



# SINFUL EMOTIONAL SURVIVAL PLAN

## STAGE 1: REGROUPING IN YOUR MIND



REFUSING TO FACE

PAIN

Refusing to turn to God and His resources

Lust for pleasurable feelings: to be comfortable, secure, feel good

Fantasizing; Idealizing

Ignoring problems – Avoidance

Minimizing, excusing, or rationalizing own and/or other's sins

Allowing loved ones to use or abuse you

Blaming others for your own problems/sin

Fearing rejection if strong stands are taken

Needing to be needed, being a savior, rescuer, and/or protector

Pleasing people – Giving to receive

Relying on formulas and/or programs to succeed

Refusing to admonish, confront; not wanting to rock the boat

Fearing failure or risks of obedience

Putting self in superior or more spiritual position

Escaping – Keeping busy to avoid thinking/feeling

Excessive behaviors to block reality

Procrastination; being lazy, not carrying our good intentions

THE  
GOAL



THE  
IDEAL  
LIFE



BE HAPPY

BE PAIN FREE

BE  
COMFORTABLE

FIND SECURITY

EXPERIENCE  
PLEASURE

WE PURSUE  
THESE GOALS  
UNTIL WE ARE  
FORCED TO  
FACE REALITY

- These are “mind games” that you create in an to lift you above your painful circumstances.
- These “mind games” produce sinful behaviors.
- These responses to painful reality ultimately cause major problems