

Finding Traction Course

Lesson 1 Worksheet - Do I have a Problem?

I. Content

A. Introduction

B. Denial

- 1. Minimization**
- 2. Comparison**
- 3. Justification**
- 4. Blaming**
- 5. Diversion/Distraction**
- 6. Legalism**

C. Deception

Here is the full truth of the matter. You are not going to be able to proceed very far on the journey of recovery unless you are willing to “rigorously” practice two things - Humility (rather than pride) and Honesty (rather than deception).

II. Application Tool

- A. Because we have become adept at practicing denial with ourselves – “upselling” ourselves so to speak – we cannot even trust in our ability to do a proper inventory of our lives. This is why we must start with God. I need Him to lead me and search me and inventory me!

Pray the following prayer out loud to start yourself on this journey

Psalm 139:23–24 (NIV) Search me, God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.

- B. Go back and review the forms of denial and ask yourself – which ones do I employ?

Form of denial _____

Way it plays its way out in my thinking/acting

Form of denial _____

Way it plays its way out in my thinking/acting

- C. Go back and review the forms of deception and ask yourself – which ones do I employ?

Form of deception _____

Way it plays its way out in my thinking/acting

Form of deception_____

Way it plays its way out in my
thinking/acting_____

III. Supporting Resource

Podcast: Walking Lessons for Christians – Nate Larken – Episode 2 – the River of Denial

Podcast: 077 Porn Free Radio – 7 Deadly Excuses