

WORKSHEET FOR NEGATIVE SELF-PERCEPTIONS

Instructions: On the back of this sheet, list negative perceptions you have about yourself. For each perception, think biblically about it and then place it in the appropriate column below (top row). On the bottom row, indicate what needs to change.

Inaccurate	Accurate but not Sinful	Accurate and Sinful
<i>Needed Change in Perceptions</i>	<i>Needed Change in Values</i>	<i>Needed Change in Actions</i>