Workaholic
Anxiety
I must succeed.

What actions are coming from the unhealthy emotion in 1?

1. Workaholic

Ask Permission & Start Here: 1. Anxiety

What unhealthy emotion are you experiencing?

2. I must succeed.

What thought(s) is causing the unhealthy emotion?

3. My Value = My Performance

What does that mean to you? (Downward Arrow)

4. Healthy Work Ethic

If you feel 7 then what would be your action?

5. Peace

If you think 6 then what would be your emotion?

6. I don’t have to succeed to be “good enough.”

If you believe 5 then what would be your thought?

7. My rightousness is from God, not work.

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
This righteousness from God comes through faith in Jesus Christ to all who believe.

RENEW

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