



SINFUL EMOTIONAL SURVIVAL PLAN

STAGE 2: DEALING WITH DISILLUSIONMENT



FORCED TO FACE

REALITY

- Refusing to turn to God and His resources →
- Anger at God and His plans →
- Not seeking accountability →
- Withdrawal – building walls of self-protection →
- Expressing anger toward painful reality, difficult people & God →
- Claiming personal rights →
- Deeper retreat into escapes, excessive behaviors →
- Intolerant of others' sins →
- Self-righteous →
- Martyr – “Poor Me! How can this happen after all I’ve done” →
- Jealous, envious of others →
- “I don’t deserve this!” →
- Deadening/hardening of feelings toward God and others →
- Blame shifting →
- Forcing people to compete with your fantasy/ideal world →
- Not loving and accepting others unconditionally →
- Unwillingness to suffer →
- Trying to overtly control others →
- Resignation – Loss of hope in God to change people or situation →
- Depression – “I give up” →

PURSUIT OF

**THE
IDEAL
LIFE**

BECOMES
DISILLUSIONMENT
WHEN REALITY
HITS!!

DISILLUSIONMENT
OCCURS BECAUSE

Mind Games
People-pleasing
Avoidance

NO LONGER
COVER YOUR
PAINFUL REALITY

**YOU CAN
NO LONGER
REGROUP
IN YOUR MIND**