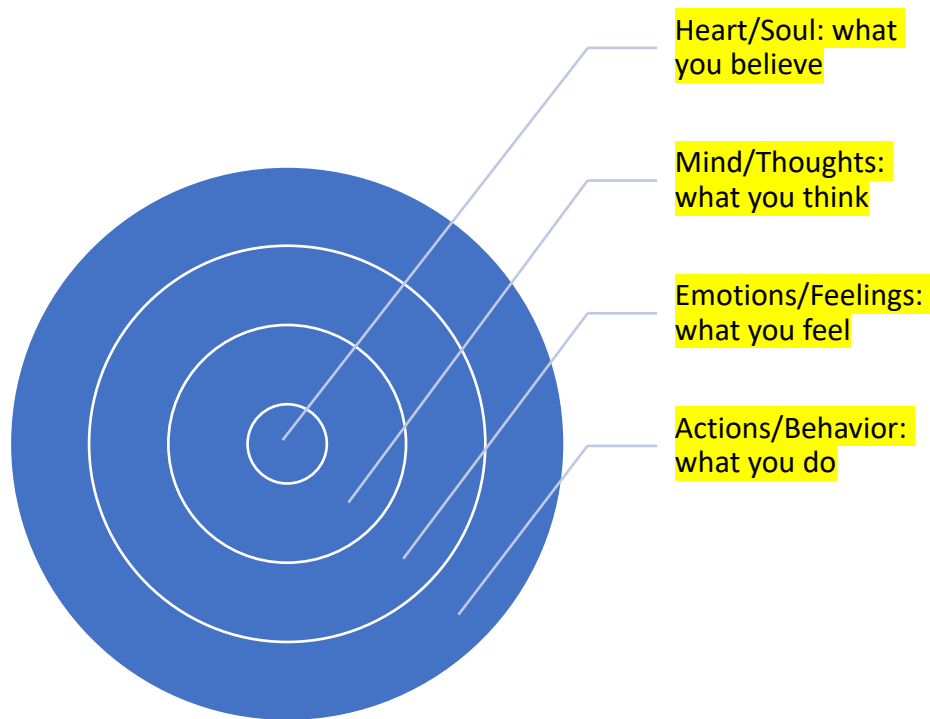


## TRACING BEHAVIOR BACK TO BELIEF

Verse: 2 Cor. 10:3-5 "For though we live in the world, we do not wage war as the world does. The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ."



### Example 1:

- ACTIONS: I behave in a passive-aggressive manner when someone provokes me
- EMOTIONS: I feel anger and defensiveness over their implied criticism
- MIND: I think I will feel better about myself if I put them down
- HEART: I believe I deserve their respect and admiration (i.e. I believe my value depends it)

### Example 2:

- ACTIONS: I avoid telling someone they've hurt or offended me
- EMOTIONS: I feel afraid, insecure, betrayed, angry, or bitter
- MIND: I think ignoring this person protects me and punishes them
- HEART: I believe that I deserve to be loved and appreciated by this person (i.e. My happiness is paramount to me showing this person love)

### Example 3:

- ACTIONS: I monopolize conversations and micro-manage discussions, decisions, and process
- EMOTIONS: I feel afraid, panicked, or vulnerable in new situations out of my control
- MIND: I think that everything must be done to my standard because my standard is the best
- HEART: I believe that God will be more pleased if things are done to my standards (i.e. Success depends on my perfection)