

Identifying and Confronting Emotional Lies

Primary Negative Emotion	Related Lies	Scriptural Truth
<p>Sadness Abandonment Shame</p>	<p>I am alone. I will always be alone. I have been overlooked. They do not need me. I don't matter. No one even cares. They are not coming back. There is no one to protect me. God has forsaken me too. No one will believe me. I cannot trust anyone. I am afraid they won't come back.</p>	<p>Hebrews 13:5 <i>"...I will never leave you nor forsake you."</i> Psalm 139:5 <i>"You hem me in, behind and before, and lay your hand upon me."</i> Psalm 139:17 <i>"How precious to me are your thoughts, O God! How vast is the sum of them!"</i></p>
<p>Shame Tainted</p>	<p>I am so stupid and ignorant; an idiot. I should have done something to stop it from happening. I allowed it. I was a participant. I should have known better. It was my fault. I should have told someone. I knew what was going to happen, yet I stayed anyway. I felt pleasure, so I must have wanted it. I was a participant. It happened because of my looks, my gender, my body, etc. I should have stopped them. I did not try to run away. I deserved it. I am cheap, like a slut. I was paid for service rendered. I kept going back. I did it to him/her first. I'm bad, dirty, shameful, sick, nasty, etc. I am dirty, shameful, evil, perverted, etc., because of what happened to me. My life is ruined. I will never feel clean again. Everyone can see my shame, filth, dirtiness, etc. I will always be hurt, damaged, broken because of what has happened. I will never be happy. I will always be unclean, filthy, etc. God could never want me after what has happened to me. My body parts are dirty.</p>	<p>Romans 6:21-22 <i>"But what fruit were you getting at that time from the things of which you are now ashamed? For the end of those things is death. But now that you have been set free from sin and have become slaves of God, the fruit you get leads to sanctification and its end, eternal life."</i> Psalm 139:14 <i>"I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well."</i></p>
<p>Hopeless Despair</p>	<p>It is never going to get any better. There is no way out. It will just happen again</p>	<p>Jeremiah 32:17 <i>"Ah, Lord GOD! It is you who have</i></p>

Confusion	<p>and again. There is no good thing for me. I have no reason to live. There are no options for me. I just want to die. Nothing good will ever come of this.</p> <p>I don't know what is happening to me. Everything is confusing. This does not make any sense. Why would they do this to me. <i>(This lie is sometimes confused with demonic interference. Demons will cause confusion in a memory which will feel much like a confusion lie.)</i></p>	<p><i>made the heavens and the earth by your great power and by your outstretched arm! Nothing is too hard for you."</i></p> <p>Romans 8:28 <i>"And we know that for those who love God all things work together for good, for those who are called according to his purpose."</i></p> <p>Proverbs 3:5-6 <i>"Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths."</i></p>
Powerlessness/ Trapped	<p>I cannot stop this. He/she/they are too strong to resist. There is no way out. I am too weak to resist. The pain is too great to bear. I cannot get away. I am going to die, and cannot do anything about it. I cannot get loose. I am overwhelmed. I don't know what to do. Everything is out of control. I am too small to do anything.</p>	<p>Philippians 4:13 <i>"I can do all things through him who strengthens me."</i></p> <p>Romans 8:11 <i>"If the Spirit of him who raised Jesus from the dead dwells in you, he who raised Christ Jesus from the dead will also give life to your mortal bodies through his Spirit who dwells in you."</i></p>
Fear	<p>I am going to die. He/she/they is going to hurt me. I do not know what to do. If I tell, they will come back and hurt me. If I trust, I will die. He/she/they are coming back. It is just a matter of time before it happens again. If I let him/her them/ into my life, they will hurt me too. Something bad will happen if I tell, stop it, or confront it. They are going to get me. Doom is just around the corner. He/she/they will kill me.</p>	<p>Matthew 10:28 <i>"And do not fear those who kill the body but cannot kill the soul. Rather fear him who can destroy both soul and body in hell."</i></p> <p>Philippians 4:6 <i>"Do not be anxious about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God."</i></p>
Invalidation	<p>I am not loved, needed, wanted, cared</p>	<p>Romans 5:8 <i>"but God</i></p>

	<p>for, or important. They do not need me. I am worthless and have no value. I am unimportant. I was a mistake. I should never have been born. I am in the way. I am a burden. I was never liked by them because I was _____. God could never love or accept me. I could never be as _____ as he/she. I could never jump high enough to please him/her. I am not acceptable.</p>	<p><i>shows his love for us in that while we were still sinners, Christ died for us.”</i> <i>Matthew 10:29-31 “Are not two sparrows sold for a penny? And not one of them will fall to the ground apart from your Father. But even the hairs of your head are all numbered. Fear not, therefore; you are of more value than many sparrows.”</i></p>
--	--	--

Rev. Jeffrey Pokone, has been a Biblical counselor and Center Director with the Indiana Biblical Counseling Center since 1998. He counsels in the following areas; marriage, trauma and abuse, sexual addictions, spiritual conflicts, and relationships. Jeff has been married for over 30 years to his wife Suzette and has five adult children.

© The Indiana Biblical Counseling Center <https://www.indianabcc.com/>