

UNHEALTHY

# FREEDOM PYRAMID (B-T-E-A)

HEALTHY

The Circumstance

What actions are coming from the unhealthy emotion in 1?

2. Workaholic

Does 8 look more or less like obedience?

Healthy Work Ethic 8.

What unhealthy emotion are you experiencing?

1. Anxiety

If you feel 7 then what would be your action?

Peace 7.

Ask Permission & Start Here:

What thought(s) is causing the unhealthy emotion?

3. I must succeed.

If you think 6 then what would be your emotion?

I don't have to succeed 6.  
to be "good enough."

What does that mean to you? (Downward Arrow)

4. My Value

= My Performance

If you believe 5 then what would be your thought?

My righteousness is 5.

from God, not work.

ACTIONS

EMOTIONS

THOUGHTS

BELIEFS

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

RENEW

Identify God's Truth then summarize it above in 5  
This righteousness from God comes  
through faith in Jesus Christ to all who  
believe.

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