Do You Want to Be Healed?
Allowing God to Heal Brokenness in Your Life
WORKBOOK

The aim of this workbook is to walk you through things you probably already know but have never committed to paper or been able to visualize in one place. I always have found it helpful to use lists in order to outline where I am, where I want to be, and what I need to do to get there. The following 12 exercises do just that.

Here's how you use this workbook. First, do the exercise. The key is to be completely honest – don't hold back. You don't have to share your answers with anyone else. This is for you to use in your own healing process, so let it rip! Second, analyze your answers once you are done. Don't just blast through this thing. Really think about what you wrote down. Third, opposite each exercise is a notes page where you can pen some thoughts. This is where you can start formulating your action plan – how you are going to get from where you are to where you want to be! (See exercise on replacing reaction with an action.)

I started a new paragraph for "Fourth" because this is REALLY important. Once you do the three steps above, pick one or two things to start working on. DO NOT try too many things at once. The key to success in our healing process is incremental change. I liken it to eating an apple. The way you eat an apple is one bite at a time. If you try to swallow the whole apple at once you will choke. It is the same with these exercises. You may identify a couple dozen areas in your life that you want to transform. Now that you can see how to do it via these exercises, it may seem very exciting to get started on all of them! Then you will choke on the apple and be even more discouraged. Take a bite at a time – one or two areas that you identify and take intentional actions to make the changes. Once you have made progress in those couple areas, pick a couple more. Allow success to build on success. You will see incremental changes in your life and you will learn the process for this transformation to apply to other areas.

Lastly, choose the "low-hanging fruit" first. What I mean by that is choose areas in your life that are easier to heal than the deepest hurts first. Again, the idea is to build on success. You don't want to start by taking on the biggest demon in your life and getting bogged down in that fight as your first challenge. Build your way up to that fight by picking off the easier ones first, building on those successes and learning the process so you are ready when you step into the ring with the real beasts in your life.

Again, these exercises are not intended to tell you things you don't already know. They are intended to show them to you in a new way so that you can see them and then allow the Holy Spirit to start working on you! Remember, you can do nothing in your own power, so pray that the Holy Spirit is alive and active in your life and that he reveals to you the wisdom you need to work with him in this healing process.

I will be praying for you as well that God's love covers you and sustains you, that he provides for you and enables you, and that in His strength you defeat the demons in your life and are transformed in healed in a way you never thought possible.

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Exercise 1: SELF ASSESSMENT

In column one, list all the things on which you place value in your life. In column two, prioritize the things in column one. In column three, reprioritize them based on how God would want you to see your life. Do you place too much value one some things and not enough on others? Do you need to reprioritize your life?

Column 1 All things you value in life	Column 2 Your priorities	Column 3 God's priorities

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Exercise 2: TRIGGERS

Identify the things that trigger you (sights, sounds, smells, words, incidents, etc…) and put them in column one. In column two, write down your reaction to each of these triggers. In column three, right down how you would rather respond to your triggers. Exercise to replace re-action with action.

Column 1 Your triggers	Column 2 Reaction to trigger	Column 3 Action to replace reaction

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Exercise 3: FORGIVENESS #1

Identify people or incidents that still irritate or hurt you when you think about them. Write them down in column one. Identify the reason you are having trouble with the person or situation in column two. Determine what action you will take to forgive the situation in column three.

Column 1 People who hurt or irritate you	Column 2 Reason	Column 3 Action(s) needed to forgive

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Exercise 4: FORGIVENESS #2

Identify the people you have hurt along the way in column one. Write down how you are going to ask that person for forgiveness in column two.

Column 1 People you've hurt	Column 2 How will you ask them for forgiveness

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Exercise 5: HAS GOD BEEN IN YOUR LIFE?

Write down a list of all the memorable incidents in your life (good, bad, ugly) in column one. Then think about where God may have shown Himself in those incidents. Write that down in column two. Do you see a pattern of where God shows up in your life? Do you see that God really is involved with you even though you don't see it at the time?

Column 1 Memorable incidents in your life	Column 2 How did God show Himself

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Exercise 6: PRAYER

Write down the prayers you sent God's way over your life in column one. Include the smallest to the largest. In column two, write down if He answered them or not and how He answered them. In column three, see if you can determine if your prayer was within God's will for your life and consistent with who God is in your life. For example, if I pray for riches, I probably won't get that, because it's not God's will for me.

Column 1 Prayers, large and small	Column 2 Answered (yes or no); how He answered.	Column 3 Within God's will and consistent with who He is in your life?

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Exercise 7: WHO ARE YOU?

Write down your character traits, values, and morals in column one. In column two write down who you think God wants you to be. For example in column one it may say "angry"; column two may say "patient." Think about how you are going to make changes in your life to live more like God wants you to instead of how you are living currently.

Column 1 Your character traits, values, morals	Column 2 Who does God want you to be?	Column 3 How to change

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Exercise 8: NEGATIVE SELF-TALK

In column one, write down all the negative things you say about yourself. In column two, write down whether that is the truth, or is it a lie, or is it partially true if you spin it the right way. In column three, list how God sees you instead of how you see yourself on each of these negative things.

Column 1 Negative thoughts about self	Column 2 True, lie, partially true?	Column 3 How does God see you?

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Exercise 9: WHAT DO YOU VALUE?

In column one, write down all the things on which you place value in your life. In column two, rank the things you've written in column one. In column three, determine if you place too much, too little, or just enough value on these things. In column four, rank the things in column one based on how you should value them. Adjust your life accordingly.

Column 1 What do you place value on?	Column 2 Rank	Column 3 Too much, too little, or just enough value	Column 4 How should you value them?

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Exercise 10: BATTLE PLANNING

Sometimes you have to manage a situation that you know will trigger you but you can't avoid it. In those situations, you must have a plan. In column one, write down things that can trigger you (such as going to the store when it's crowded, or doing a family event). Then, in column two, write down how you will mitigate the situation – what is your Battle Plan to minimize the trigger? For example, going to the store – mitigate and minimize by going earlier in the morning or later at night when less people are there. Never walk into a situation you know will trigger you without a Battle Plan.

Column 1 Triggers	Column 2 How to mitigate the situation

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Exercise 11: WHOSE ROCKS ARE YOU CARRYING?

In life, there are things for which we are absolutely responsible. Things we must own. But, there are also things we don't own – they belong to someone else. Unfortunately, many people end up carrying other people's rocks – taking responsibility for things that are not theirs to own. Conversely, sometimes people don't actually take ownership of the stuff that is theirs. This exercise is about an honest assessment of whose rocks you're carrying. In column one, write down the issues in your life for which you are responsible – be honest. In column two, write down issues you are carrying that actually do not belong to you, but are someone else's issue. In column three, write down how you are going to deal with either your issues in column one or letting go of issues that are not yours in column two.

Column 1 Issues in life for which you are responsible	Column 2 Issues you are carrying that belong to someone else	Column 3 How will you deal with your issue? How will you let go of other's issue?

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Exercise 12: WORKING TOWARD YOUR STRENGTHS OR WEAKNESSES

Our everyday lives are filled with tons of responsibilities, decisions, and actions we have to take. Sometimes we can feel overwhelmed by it all. But part of the reason we feel overwhelmed is we may not be working to our strengths, but instead working toward our weaknesses. When we do things that work to our strengths – things we are good at – we barely take notice of them, because it all seems so easy. We are confident of our abilities and we attack the problem with our full focus. However, when we are working toward our weaknesses, we are hesitant and unsure. We don't attack the problem, but instead ease into it worried that we are going to fail, which then becomes a self-fulfilled prophecy. This exercise is aimed at learning your strengths, weaknesses and which you are using for what purposes in your life.

In column one, list your strengths – things you are good at either naturally or through learned aptitude. In column two, list your weakness – things you stink at. In column three, list the responsibilities, decisions, and actions you have to take daily. In column four, list whether the issue in column three works toward your strength or weakness. Once you determine the things that work toward your weakness, determine in column five how you are going to change it to make it work toward a strength instead. Sometimes, we're stuck and we have to do things that simply are not our strength. But, sometimes we have the opportunity to adjust how we do things so that we are more successful. See if this exercise helps you figure out how best to make your life work toward your strengths.

Column 1 Your strengths	Column 2 Your weaknesses	Column 3 Daily responsibilities, decisions, actions	Column 4 Does this work toward your strength or weakness?	Column 5 How are you going make it work toward your strength?

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