

# THE TOP TWENTY WORDLY LIES WE BELIEVE

1. I'm not good enough.
2. I need the approval of others to be valuable.
3. I am responsible for the actions and behaviors of others.
4. I can't say no with firmness and love and yes with honest authenticity.
5. God and me, that's all I need.
6. I need to hide pain, problems, and pressure.
7. I need to care for others and neglect my own God-given needs.
8. My relationships should meet all my needs.
9. The more I serve, the more God will love me.
10. My unhappiness is someone else's fault.
11. I only need to attend church to be spiritually healthy.
12. I have to accept being abused.
13. Life should be fair.
14. Other people should think and act like I do.
15. It's okay to care-take and enable others in their negative behaviors.
16. I can handle the stress; it's not really hurting me.
17. God should protect me from pain and suffering.
18. My problems are all my fault.
19. My physical health is not important.
20. If I sin, I must not be saved.