

the . ultimate journey

Explore Truth • Discover Love • Walk In Freedom

Allying Yourself Handbook

**A 21-day step by step guide
to experiencing
emotional wholeness and
spiritual transformation**

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Congratulations on completing Phase 1 of The Ultimate Journey!

You unpacked your unfinished business, you felt an array of emotions, you allowed the Holy Spirit to expose the lies you believed, and you sided with God for yourself by being your own ally.

It is very easy to forget the importance of being your own ally when life is busy. You learned in Phase 1 to care for your heart and you don't want to leave and neglect the part of you that you found to be so important to you and to God. Remember how good it felt when you put your hand on your heart or wrote yourself letters and validated your feelings, comforted yourself, and told yourself the truth. Remember how the burden lifted and you experienced peace and healing. Remember the relief you felt when you heard yourself say, "I forgive you."

While you have worked through much of your past, there is a present and future that will at times come with pain, heartache, struggles, and disappointments. This handbook will help you remember to keep allying yourself so you can continue to receive the love, acceptance, forgiveness, truth, and freedom that Jesus desires for you whenever and for whatever you face. You will have a healthy soul as you continue to side with God's truth for yourself instead of the enemy's lies against yourself.

Remember: FEELINGS ARE FOR FEELING, NOT FOR FIXING!

Denying our feelings by minimizing them, pushing them down, or numbing them out is disastrous to our emotional wholeness and well-being. If you have found yourself struggling with addictions, they are the result of using false substitutes to try to escape or feel good, rather than comforting yourself with the love and comfort of Christ by allying yourself. We also need to forgive ourselves when we "blow it," even if we think we should have known better. When we forgive ourselves, we are allowing the forgiveness of Christ to

be applied as we come into agreement with Him. Otherwise, we carry our shame around which leads to more destructive, unhealthy behavior.

Consistent repetition is the key to building a new habit. It takes at least 21 days of doing something repeatedly for your brain to develop new neuropathways. This handbook is designed to help you practice the skill of being your own ally; which is the key to experiencing emotional wholeness and spiritual transformation on your journey.

How to use this handbook:

As you go through your day, situations will happen that will cause you to react in certain ways. They will often trigger emotions connected to the messages you came to believe about yourself from your childhood experiences. As a result, you will respond in positive or negative ways. When something is said or done that affects you, you will put TACT into action.

TACT is the ability to tell the truth in a way that considers your feelings and reactions and allows you to say the right thing to preserve your relationship with yourself.

For each day, you will walk through this process as outlined in the pages of this handbook:

T – Trigger: Write down what was said or done that affected you.

A – Acknowledge and accept any feelings you are feeling about the situation/event.

C – Comfort yourself by paying attention to what you need to hear from yourself as the ally.

T – Talk truth to yourself by identifying the messages/lies you are believing regarding the situation and then replacing them with the truth.

Once you are ready to talk to yourself, put your hand on your heart and tell yourself what you are needing to hear. If it helps to think of your heart as that little child like you did in Phase 1, feel free to say, Little _____ (your name) and then continue with allying yourself.

Now you will be able to celebrate your “wins” as you become good at caring for your heart daily through being your own ally. You will become a healthy vessel for Christ to live in and through to bless others.

EXAMPLE DAY

TACT is the ability to tell the truth in a way that considers your feelings and reactions and allows you to say the right thing to preserve your relationship with yourself.

T - Trigger

What was said or done in the situation that affected you?

I didn't get the approval I was looking for.

A - Acknowledge what you are feeling. I'm feeling:

- | | | |
|--|--|--------------------------------------|
| <input type="checkbox"/> sad | <input type="checkbox"/> lonely | <input type="checkbox"/> angry |
| <input checked="" type="checkbox"/> hurt | <input type="checkbox"/> abandoned | <input type="checkbox"/> frustrated |
| <input type="checkbox"/> disappointed | <input checked="" type="checkbox"/> rejected | <input type="checkbox"/> anxious |
| <input type="checkbox"/> discouraged | <input type="checkbox"/> inadequate | <input type="checkbox"/> afraid |
| <input type="checkbox"/> helpless | <input checked="" type="checkbox"/> unloved | <input type="checkbox"/> embarrassed |
| <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ |

C - Comfort yourself: What does your heart need to hear?

- ☒ "I'm sorry that happened."
- ☒ "It's okay to feel what you are feeling."
- ☐ "I am here for you."
- ☐ "I really care about what you are going through."
- ☒ "God loves you and I do too."
- ☒ "I am for you."
- ☐ "I won't leave you."

EXAMPLE DAY

T - Talk Truth to yourself.

Identify the messages/lies you are telling yourself:

- | | |
|--|--|
| <input checked="" type="checkbox"/> You're not good enough | <input checked="" type="checkbox"/> You're abandoned |
| <input checked="" type="checkbox"/> You're not lovable | <input type="checkbox"/> You're stupid |
| <input type="checkbox"/> You're not important | <input type="checkbox"/> You're shameful |
| <input type="checkbox"/> You're a burden | <input type="checkbox"/> You're not wanted |
| <input type="checkbox"/> You're a mistake | <input type="checkbox"/> You don't matter |
| <input type="checkbox"/> You're a failure | |
| <input type="checkbox"/> You have to be perfect, it's not ok to make mistakes | |
| <input type="checkbox"/> Other people's needs are more important than your own | |
| <input type="checkbox"/> It's your job to make other people happy | |
| <input type="checkbox"/> It's not okay for you to express your feelings | |
| <input type="checkbox"/> Other _____ | |

Allying Yourself: What is the truth?

Put your hand on your heart and say to yourself:

I know when you didn't get the approval you were looking for, (Trigger)

you felt hurt, rejected, and unloved. (Acknowledge Feelings)

(What does your heart need to hear?) I'm sorry that happened. It's ok to feel what you are feeling. God loves you and I do too. I am for you. (Comfort)

You are believing you're not good enough, you're not lovable, and you're abandoned. (Messages/Lies)

The truth is, God is your audience of one. I approve of you. Your lovability does not depend on what other people think. I love you, and you are worth me standing by you and being there for you no matter what. (Truth)

DAY 1

TACT is the ability to tell the truth in a way that considers your feelings and reactions and allows you to say the right thing to preserve your relationship with yourself.

T - Trigger

What was said or done in the situation that affected you?

A - Acknowledge what you are feeling. I'm feeling:

- | | | |
|---------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> sad | <input type="checkbox"/> lonely | <input type="checkbox"/> angry |
| <input type="checkbox"/> hurt | <input type="checkbox"/> abandoned | <input type="checkbox"/> frustrated |
| <input type="checkbox"/> disappointed | <input type="checkbox"/> rejected | <input type="checkbox"/> anxious |
| <input type="checkbox"/> discouraged | <input type="checkbox"/> inadequate | <input type="checkbox"/> afraid |
| <input type="checkbox"/> helpless | <input type="checkbox"/> unloved | <input type="checkbox"/> embarrassed |
| <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ |

C - Comfort yourself: What does your heart need to hear?

- ☐ "I'm sorry that happened."
- ☐ "It's okay to feel what you are feeling."
- ☐ "I am here for you."
- ☐ "I really care about what you are going through."
- ☐ "God loves you and I do too."
- ☐ "I am for you."
- ☐ "I won't leave you."

DAY 1

T - Talk Truth to yourself.

Identify the messages/lies you are telling yourself:

- | | |
|--|--|
| <input type="checkbox"/> You're not good enough | <input type="checkbox"/> You're abandoned |
| <input type="checkbox"/> You're not lovable | <input type="checkbox"/> You're stupid |
| <input type="checkbox"/> You're not important | <input type="checkbox"/> You're shameful |
| <input type="checkbox"/> You're a burden | <input type="checkbox"/> You're not wanted |
| <input type="checkbox"/> You can't make mistakes | <input type="checkbox"/> You're a failure |
| <input type="checkbox"/> Other people's needs are more important than your own | |
| <input type="checkbox"/> It's your job to make other people happy | |
| <input type="checkbox"/> It's not okay for you to express your feelings | |
| <input type="checkbox"/> Other _____ | |

Allying Yourself: What is the truth?

Put your hand on your heart and say to yourself:

I know when _____

_____ (Trigger)

you felt _____

_____ (Acknowledge Feelings)

_____ (What does your heart need to hear?)

_____ (Comfort)

You are believing _____

_____ (Messages/Lies)

The truth is, _____

_____ (Truth)

DAY 2

TACT is the ability to tell the truth in a way that considers your feelings and reactions and allows you to say the right thing to preserve your relationship with yourself.

T - Trigger

What was said or done in the situation that affected you?

A - Acknowledge what you are feeling. I'm feeling:

- | | | |
|---------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> sad | <input type="checkbox"/> lonely | <input type="checkbox"/> angry |
| <input type="checkbox"/> hurt | <input type="checkbox"/> abandoned | <input type="checkbox"/> frustrated |
| <input type="checkbox"/> disappointed | <input type="checkbox"/> rejected | <input type="checkbox"/> anxious |
| <input type="checkbox"/> discouraged | <input type="checkbox"/> inadequate | <input type="checkbox"/> afraid |
| <input type="checkbox"/> helpless | <input type="checkbox"/> unloved | <input type="checkbox"/> embarrassed |
| <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ |

C - Comfort yourself: What does your heart need to hear?

- ☐ "I'm sorry that happened."
- ☐ "It's okay to feel what you are feeling."
- ☐ "I am here for you."
- ☐ "I really care about what you are going through."
- ☐ "God loves you and I do too."
- ☐ "I am for you."
- ☐ "I won't leave you."

DAY 2

T - Talk Truth to yourself.

Identify the messages/lies you are telling yourself:

- | | |
|--|--|
| <input type="checkbox"/> You're not good enough | <input type="checkbox"/> You're abandoned |
| <input type="checkbox"/> You're not lovable | <input type="checkbox"/> You're stupid |
| <input type="checkbox"/> You're not important | <input type="checkbox"/> You're shameful |
| <input type="checkbox"/> You're a burden | <input type="checkbox"/> You're not wanted |
| <input type="checkbox"/> You can't make mistakes | <input type="checkbox"/> You're a failure |
| <input type="checkbox"/> Other people's needs are more important than your own | |
| <input type="checkbox"/> It's your job to make other people happy | |
| <input type="checkbox"/> It's not okay for you to express your feelings | |
| <input type="checkbox"/> Other _____ | |

Allying Yourself: What is the truth?

Put your hand on your heart and say to yourself:

I know when _____

(Trigger)

you felt _____

(Acknowledge Feelings)

(What does your heart need to hear?) _____

(Comfort)

You are believing _____

(Messages/Lies)

The truth is, _____

(Truth)

DAY 3

TACT is the ability to tell the truth in a way that considers your feelings and reactions and allows you to say the right thing to preserve your relationship with yourself.

T - Trigger

What was said or done in the situation that affected you?

A - Acknowledge what you are feeling. I'm feeling:

- | | | |
|---------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> sad | <input type="checkbox"/> lonely | <input type="checkbox"/> angry |
| <input type="checkbox"/> hurt | <input type="checkbox"/> abandoned | <input type="checkbox"/> frustrated |
| <input type="checkbox"/> disappointed | <input type="checkbox"/> rejected | <input type="checkbox"/> anxious |
| <input type="checkbox"/> discouraged | <input type="checkbox"/> inadequate | <input type="checkbox"/> afraid |
| <input type="checkbox"/> helpless | <input type="checkbox"/> unloved | <input type="checkbox"/> embarrassed |
| <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ |

C - Comfort yourself: What does your heart need to hear?

- ☐ "I'm sorry that happened."
- ☐ "It's okay to feel what you are feeling."
- ☐ "I am here for you."
- ☐ "I really care about what you are going through."
- ☐ "God loves you and I do too."
- ☐ "I am for you."
- ☐ "I won't leave you."

DAY 3

T - Talk Truth to yourself.

Identify the messages/lies you are telling yourself:

- | | |
|--|--|
| <input type="checkbox"/> You're not good enough | <input type="checkbox"/> You're abandoned |
| <input type="checkbox"/> You're not lovable | <input type="checkbox"/> You're stupid |
| <input type="checkbox"/> You're not important | <input type="checkbox"/> You're shameful |
| <input type="checkbox"/> You're a burden | <input type="checkbox"/> You're not wanted |
| <input type="checkbox"/> You can't make mistakes | <input type="checkbox"/> You're a failure |
| <input type="checkbox"/> Other people's needs are more important than your own | |
| <input type="checkbox"/> It's your job to make other people happy | |
| <input type="checkbox"/> It's not okay for you to express your feelings | |
| <input type="checkbox"/> Other _____ | |

Allying Yourself: What is the truth?

Put your hand on your heart and say to yourself:

I know when _____

(Trigger)

you felt _____

(Acknowledge Feelings)

(What does your heart need to hear?) _____

(Comfort)

You are believing _____

(Messages/Lies)

The truth is, _____

(Truth)

DAY 4

TACT is the ability to tell the truth in a way that considers your feelings and reactions and allows you to say the right thing to preserve your relationship with yourself.

T - Trigger

What was said or done in the situation that affected you?

A - Acknowledge what you are feeling. I'm feeling:

- | | | |
|---------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> sad | <input type="checkbox"/> lonely | <input type="checkbox"/> angry |
| <input type="checkbox"/> hurt | <input type="checkbox"/> abandoned | <input type="checkbox"/> frustrated |
| <input type="checkbox"/> disappointed | <input type="checkbox"/> rejected | <input type="checkbox"/> anxious |
| <input type="checkbox"/> discouraged | <input type="checkbox"/> inadequate | <input type="checkbox"/> afraid |
| <input type="checkbox"/> helpless | <input type="checkbox"/> unloved | <input type="checkbox"/> embarrassed |
| <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ |

C - Comfort yourself: What does your heart need to hear?

- ☐ "I'm sorry that happened."
- ☐ "It's okay to feel what you are feeling."
- ☐ "I am here for you."
- ☐ "I really care about what you are going through."
- ☐ "God loves you and I do too."
- ☐ "I am for you."
- ☐ "I won't leave you."

DAY 4

T - Talk Truth to yourself.

Identify the messages/lies you are telling yourself:

- | | |
|--|--|
| <input type="checkbox"/> You're not good enough | <input type="checkbox"/> You're abandoned |
| <input type="checkbox"/> You're not lovable | <input type="checkbox"/> You're stupid |
| <input type="checkbox"/> You're not important | <input type="checkbox"/> You're shameful |
| <input type="checkbox"/> You're a burden | <input type="checkbox"/> You're not wanted |
| <input type="checkbox"/> You can't make mistakes | <input type="checkbox"/> You're a failure |
| <input type="checkbox"/> Other people's needs are more important than your own | |
| <input type="checkbox"/> It's your job to make other people happy | |
| <input type="checkbox"/> It's not okay for you to express your feelings | |
| <input type="checkbox"/> Other _____ | |

Allying Yourself: What is the truth?

Put your hand on your heart and say to yourself:

I know when _____

_____ (Trigger)

you felt _____

_____ (Acknowledge Feelings)

_____ (What does your heart need to hear?)

_____ (Comfort)

You are believing _____

_____ (Messages/Lies)

The truth is, _____

_____ (Truth)

DAY 5

TACT is the ability to tell the truth in a way that considers your feelings and reactions and allows you to say the right thing to preserve your relationship with yourself.

T - Trigger

What was said or done in the situation that affected you?

A - Acknowledge what you are feeling. I'm feeling:

- | | | |
|---------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> sad | <input type="checkbox"/> lonely | <input type="checkbox"/> angry |
| <input type="checkbox"/> hurt | <input type="checkbox"/> abandoned | <input type="checkbox"/> frustrated |
| <input type="checkbox"/> disappointed | <input type="checkbox"/> rejected | <input type="checkbox"/> anxious |
| <input type="checkbox"/> discouraged | <input type="checkbox"/> inadequate | <input type="checkbox"/> afraid |
| <input type="checkbox"/> helpless | <input type="checkbox"/> unloved | <input type="checkbox"/> embarrassed |
| <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ |

C - Comfort yourself: What does your heart need to hear?

- ☐ "I'm sorry that happened."
- ☐ "It's okay to feel what you are feeling."
- ☐ "I am here for you."
- ☐ "I really care about what you are going through."
- ☐ "God loves you and I do too."
- ☐ "I am for you."
- ☐ "I won't leave you."

DAY 5

T - Talk Truth to yourself.

Identify the messages/lies you are telling yourself:

- | | |
|--|--|
| <input type="checkbox"/> You're not good enough | <input type="checkbox"/> You're abandoned |
| <input type="checkbox"/> You're not lovable | <input type="checkbox"/> You're stupid |
| <input type="checkbox"/> You're not important | <input type="checkbox"/> You're shameful |
| <input type="checkbox"/> You're a burden | <input type="checkbox"/> You're not wanted |
| <input type="checkbox"/> You can't make mistakes | <input type="checkbox"/> You're a failure |
| <input type="checkbox"/> Other people's needs are more important than your own | |
| <input type="checkbox"/> It's your job to make other people happy | |
| <input type="checkbox"/> It's not okay for you to express your feelings | |
| <input type="checkbox"/> Other _____ | |

Allying Yourself: What is the truth?

Put your hand on your heart and say to yourself:

I know when _____

(Trigger)

you felt _____

(Acknowledge Feelings)

(What does your heart need to hear?) _____

(Comfort)

You are believing _____

(Messages/Lies)

The truth is, _____

(Truth)

DAY 6

TACT is the ability to tell the truth in a way that considers your feelings and reactions and allows you to say the right thing to preserve your relationship with yourself.

T - Trigger

What was said or done in the situation that affected you?

A - Acknowledge what you are feeling. I'm feeling:

- | | | |
|---------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> sad | <input type="checkbox"/> lonely | <input type="checkbox"/> angry |
| <input type="checkbox"/> hurt | <input type="checkbox"/> abandoned | <input type="checkbox"/> frustrated |
| <input type="checkbox"/> disappointed | <input type="checkbox"/> rejected | <input type="checkbox"/> anxious |
| <input type="checkbox"/> discouraged | <input type="checkbox"/> inadequate | <input type="checkbox"/> afraid |
| <input type="checkbox"/> helpless | <input type="checkbox"/> unloved | <input type="checkbox"/> embarrassed |
| <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ |

C - Comfort yourself: What does your heart need to hear?

- ☐ "I'm sorry that happened."
- ☐ "It's okay to feel what you are feeling."
- ☐ "I am here for you."
- ☐ "I really care about what you are going through."
- ☐ "God loves you and I do too."
- ☐ "I am for you."
- ☐ "I won't leave you."

DAY 6

T - Talk Truth to yourself.

Identify the messages/lies you are telling yourself:

- | | |
|--|--|
| <input type="checkbox"/> You're not good enough | <input type="checkbox"/> You're abandoned |
| <input type="checkbox"/> You're not lovable | <input type="checkbox"/> You're stupid |
| <input type="checkbox"/> You're not important | <input type="checkbox"/> You're shameful |
| <input type="checkbox"/> You're a burden | <input type="checkbox"/> You're not wanted |
| <input type="checkbox"/> You can't make mistakes | <input type="checkbox"/> You're a failure |
| <input type="checkbox"/> Other people's needs are more important than your own | |
| <input type="checkbox"/> It's your job to make other people happy | |
| <input type="checkbox"/> It's not okay for you to express your feelings | |
| <input type="checkbox"/> Other _____ | |

Allying Yourself: What is the truth?

Put your hand on your heart and say to yourself:

I know when _____

(Trigger)

you felt _____

(Acknowledge Feelings)

(What does your heart need to hear?) _____

(Comfort)

You are believing _____

(Messages/Lies)

The truth is, _____

(Truth)

DAY 7

TACT is the ability to tell the truth in a way that considers your feelings and reactions and allows you to say the right thing to preserve your relationship with yourself.

T - Trigger

What was said or done in the situation that affected you?

A - Acknowledge what you are feeling. I'm feeling:

- | | | |
|---------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> sad | <input type="checkbox"/> lonely | <input type="checkbox"/> angry |
| <input type="checkbox"/> hurt | <input type="checkbox"/> abandoned | <input type="checkbox"/> frustrated |
| <input type="checkbox"/> disappointed | <input type="checkbox"/> rejected | <input type="checkbox"/> anxious |
| <input type="checkbox"/> discouraged | <input type="checkbox"/> inadequate | <input type="checkbox"/> afraid |
| <input type="checkbox"/> helpless | <input type="checkbox"/> unloved | <input type="checkbox"/> embarrassed |
| <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ |

C - Comfort yourself: What does your heart need to hear?

- ☐ "I'm sorry that happened."
- ☐ "It's okay to feel what you are feeling."
- ☐ "I am here for you."
- ☐ "I really care about what you are going through."
- ☐ "God loves you and I do too."
- ☐ "I am for you."
- ☐ "I won't leave you."

DAY 7

T - Talk Truth to yourself.

Identify the messages/lies you are telling yourself:

- | | |
|--|--|
| <input type="checkbox"/> You're not good enough | <input type="checkbox"/> You're abandoned |
| <input type="checkbox"/> You're not lovable | <input type="checkbox"/> You're stupid |
| <input type="checkbox"/> You're not important | <input type="checkbox"/> You're shameful |
| <input type="checkbox"/> You're a burden | <input type="checkbox"/> You're not wanted |
| <input type="checkbox"/> You can't make mistakes | <input type="checkbox"/> You're a failure |
| <input type="checkbox"/> Other people's needs are more important than your own | |
| <input type="checkbox"/> It's your job to make other people happy | |
| <input type="checkbox"/> It's not okay for you to express your feelings | |
| <input type="checkbox"/> Other _____ | |

Allying Yourself: What is the truth?

Put your hand on your heart and say to yourself:

I know when _____

(Trigger)

you felt _____

(Acknowledge Feelings)

(What does your heart need to hear?) _____

(Comfort)

You are believing _____

(Messages/Lies)

The truth is, _____

(Truth)

CELEBRATE YOUR WINS!

Congratulations! You have completed 7 allying opportunities! Celebrate by giving yourself permission to continue this amazing process of caring for your heart! It is time now to pause and reflect:

What changes have you seen in your life as a result of allying yourself?

Are you feeling more comforted and connected to your heart? Why or why not?

How has allying yourself affected your relationship with God?

How has allying yourself affected your relationship with others?

What part of allying yourself is the most challenging?

If you are still doubting the truth, ask yourself, "What does God say is true?" Then ask yourself, "Am I still siding with the enemy's lies against myself or siding with God's truth for myself?" Perhaps you will need to repent to God for believing the enemy's lies and ask Him to give you whatever you need to believe what He says is true.

Prayer:

"Heavenly Father, I confess I have been believing the enemy's lies. I recognize that Satan is the father of lies and when I side with Him I am making him god in my life instead of you. Your Word tells me the truth sets me free. Jesus is the way, the truth, and the life. This day, I choose to side with you and your truth about me. Weed out anything in the garden of my mind and heart that opposes your truth so I can walk in the truth of who you created me to be, not what others have said about me. Amen"

DAY 8

TACT is the ability to tell the truth in a way that considers your feelings and reactions and allows you to say the right thing to preserve your relationship with yourself.

T - Trigger

What was said or done in the situation that affected you?

A - Acknowledge what you are feeling. I'm feeling:

- | | | |
|---------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> sad | <input type="checkbox"/> lonely | <input type="checkbox"/> angry |
| <input type="checkbox"/> hurt | <input type="checkbox"/> abandoned | <input type="checkbox"/> frustrated |
| <input type="checkbox"/> disappointed | <input type="checkbox"/> rejected | <input type="checkbox"/> anxious |
| <input type="checkbox"/> discouraged | <input type="checkbox"/> inadequate | <input type="checkbox"/> afraid |
| <input type="checkbox"/> helpless | <input type="checkbox"/> unloved | <input type="checkbox"/> embarrassed |
| <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ |

C - Comfort yourself: What does your heart need to hear?

- ☐ "I'm sorry that happened."
- ☐ "It's okay to feel what you are feeling."
- ☐ "I am here for you."
- ☐ "I really care about what you are going through."
- ☐ "God loves you and I do too."
- ☐ "I am for you."
- ☐ "I won't leave you."

DAY 8

T - Talk Truth to yourself.

Identify the messages/lies you are telling yourself:

- | | |
|--|--|
| <input type="checkbox"/> You're not good enough | <input type="checkbox"/> You're abandoned |
| <input type="checkbox"/> You're not lovable | <input type="checkbox"/> You're stupid |
| <input type="checkbox"/> You're not important | <input type="checkbox"/> You're shameful |
| <input type="checkbox"/> You're a burden | <input type="checkbox"/> You're not wanted |
| <input type="checkbox"/> You can't make mistakes | <input type="checkbox"/> You're a failure |
| <input type="checkbox"/> Other people's needs are more important than your own | |
| <input type="checkbox"/> It's your job to make other people happy | |
| <input type="checkbox"/> It's not okay for you to express your feelings | |
| <input type="checkbox"/> Other _____ | |

Allying Yourself: What is the truth?

Put your hand on your heart and say to yourself:

I know when _____

(Trigger)

you felt _____

(Acknowledge Feelings)

(What does your heart need to hear?) _____

(Comfort)

You are believing _____

(Messages/Lies)

The truth is, _____

(Truth)

DAY 9

TACT is the ability to tell the truth in a way that considers your feelings and reactions and allows you to say the right thing to preserve your relationship with yourself.

T - Trigger

What was said or done in the situation that affected you?

A - Acknowledge what you are feeling. I'm feeling:

- | | | |
|---------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> sad | <input type="checkbox"/> lonely | <input type="checkbox"/> angry |
| <input type="checkbox"/> hurt | <input type="checkbox"/> abandoned | <input type="checkbox"/> frustrated |
| <input type="checkbox"/> disappointed | <input type="checkbox"/> rejected | <input type="checkbox"/> anxious |
| <input type="checkbox"/> discouraged | <input type="checkbox"/> inadequate | <input type="checkbox"/> afraid |
| <input type="checkbox"/> helpless | <input type="checkbox"/> unloved | <input type="checkbox"/> embarrassed |
| <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ |

C - Comfort yourself: What does your heart need to hear?

- ☐ "I'm sorry that happened."
- ☐ "It's okay to feel what you are feeling."
- ☐ "I am here for you."
- ☐ "I really care about what you are going through."
- ☐ "God loves you and I do too."
- ☐ "I am for you."
- ☐ "I won't leave you."

DAY 9

T - Talk Truth to yourself.

Identify the messages/lies you are telling yourself:

- | | |
|--|--|
| <input type="checkbox"/> You're not good enough | <input type="checkbox"/> You're abandoned |
| <input type="checkbox"/> You're not lovable | <input type="checkbox"/> You're stupid |
| <input type="checkbox"/> You're not important | <input type="checkbox"/> You're shameful |
| <input type="checkbox"/> You're a burden | <input type="checkbox"/> You're not wanted |
| <input type="checkbox"/> You can't make mistakes | <input type="checkbox"/> You're a failure |
| <input type="checkbox"/> Other people's needs are more important than your own | |
| <input type="checkbox"/> It's your job to make other people happy | |
| <input type="checkbox"/> It's not okay for you to express your feelings | |
| <input type="checkbox"/> Other _____ | |

Allying Yourself: What is the truth?

Put your hand on your heart and say to yourself:

I know when _____

(Trigger)

you felt _____

(Acknowledge Feelings)

(What does your heart need to hear?) _____

(Comfort)

You are believing _____

(Messages/Lies)

The truth is, _____

(Truth)

DAY 10

TACT is the ability to tell the truth in a way that considers your feelings and reactions and allows you to say the right thing to preserve your relationship with yourself.

T - Trigger

What was said or done in the situation that affected you?

A - Acknowledge what you are feeling. I'm feeling:

- | | | |
|---------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> sad | <input type="checkbox"/> lonely | <input type="checkbox"/> angry |
| <input type="checkbox"/> hurt | <input type="checkbox"/> abandoned | <input type="checkbox"/> frustrated |
| <input type="checkbox"/> disappointed | <input type="checkbox"/> rejected | <input type="checkbox"/> anxious |
| <input type="checkbox"/> discouraged | <input type="checkbox"/> inadequate | <input type="checkbox"/> afraid |
| <input type="checkbox"/> helpless | <input type="checkbox"/> unloved | <input type="checkbox"/> embarrassed |
| <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ |

C - Comfort yourself: What does your heart need to hear?

- ☐ "I'm sorry that happened."
- ☐ "It's okay to feel what you are feeling."
- ☐ "I am here for you."
- ☐ "I really care about what you are going through."
- ☐ "God loves you and I do too."
- ☐ "I am for you."
- ☐ "I won't leave you."

DAY 10

T - Talk Truth to yourself.

Identify the messages/lies you are telling yourself:

- | | |
|--|--|
| <input type="checkbox"/> You're not good enough | <input type="checkbox"/> You're abandoned |
| <input type="checkbox"/> You're not lovable | <input type="checkbox"/> You're stupid |
| <input type="checkbox"/> You're not important | <input type="checkbox"/> You're shameful |
| <input type="checkbox"/> You're a burden | <input type="checkbox"/> You're not wanted |
| <input type="checkbox"/> You can't make mistakes | <input type="checkbox"/> You're a failure |
| <input type="checkbox"/> Other people's needs are more important than your own | |
| <input type="checkbox"/> It's your job to make other people happy | |
| <input type="checkbox"/> It's not okay for you to express your feelings | |
| <input type="checkbox"/> Other _____ | |

Allying Yourself: What is the truth?

Put your hand on your heart and say to yourself:

I know when _____

(Trigger)

you felt _____

(Acknowledge Feelings)

(What does your heart need to hear?) _____

(Comfort)

You are believing _____

(Messages/Lies)

The truth is, _____

(Truth)

DAY 11

TACT is the ability to tell the truth in a way that considers your feelings and reactions and allows you to say the right thing to preserve your relationship with yourself.

T - Trigger

What was said or done in the situation that affected you?

A - Acknowledge what you are feeling. I'm feeling:

- | | | |
|---------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> sad | <input type="checkbox"/> lonely | <input type="checkbox"/> angry |
| <input type="checkbox"/> hurt | <input type="checkbox"/> abandoned | <input type="checkbox"/> frustrated |
| <input type="checkbox"/> disappointed | <input type="checkbox"/> rejected | <input type="checkbox"/> anxious |
| <input type="checkbox"/> discouraged | <input type="checkbox"/> inadequate | <input type="checkbox"/> afraid |
| <input type="checkbox"/> helpless | <input type="checkbox"/> unloved | <input type="checkbox"/> embarrassed |
| <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ |

C - Comfort yourself: What does your heart need to hear?

- ☐ "I'm sorry that happened."
- ☐ "It's okay to feel what you are feeling."
- ☐ "I am here for you."
- ☐ "I really care about what you are going through."
- ☐ "God loves you and I do too."
- ☐ "I am for you."
- ☐ "I won't leave you."

DAY 11

T - Talk Truth to yourself.

Identify the messages/lies you are telling yourself:

- | | |
|--|--|
| <input type="checkbox"/> You're not good enough | <input type="checkbox"/> You're abandoned |
| <input type="checkbox"/> You're not lovable | <input type="checkbox"/> You're stupid |
| <input type="checkbox"/> You're not important | <input type="checkbox"/> You're shameful |
| <input type="checkbox"/> You're a burden | <input type="checkbox"/> You're not wanted |
| <input type="checkbox"/> You can't make mistakes | <input type="checkbox"/> You're a failure |
| <input type="checkbox"/> Other people's needs are more important than your own | |
| <input type="checkbox"/> It's your job to make other people happy | |
| <input type="checkbox"/> It's not okay for you to express your feelings | |
| <input type="checkbox"/> Other _____ | |

Allying Yourself: What is the truth?

Put your hand on your heart and say to yourself:

I know when _____

_____ (Trigger)

you felt _____

_____ (Acknowledge Feelings)

_____ (What does your heart need to hear?)

_____ (Comfort)

You are believing _____

_____ (Messages/Lies)

The truth is, _____

_____ (Truth)

DAY 12

TACT is the ability to tell the truth in a way that considers your feelings and reactions and allows you to say the right thing to preserve your relationship with yourself.

T - Trigger

What was said or done in the situation that affected you?

A - Acknowledge what you are feeling. I'm feeling:

- | | | |
|---------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> sad | <input type="checkbox"/> lonely | <input type="checkbox"/> angry |
| <input type="checkbox"/> hurt | <input type="checkbox"/> abandoned | <input type="checkbox"/> frustrated |
| <input type="checkbox"/> disappointed | <input type="checkbox"/> rejected | <input type="checkbox"/> anxious |
| <input type="checkbox"/> discouraged | <input type="checkbox"/> inadequate | <input type="checkbox"/> afraid |
| <input type="checkbox"/> helpless | <input type="checkbox"/> unloved | <input type="checkbox"/> embarrassed |
| <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ |

C - Comfort yourself: What does your heart need to hear?

- ☐ "I'm sorry that happened."
- ☐ "It's okay to feel what you are feeling."
- ☐ "I am here for you."
- ☐ "I really care about what you are going through."
- ☐ "God loves you and I do too."
- ☐ "I am for you."
- ☐ "I won't leave you."

DAY 12

T - Talk Truth to yourself.

Identify the messages/lies you are telling yourself:

- | | |
|--|--|
| <input type="checkbox"/> You're not good enough | <input type="checkbox"/> You're abandoned |
| <input type="checkbox"/> You're not lovable | <input type="checkbox"/> You're stupid |
| <input type="checkbox"/> You're not important | <input type="checkbox"/> You're shameful |
| <input type="checkbox"/> You're a burden | <input type="checkbox"/> You're not wanted |
| <input type="checkbox"/> You can't make mistakes | <input type="checkbox"/> You're a failure |
| <input type="checkbox"/> Other people's needs are more important than your own | |
| <input type="checkbox"/> It's your job to make other people happy | |
| <input type="checkbox"/> It's not okay for you to express your feelings | |
| <input type="checkbox"/> Other _____ | |

Allying Yourself: What is the truth?

Put your hand on your heart and say to yourself:

I know when _____

_____ (Trigger)

you felt _____

_____ (Acknowledge Feelings)

_____ (What does your heart need to hear?)

_____ (Comfort)

You are believing _____

_____ (Messages/Lies)

The truth is, _____

_____ (Truth)

DAY 13

TACT is the ability to tell the truth in a way that considers your feelings and reactions and allows you to say the right thing to preserve your relationship with yourself.

T - Trigger

What was said or done in the situation that affected you?

A - Acknowledge what you are feeling. I'm feeling:

- | | | |
|---------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> sad | <input type="checkbox"/> lonely | <input type="checkbox"/> angry |
| <input type="checkbox"/> hurt | <input type="checkbox"/> abandoned | <input type="checkbox"/> frustrated |
| <input type="checkbox"/> disappointed | <input type="checkbox"/> rejected | <input type="checkbox"/> anxious |
| <input type="checkbox"/> discouraged | <input type="checkbox"/> inadequate | <input type="checkbox"/> afraid |
| <input type="checkbox"/> helpless | <input type="checkbox"/> unloved | <input type="checkbox"/> embarrassed |
| <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ |

C - Comfort yourself: What does your heart need to hear?

- ☐ "I'm sorry that happened."
- ☐ "It's okay to feel what you are feeling."
- ☐ "I am here for you."
- ☐ "I really care about what you are going through."
- ☐ "God loves you and I do too."
- ☐ "I am for you."
- ☐ "I won't leave you."

DAY 13

T - Talk Truth to yourself.

Identify the messages/lies you are telling yourself:

- | | |
|--|--|
| <input type="checkbox"/> You're not good enough | <input type="checkbox"/> You're abandoned |
| <input type="checkbox"/> You're not lovable | <input type="checkbox"/> You're stupid |
| <input type="checkbox"/> You're not important | <input type="checkbox"/> You're shameful |
| <input type="checkbox"/> You're a burden | <input type="checkbox"/> You're not wanted |
| <input type="checkbox"/> You can't make mistakes | <input type="checkbox"/> You're a failure |
| <input type="checkbox"/> Other people's needs are more important than your own | |
| <input type="checkbox"/> It's your job to make other people happy | |
| <input type="checkbox"/> It's not okay for you to express your feelings | |
| <input type="checkbox"/> Other _____ | |

Allying Yourself: What is the truth?

Put your hand on your heart and say to yourself:

I know when _____

(Trigger)

you felt _____

(Acknowledge Feelings)

(What does your heart need to hear?) _____

(Comfort)

You are believing _____

(Messages/Lies)

The truth is, _____

(Truth)

DAY 14

TACT is the ability to tell the truth in a way that considers your feelings and reactions and allows you to say the right thing to preserve your relationship with yourself.

T - Trigger

What was said or done in the situation that affected you?

A - Acknowledge what you are feeling. I'm feeling:

- | | | |
|---------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> sad | <input type="checkbox"/> lonely | <input type="checkbox"/> angry |
| <input type="checkbox"/> hurt | <input type="checkbox"/> abandoned | <input type="checkbox"/> frustrated |
| <input type="checkbox"/> disappointed | <input type="checkbox"/> rejected | <input type="checkbox"/> anxious |
| <input type="checkbox"/> discouraged | <input type="checkbox"/> inadequate | <input type="checkbox"/> afraid |
| <input type="checkbox"/> helpless | <input type="checkbox"/> unloved | <input type="checkbox"/> embarrassed |
| <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ |

C - Comfort yourself: What does your heart need to hear?

- ☐ "I'm sorry that happened."
- ☐ "It's okay to feel what you are feeling."
- ☐ "I am here for you."
- ☐ "I really care about what you are going through."
- ☐ "God loves you and I do too."
- ☐ "I am for you."
- ☐ "I won't leave you."

DAY 14

T - Talk Truth to yourself.

Identify the messages/lies you are telling yourself:

- | | |
|--|--|
| <input type="checkbox"/> You're not good enough | <input type="checkbox"/> You're abandoned |
| <input type="checkbox"/> You're not lovable | <input type="checkbox"/> You're stupid |
| <input type="checkbox"/> You're not important | <input type="checkbox"/> You're shameful |
| <input type="checkbox"/> You're a burden | <input type="checkbox"/> You're not wanted |
| <input type="checkbox"/> You can't make mistakes | <input type="checkbox"/> You're a failure |
| <input type="checkbox"/> Other people's needs are more important than your own | |
| <input type="checkbox"/> It's your job to make other people happy | |
| <input type="checkbox"/> It's not okay for you to express your feelings | |
| <input type="checkbox"/> Other _____ | |

Allying Yourself: What is the truth?

Put your hand on your heart and say to yourself:

I know when _____

_____ (Trigger)

you felt _____

_____ (Acknowledge Feelings)

_____ (What does your heart need to hear?)

_____ (Comfort)

You are believing _____

_____ (Messages/Lies)

The truth is, _____

_____ (Truth)

CELEBRATE YOUR WINS!

Congratulations! You have completed 14 allying opportunities!
Let's reflect:

What patterns, if any, have you noticed as you reflect on the events and feelings that have been processed?

How are you getting better at acknowledging your triggers?

How are you doing with being able to feel your feelings, validate them, and give yourself comfort?

What impact, if any, has this process had on possible addictive behaviors you have struggled with? If you are still struggling with addictions, it means you are turning to those things to escape and be a substitute for the true comfort you really need.

Are you identifying the message or lie you are believing and then able to tell yourself the truth?

CELEBRATE YOUR WINS!

If you are having difficulty believing the truth about yourself, then take time to ask God to reveal to you what He thinks about you so you can get on the same page as He is. Remember, the truth sets us free. Lies keep us in bondage. Stinkin Thinkin is detrimental to your well-being.

If you are still having trouble, connect with your Phase 1 facilitator or someone you know that has been through this process that may be able to help you.

“For this reason I bow my knees before the Father, from whom every family in heaven and on earth is named, that according to the riches of his glory he may grant you to be strengthened with power through his Spirit in your inner being, so that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God. Now to him who is able to do far more abundantly than all that we ask or think, according to the power at work within us, to him be glory in the church and in Christ Jesus throughout all generations, forever and ever. Amen.” Ephesians 3:14-21

DAY 15

TACT is the ability to tell the truth in a way that considers your feelings and reactions and allows you to say the right thing to preserve your relationship with yourself.

T - Trigger

What was said or done in the situation that affected you?

A - Acknowledge what you are feeling. I'm feeling:

- | | | |
|---------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> sad | <input type="checkbox"/> lonely | <input type="checkbox"/> angry |
| <input type="checkbox"/> hurt | <input type="checkbox"/> abandoned | <input type="checkbox"/> frustrated |
| <input type="checkbox"/> disappointed | <input type="checkbox"/> rejected | <input type="checkbox"/> anxious |
| <input type="checkbox"/> discouraged | <input type="checkbox"/> inadequate | <input type="checkbox"/> afraid |
| <input type="checkbox"/> helpless | <input type="checkbox"/> unloved | <input type="checkbox"/> embarrassed |
| <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ |

C - Comfort yourself: What does your heart need to hear?

- ☐ "I'm sorry that happened."
- ☐ "It's okay to feel what you are feeling."
- ☐ "I am here for you."
- ☐ "I really care about what you are going through."
- ☐ "God loves you and I do too."
- ☐ "I am for you."
- ☐ "I won't leave you."

DAY 15

T - Talk Truth to yourself.

Identify the messages/lies you are telling yourself:

- | | |
|--|--|
| <input type="checkbox"/> You're not good enough | <input type="checkbox"/> You're abandoned |
| <input type="checkbox"/> You're not lovable | <input type="checkbox"/> You're stupid |
| <input type="checkbox"/> You're not important | <input type="checkbox"/> You're shameful |
| <input type="checkbox"/> You're a burden | <input type="checkbox"/> You're not wanted |
| <input type="checkbox"/> You can't make mistakes | <input type="checkbox"/> You're a failure |
| <input type="checkbox"/> Other people's needs are more important than your own | |
| <input type="checkbox"/> It's your job to make other people happy | |
| <input type="checkbox"/> It's not okay for you to express your feelings | |
| <input type="checkbox"/> Other _____ | |

Allying Yourself: What is the truth?

Put your hand on your heart and say to yourself:

I know when _____

_____ (Trigger)

you felt _____

_____ (Acknowledge Feelings)

_____ (What does your heart need to hear?)

_____ (Comfort)

You are believing _____

_____ (Messages/Lies)

The truth is, _____

_____ (Truth)

DAY 16

TACT is the ability to tell the truth in a way that considers your feelings and reactions and allows you to say the right thing to preserve your relationship with yourself.

T - Trigger

What was said or done in the situation that affected you?

A - Acknowledge what you are feeling. I'm feeling:

- | | | |
|---------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> sad | <input type="checkbox"/> lonely | <input type="checkbox"/> angry |
| <input type="checkbox"/> hurt | <input type="checkbox"/> abandoned | <input type="checkbox"/> frustrated |
| <input type="checkbox"/> disappointed | <input type="checkbox"/> rejected | <input type="checkbox"/> anxious |
| <input type="checkbox"/> discouraged | <input type="checkbox"/> inadequate | <input type="checkbox"/> afraid |
| <input type="checkbox"/> helpless | <input type="checkbox"/> unloved | <input type="checkbox"/> embarrassed |
| <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ |

C - Comfort yourself: What does your heart need to hear?

- ☐ "I'm sorry that happened."
- ☐ "It's okay to feel what you are feeling."
- ☐ "I am here for you."
- ☐ "I really care about what you are going through."
- ☐ "God loves you and I do too."
- ☐ "I am for you."
- ☐ "I won't leave you."

DAY 16

T - Talk Truth to yourself.

Identify the messages/lies you are telling yourself:

- | | |
|--|--|
| <input type="checkbox"/> You're not good enough | <input type="checkbox"/> You're abandoned |
| <input type="checkbox"/> You're not lovable | <input type="checkbox"/> You're stupid |
| <input type="checkbox"/> You're not important | <input type="checkbox"/> You're shameful |
| <input type="checkbox"/> You're a burden | <input type="checkbox"/> You're not wanted |
| <input type="checkbox"/> You can't make mistakes | <input type="checkbox"/> You're a failure |
| <input type="checkbox"/> Other people's needs are more important than your own | |
| <input type="checkbox"/> It's your job to make other people happy | |
| <input type="checkbox"/> It's not okay for you to express your feelings | |
| <input type="checkbox"/> Other _____ | |

Allying Yourself: What is the truth?

Put your hand on your heart and say to yourself:

I know when _____

_____ (Trigger)

you felt _____

_____ (Acknowledge Feelings)

_____ (What does your heart need to hear?)

_____ (Comfort)

You are believing _____

_____ (Messages/Lies)

The truth is, _____

_____ (Truth)

DAY 17

TACT is the ability to tell the truth in a way that considers your feelings and reactions and allows you to say the right thing to preserve your relationship with yourself.

T - Trigger

What was said or done in the situation that affected you?

A - Acknowledge what you are feeling. I'm feeling:

- | | | |
|---------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> sad | <input type="checkbox"/> lonely | <input type="checkbox"/> angry |
| <input type="checkbox"/> hurt | <input type="checkbox"/> abandoned | <input type="checkbox"/> frustrated |
| <input type="checkbox"/> disappointed | <input type="checkbox"/> rejected | <input type="checkbox"/> anxious |
| <input type="checkbox"/> discouraged | <input type="checkbox"/> inadequate | <input type="checkbox"/> afraid |
| <input type="checkbox"/> helpless | <input type="checkbox"/> unloved | <input type="checkbox"/> embarrassed |
| <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ |

C - Comfort yourself: What does your heart need to hear?

- ☐ "I'm sorry that happened."
- ☐ "It's okay to feel what you are feeling."
- ☐ "I am here for you."
- ☐ "I really care about what you are going through."
- ☐ "God loves you and I do too."
- ☐ "I am for you."
- ☐ "I won't leave you."

DAY 17

T - Talk Truth to yourself.

Identify the messages/lies you are telling yourself:

- | | |
|--|--|
| <input type="checkbox"/> You're not good enough | <input type="checkbox"/> You're abandoned |
| <input type="checkbox"/> You're not lovable | <input type="checkbox"/> You're stupid |
| <input type="checkbox"/> You're not important | <input type="checkbox"/> You're shameful |
| <input type="checkbox"/> You're a burden | <input type="checkbox"/> You're not wanted |
| <input type="checkbox"/> You can't make mistakes | <input type="checkbox"/> You're a failure |
| <input type="checkbox"/> Other people's needs are more important than your own | |
| <input type="checkbox"/> It's your job to make other people happy | |
| <input type="checkbox"/> It's not okay for you to express your feelings | |
| <input type="checkbox"/> Other _____ | |

Allying Yourself: What is the truth?

Put your hand on your heart and say to yourself:

I know when _____

_____ (Trigger)

you felt _____

_____ (Acknowledge Feelings)

_____ (What does your heart need to hear?)

_____ (Comfort)

You are believing _____

_____ (Messages/Lies)

The truth is, _____

_____ (Truth)

DAY 18

TACT is the ability to tell the truth in a way that considers your feelings and reactions and allows you to say the right thing to preserve your relationship with yourself.

T - Trigger

What was said or done in the situation that affected you?

A - Acknowledge what you are feeling. I'm feeling:

- | | | |
|---------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> sad | <input type="checkbox"/> lonely | <input type="checkbox"/> angry |
| <input type="checkbox"/> hurt | <input type="checkbox"/> abandoned | <input type="checkbox"/> frustrated |
| <input type="checkbox"/> disappointed | <input type="checkbox"/> rejected | <input type="checkbox"/> anxious |
| <input type="checkbox"/> discouraged | <input type="checkbox"/> inadequate | <input type="checkbox"/> afraid |
| <input type="checkbox"/> helpless | <input type="checkbox"/> unloved | <input type="checkbox"/> embarrassed |
| <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ |

C - Comfort yourself: What does your heart need to hear?

- ☐ "I'm sorry that happened."
- ☐ "It's okay to feel what you are feeling."
- ☐ "I am here for you."
- ☐ "I really care about what you are going through."
- ☐ "God loves you and I do too."
- ☐ "I am for you."
- ☐ "I won't leave you."

DAY 18

T - Talk Truth to yourself.

Identify the messages/lies you are telling yourself:

- | | |
|--|--|
| <input type="checkbox"/> You're not good enough | <input type="checkbox"/> You're abandoned |
| <input type="checkbox"/> You're not lovable | <input type="checkbox"/> You're stupid |
| <input type="checkbox"/> You're not important | <input type="checkbox"/> You're shameful |
| <input type="checkbox"/> You're a burden | <input type="checkbox"/> You're not wanted |
| <input type="checkbox"/> You can't make mistakes | <input type="checkbox"/> You're a failure |
| <input type="checkbox"/> Other people's needs are more important than your own | |
| <input type="checkbox"/> It's your job to make other people happy | |
| <input type="checkbox"/> It's not okay for you to express your feelings | |
| <input type="checkbox"/> Other _____ | |

Allying Yourself: What is the truth?

Put your hand on your heart and say to yourself:

I know when _____

(Trigger)

you felt _____

(Acknowledge Feelings)

(What does your heart need to hear?) _____

(Comfort)

You are believing _____

(Messages/Lies)

The truth is, _____

(Truth)

DAY 19

TACT is the ability to tell the truth in a way that considers your feelings and reactions and allows you to say the right thing to preserve your relationship with yourself.

T - Trigger

What was said or done in the situation that affected you?

A - Acknowledge what you are feeling. I'm feeling:

- | | | |
|---------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> sad | <input type="checkbox"/> lonely | <input type="checkbox"/> angry |
| <input type="checkbox"/> hurt | <input type="checkbox"/> abandoned | <input type="checkbox"/> frustrated |
| <input type="checkbox"/> disappointed | <input type="checkbox"/> rejected | <input type="checkbox"/> anxious |
| <input type="checkbox"/> discouraged | <input type="checkbox"/> inadequate | <input type="checkbox"/> afraid |
| <input type="checkbox"/> helpless | <input type="checkbox"/> unloved | <input type="checkbox"/> embarrassed |
| <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ |

C - Comfort yourself: What does your heart need to hear?

- ☐ "I'm sorry that happened."
- ☐ "It's okay to feel what you are feeling."
- ☐ "I am here for you."
- ☐ "I really care about what you are going through."
- ☐ "God loves you and I do too."
- ☐ "I am for you."
- ☐ "I won't leave you."

DAY 19

T - Talk Truth to yourself.

Identify the messages/lies you are telling yourself:

- | | |
|--|--|
| <input type="checkbox"/> You're not good enough | <input type="checkbox"/> You're abandoned |
| <input type="checkbox"/> You're not lovable | <input type="checkbox"/> You're stupid |
| <input type="checkbox"/> You're not important | <input type="checkbox"/> You're shameful |
| <input type="checkbox"/> You're a burden | <input type="checkbox"/> You're not wanted |
| <input type="checkbox"/> You can't make mistakes | <input type="checkbox"/> You're a failure |
| <input type="checkbox"/> Other people's needs are more important than your own | |
| <input type="checkbox"/> It's your job to make other people happy | |
| <input type="checkbox"/> It's not okay for you to express your feelings | |
| <input type="checkbox"/> Other _____ | |

Allying Yourself: What is the truth?

Put your hand on your heart and say to yourself:

I know when _____

_____ (Trigger)

you felt _____

_____ (Acknowledge Feelings)

_____ (What does your heart need to hear?)

_____ (Comfort)

You are believing _____

_____ (Messages/Lies)

The truth is, _____

_____ (Truth)

DAY 20

TACT is the ability to tell the truth in a way that considers your feelings and reactions and allows you to say the right thing to preserve your relationship with yourself.

T - Trigger

What was said or done in the situation that affected you?

A - Acknowledge what you are feeling. I'm feeling:

- | | | |
|---------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> sad | <input type="checkbox"/> lonely | <input type="checkbox"/> angry |
| <input type="checkbox"/> hurt | <input type="checkbox"/> abandoned | <input type="checkbox"/> frustrated |
| <input type="checkbox"/> disappointed | <input type="checkbox"/> rejected | <input type="checkbox"/> anxious |
| <input type="checkbox"/> discouraged | <input type="checkbox"/> inadequate | <input type="checkbox"/> afraid |
| <input type="checkbox"/> helpless | <input type="checkbox"/> unloved | <input type="checkbox"/> embarrassed |
| <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ |

C - Comfort yourself: What does your heart need to hear?

- ☐ "I'm sorry that happened."
- ☐ "It's okay to feel what you are feeling."
- ☐ "I am here for you."
- ☐ "I really care about what you are going through."
- ☐ "God loves you and I do too."
- ☐ "I am for you."
- ☐ "I won't leave you."

DAY 20

T - Talk Truth to yourself.

Identify the messages/lies you are telling yourself:

- | | |
|--|--|
| <input type="checkbox"/> You're not good enough | <input type="checkbox"/> You're abandoned |
| <input type="checkbox"/> You're not lovable | <input type="checkbox"/> You're stupid |
| <input type="checkbox"/> You're not important | <input type="checkbox"/> You're shameful |
| <input type="checkbox"/> You're a burden | <input type="checkbox"/> You're not wanted |
| <input type="checkbox"/> You can't make mistakes | <input type="checkbox"/> You're a failure |
| <input type="checkbox"/> Other people's needs are more important than your own | |
| <input type="checkbox"/> It's your job to make other people happy | |
| <input type="checkbox"/> It's not okay for you to express your feelings | |
| <input type="checkbox"/> Other _____ | |

Allying Yourself: What is the truth?

Put your hand on your heart and say to yourself:

I know when _____

_____ (Trigger)

you felt _____

_____ (Acknowledge Feelings)

_____ (What does your heart need to hear?)

_____ (Comfort)

You are believing _____

_____ (Messages/Lies)

The truth is, _____

_____ (Truth)

DAY 21

TACT is the ability to tell the truth in a way that considers your feelings and reactions and allows you to say the right thing to preserve your relationship with yourself.

T - Trigger

What was said or done in the situation that affected you?

A - Acknowledge what you are feeling. I'm feeling:

- | | | |
|---------------------------------------|--------------------------------------|--------------------------------------|
| <input type="checkbox"/> sad | <input type="checkbox"/> lonely | <input type="checkbox"/> angry |
| <input type="checkbox"/> hurt | <input type="checkbox"/> abandoned | <input type="checkbox"/> frustrated |
| <input type="checkbox"/> disappointed | <input type="checkbox"/> rejected | <input type="checkbox"/> anxious |
| <input type="checkbox"/> discouraged | <input type="checkbox"/> inadequate | <input type="checkbox"/> afraid |
| <input type="checkbox"/> helpless | <input type="checkbox"/> unloved | <input type="checkbox"/> embarrassed |
| <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ | <input type="checkbox"/> other _____ |

C - Comfort yourself: What does your heart need to hear?

- ☐ "I'm sorry that happened."
- ☐ "It's okay to feel what you are feeling."
- ☐ "I am here for you."
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- ☐ "I am for you."
- ☐ "I won't leave you."

DAY 21

T - Talk Truth to yourself.

Identify the messages/lies you are telling yourself:

- | | |
|--|--|
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| <input type="checkbox"/> You're not lovable | <input type="checkbox"/> You're stupid |
| <input type="checkbox"/> You're not important | <input type="checkbox"/> You're shameful |
| <input type="checkbox"/> You're a burden | <input type="checkbox"/> You're not wanted |
| <input type="checkbox"/> You can't make mistakes | <input type="checkbox"/> You're a failure |
| <input type="checkbox"/> Other people's needs are more important than your own | |
| <input type="checkbox"/> It's your job to make other people happy | |
| <input type="checkbox"/> It's not okay for you to express your feelings | |
| <input type="checkbox"/> Other _____ | |

Allying Yourself: What is the truth?

Put your hand on your heart and say to yourself:

I know when _____

_____ (Trigger)

you felt _____

_____ (Acknowledge Feelings)

_____ (What does your heart need to hear?)

_____ (Comfort)

You are believing _____

_____ (Messages/Lies)

The truth is, _____

_____ (Truth)

CELEBRATE YOUR WINS!

Hooray! You are doing a wonderful job of gardening your heart!

With the help of Christ, you have been intentional about caring for your soul. By now, you will have experienced a greater connection with yourself, most likely your other relationships have improved, and you have a deeper relationship with Christ because you are both on the same page about who you are. Now you are better positioned to live out who He created you to be! His desire is for you to be a point of entry on this earth so He is free to live in you (Phase 2) and through you (Phase 3) to impact this world.

This is not the end, but the beginning of a lifestyle which could be called, "Soul Hygiene." Just like there are habits in your life that you do daily such as shower, brush your teeth, or working out, allying yourself is critical to your spiritual, mental, emotional and yes, physical well-being. As you may know, our physical body responds to our emotional and mental states.

To continue being intentional with allying yourself, print off another copy of this handbook and use it regularly. Or by now, you probably know the TACT process so well you can use it in a daily habit of journaling. Perhaps you won't encounter a situation every day that you will need to process, but you will know what you need to do when it does occur. Also, when a situation arises, you can just put your hand on your heart and talk to yourself out loud following the TACT steps. Whatever the case, you have learned to garden your soul well, and just like any garden, if you stop tending to it, the weeds will take over and the plants will die and there will be no more fruit.

CELEBRATE YOUR WINS!

But that will not be the case for you! You have come too far to stop now! Remember, you are free to choose who and what you will become because you get to reap what you sow into the garden of your life.

“Therefore, I urge you, brothers and sisters, by the mercies of God, to present your bodies as a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And, do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.” Romans 12:1-2



If you are willing, contact info@theultimatejourney.org and tell us how this Allying Handbook has impacted your life. Feel free to share anything that we could change or add that would be helpful!