

UNHEALTHY

FREEDOM PYRAMID (B-T-E-A)

HEALTHY

The Circumstance

What actions are coming from the unhealthy emotion in 1?

Does 8 look more or less like obedience?

2. _____

8. _____

What unhealthy emotion are you experiencing?

If you feel 7 then what would be your action?

Ask Permission & Start Here: 1.

1. _____

7. _____

What thought(s) is causing the unhealthy emotion?

If you think 6 then what would be your emotion?

3. _____

6. _____

What does that mean to you? (Downward Arrow)

If you believe 5 then what would be your thought?

4. _____

5. _____

ACTIONS

EMOTIONS

THOUGHTS

BELIEFS

Potential to Share the Gospel:
(1) Circles of God in humanity &
(2) Romans 3:21-22 (NASB)

Identify God's Truth then summarize it above in 5

Apply Identity *IN* Christ to the Belief (Eph. 1:1-14)

- I AM 100% RIGHTEOUS IN CHRIST
- I AM 100% COMPLETE IN CHRIST
- I AM DEEPLY LOVED
- I AM TOTALLY FORGIVEN
- I AM WHO GOD SAYS I AM

RENEW


