

SERIES: I'M NOT ANGRY!

Part 4B: I'm A Loser

John 4:14; John 10:10b; 1 John 4:9-10

Last week:

Point I. B.

2) Identify any shame-based characteristics you grew up with

a) Verbal shaming

b) Value comes through performance

c) Unspoken _____ dominate a _____ environment

d) _____ for value and meaning
_____ of God

e) Preoccupied with _____ and _____

f) Creates people who are experts at _____ -
_____ skills

g) Emotions are not _____ and

3) _____ any shame traits that
_____ you

a) Do you think a lot of negative _____
about yourself?

b) Do you _____ or _____ mistakes
when you make them?

c) Do you have a hard time _____
boundaries?

d) Do you have a hard time _____ people?

e) Do you base your _____ on your performance?

f) Do you seek a _____ ?

Horizontal lines for taking notes.

