

INSTRUCTIONS

HOW TO USE THESE JOURNAL PAGES

The following journal pages are designed to help you learn to identify the lies that are currently poisoning your mind, and replace them with positive truths. Here are some tips to help you get started on this journey:

- Remember to date each page labeled "The Lie." This will help you remember when you identified the lie, how long you have been working on it, and it will help you track your progress.
- Once you've identified "The Lie," carefully consider the source of the lie and any triggers that may compound the lie in your mind. For example, if "The Lie," is that you are ugly, perhaps the source is childhood bullying and triggers may be certain clothes, phrases, places, or people.
- Be honest! No one needs to see these pages. They are only for your private use unless you choose to share them. **Don't hold back! Get it all out.** You will be glad that you did, especially as you see the progress you will make over time.
- Use "The Truth" page to counter "The Lie." What actions can you take to change your thought processes? What does the Bible have to say about this lie and/or its sources? What are some additional quotes about this issue that inspire you? Is there anyone that can help you with this issue?
- Be prepared to have to return to "The Lie" over and over again. This is something you've probably battled for a long time. It won't go away overnight. You may need to print multiple pages for more pervasive lies. That's ok! Take your time and be thorough.
- If you have any questions, feedback, or testimonials, please feel free to contact me at: haplesshousewifery@gmail.com

*I'm praying for you! God bless,
Hapless Housewifery*

THE LIE

DATE TODAY

TRIGGERS

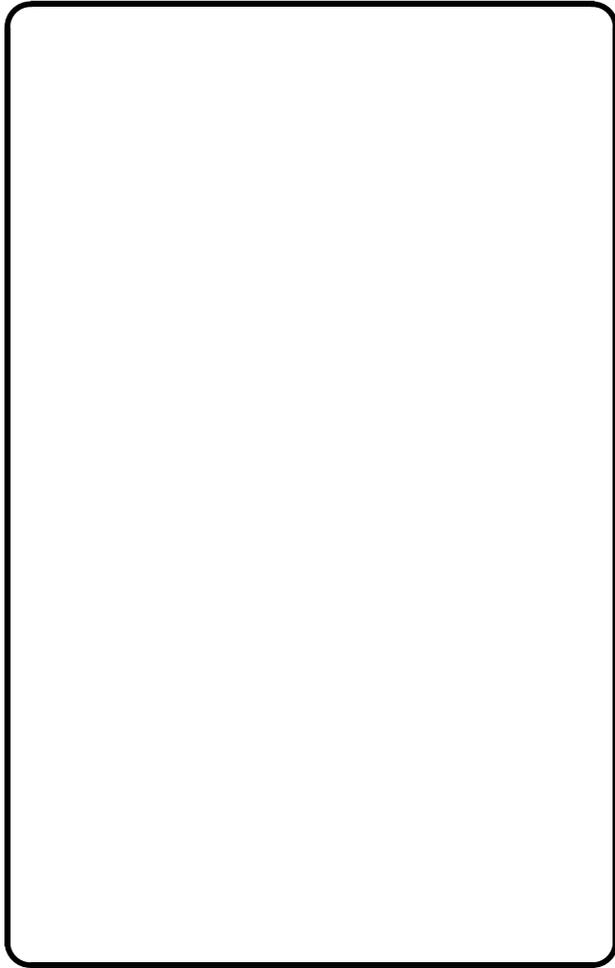
THE LIE I BELIEVE

SOURCE

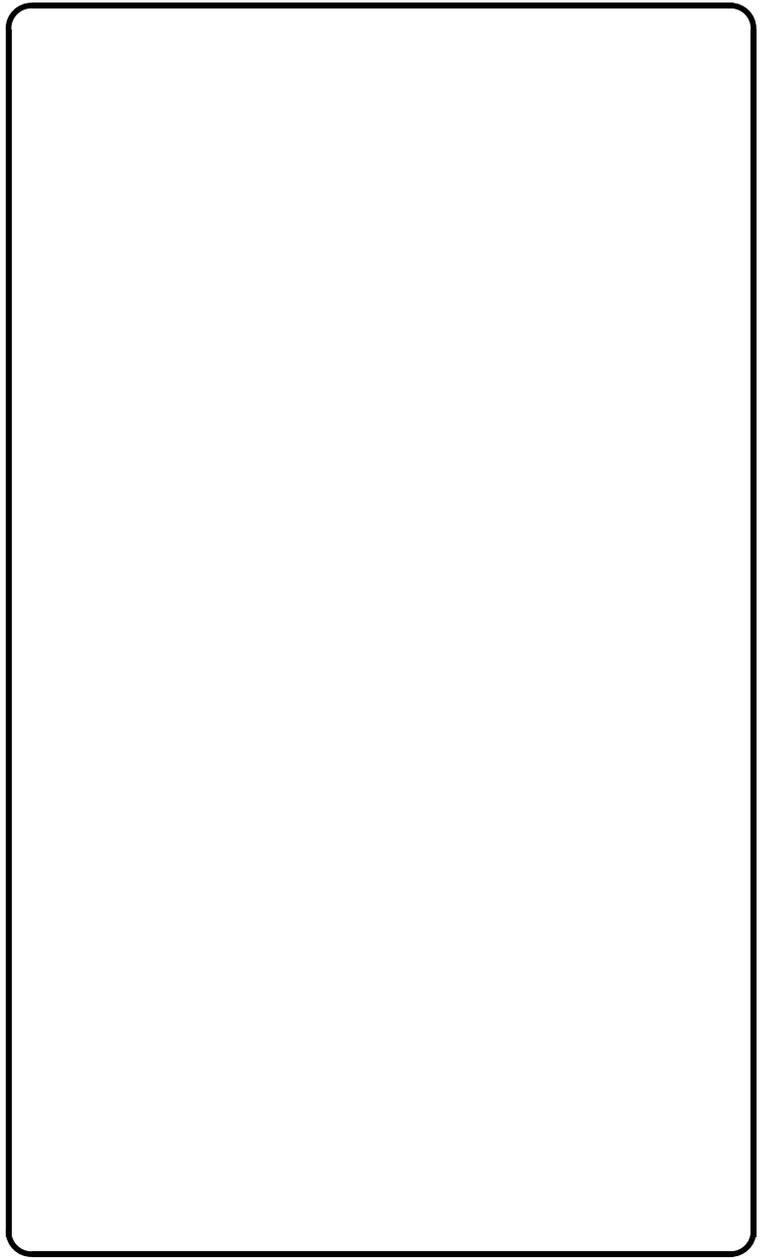
HOW IT EFFECTS ME

THE TRUTH

ACTIONS TO TAKE



THE TRUTH GOD BELIEVES



THOUGHTS

