is it likely that someone who believes they are guilty, resentful, sad, alone, angry, hopeless, worthless, fearful, self-conscious and unloved can objectively see in the mirror what others see?
- ___ Is it likely that someone who believes they are guilty, resentful, sad, alone, angry, hopeless, worthless, fearful, self-conscious and unloved could honestly believe they are worthy of love?

You may have answered no to more than one, perhaps several, maybe all of the questions. You may even have asked yourself, 'Why has no one asked me these questions before?' The unfortunate answer is because it's not something people talk about. That's why the lies remain lies. But herein is the secret—**questions addressing unspoken topics answered honestly, change the meaning of the experience.** After asking and answering these questions, the lies begin to unravel and the truths appear.

You have exposed the lies, now, reveal the truths.

Download Worksheet 2, Reveal the Truths at www.cdv.org to continue.