

Chapter 6

Questions to Ponder

1. Now that you understand super-traits, can you identify any of these qualities within yourself (high tolerance, high empathy, extreme loyalty, etc.)? Do you understand how these very same traits need to be redirected toward yourself and healing well? How do you intend to apply each of these traits to yourself?
2. At this point in your healing journey, can you observe the impact shame has had on you? Describe what that has looked like in your life.
3. Trying harder does not stop the abusive cycle. What other faulty beliefs have you embraced that you now realize were lies all along?
4. How have you minimized your pain? What are some of the consequences you have experienced as a result of ignoring your pain?
5. Do you believe that trying just one more time will never result in your desire for change or bring an end to the abuse? If yes, explain why. If no, why not?

Prayer of Reflection

God, I am beginning to recognize faulty thinking that has kept me in bondage for a long time. I really believed that if I tried harder, prayed more, and believed enough, then he would change, and the abuse would stop. The fact that the abuse has not stopped, and has even gotten worse in many ways, has confused me. Certainly, I know how hard I have tried. And yet the only things I really have to show for it are exhaustion and despondency. Admittedly, I have really struggled with feeling angry with You too. At times even now, my faith falters, and I am tempted to give up. Being able to admit my feelings with You and toward You is liberating. I trust that because You understand me, You do not hold any of this against me. Your love for me is not based on what I do but on who You are. You do love me, and I thank You for loving me unconditionally. Help me to accept Your love and to trust in You when I cannot see the way. I did try so hard and got so little. Help me to believe that my pain is not wasted and that You intend to use it for good in my life. Help me to learn to truly love myself as You love me. Amen.

God's Enduring Promises

“Not by might nor by power, but by my Spirit,” says the LORD Almighty. (Zechariah 4:6)

Instead of your shame
you will receive a double portion,
and instead of disgrace
you will rejoice in your inheritance.
And so you will inherit a double portion in your land,
and everlasting joy will be yours. (Isaiah 61:7)

But as for me, I trust {confidently} in You and Your
 greatness, O LORD;
I said, "You are my God."
My times are in Your hands;
Rescue me from the hand of my enemies and from those
 who pursue and persecute me. (Psalm 31:14–15 AMP)

Trust in the LORD and do good;
 dwell in the land and enjoy safe pasture.
Take delight in the LORD,
 and he will give you the desires of your heart.
Commit your way to the LORD;
 trust in him and he will do this:
He will make your righteous reward shine like the dawn,
 your vindication like the noonday sun.
Be still before the LORD
 and wait patiently for him;
do not fret when people succeed in their ways,
 when they carry out their wicked schemes.
 (Psalm 37:3–7)