



- 1. IDENTITY BIBLICAL ROOTS**
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# 1. IDENTITY BIBLICAL ROOTS

## 1.1 BIBLICAL FOUNDATIONS OF IDENTITY

**Genesis 1:26-27** “Then God said, “Let us make mankind in our **image**, in our **likeness**, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground. Then God said, “Let us make mankind in our **image**, in our **likeness**, so that they may rule over the fish in the sea and the birds in the sky, over the livestock and all the wild animals, and over all the creatures that move along the ground.”

**Genesis 5:3:** “When Adam had lived 130 years, he had a son in his **likeness**, in his **image**; and he named him Seth.

1. A desire to love and be **loved**. This need drives every human being. We know that God IS love; it is his identity – **1 John 4:8**
2. A desire to create and be **creative**. In the beginning, God created – **Genesis 1:1**. Creativity is part of God’s identity, so it is with us.
3. A desire for **purpose**. God has plans and purposes for us all; it is part of his identity, and so it is with us – **Jeremiah 29:11**
4. A desire for **relational connection**. We were created in the image of a triune God – **Genesis 1:26-27**

**Phil 4:6-7** “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the **PEACE** of God, which transcends all understanding, will guard your hearts and minds in Christ Jesus.”

**PEACE** – “The tranquil state of a **soul assured of its salvation** through Christ & so fearing nothing from God & content with its earthly lot, of what **SO** ever sort that is.”

## 1.2 IDENTITY INFLUENCES

Some of the key building blocks to defining other aspects of identity, in no order, are things such as:

- Ethnicity
- Gender
- Age
- Sexual Orientation
- Physical Attributes
- Personality
- Political Affiliation
- Religious Beliefs
- Professional Identity

- Skills
- Values
- Interests

**Matthew 16:15-16** “Then he asked them, “But who do you say I am?” Simon Peter answered, “You are the Messiah, the Son of the living God.”

Remember - Knowing the true identity of the one in whose image we have been created in is always our starting point.

### 1.3 THE FALL OF SECURE IDENTITY

**Romans 1:20-25** “They traded the truth about God for a lie. So they worshipped and served the things God created instead of the Creator himself, who is worthy of eternal praise! Amen. Yes, they knew God, but they wouldn’t worship him as God or even give him thanks. And they began to think up foolish ideas of what God was like. As a result, their minds became dark and confused. Claiming to be wise, they instead became utter fools. And instead of worshipping the glorious, ever-living God, they worshipped idols made to look like mere people, birds, animals, and reptiles. They traded the truth about God for a lie. So they worshipped and served the things God created instead of the Creator himself, who is worthy of eternal praise! Amen.”

The consequence is **deep-rooted insecurity in our identity**; therefore, the need to find ways to defend our fears has resulted.

### 1.4 THE BLAME GAME

**“To make a mistake is human,  
to blame it on someone else  
is even more human.”**

**Genesis 3:9-13.** “Then the Lord God called to the man, “Where are you?” He replied, “I **heard** you walking in the garden, so I **hid**. I was **afraid** because I was **naked**.” “Who told you that you were naked?” the Lord God asked. “Have you eaten from the tree whose fruit I commanded you not to eat?” The man replied, “**It was the woman you gave me** who gave me the fruit, and I ate it.” Then the Lord God asked the woman, “What have you done?” **The serpent deceived me,**” she replied. “That’s why I ate it.”

### 1.5 A THEOLOGY OF OWNERSHIP

**Hebrews 10:14:** “For by that one offering he forever made perfect those who are being made holy.”



## 1.6 REFLECTIVE WORK

Identifying **common emotional triggers** in your everyday world.:

WHAT I FELT NOW		I FELT THIS IN THE PAST WHEN...
I feel excluded		
I feel powerless		
I feel unheard		
I feel scolded		
I feel judged		
I feel blamed		
I feel disrespected		
I feel unsafe		
I feel lonely		
I feel forgotten		
I feel unloved		
I feel frustrated		
I feel disconnected		
I feel trapped		
I feel uncared for		
I feel manipulated		
I feel exposed		
I feel vulnerable		
I feel defenceless		
I feel anxious		
I feel out of control		
I feel indecisive		
I feel threatened		
I feel despair		
I feel unsure		
I feel unseen		
I feel humiliation		
I feel unsupported		
I feel isolated		
I feel on guard		
I feel detached		
I feel withdrawn		
I feel alone		
I feel humiliated		
I feel		

## 2. IDENTITY DEVELOPMENT NEEDS

I want you to begin by imagining how differently you would live if you had never experienced trauma, pain, rejection, abuse, or neglect of needs in your life journey.

What core behavioural change would be evident in you, if you had grown up in a pain-free, trauma-free world?

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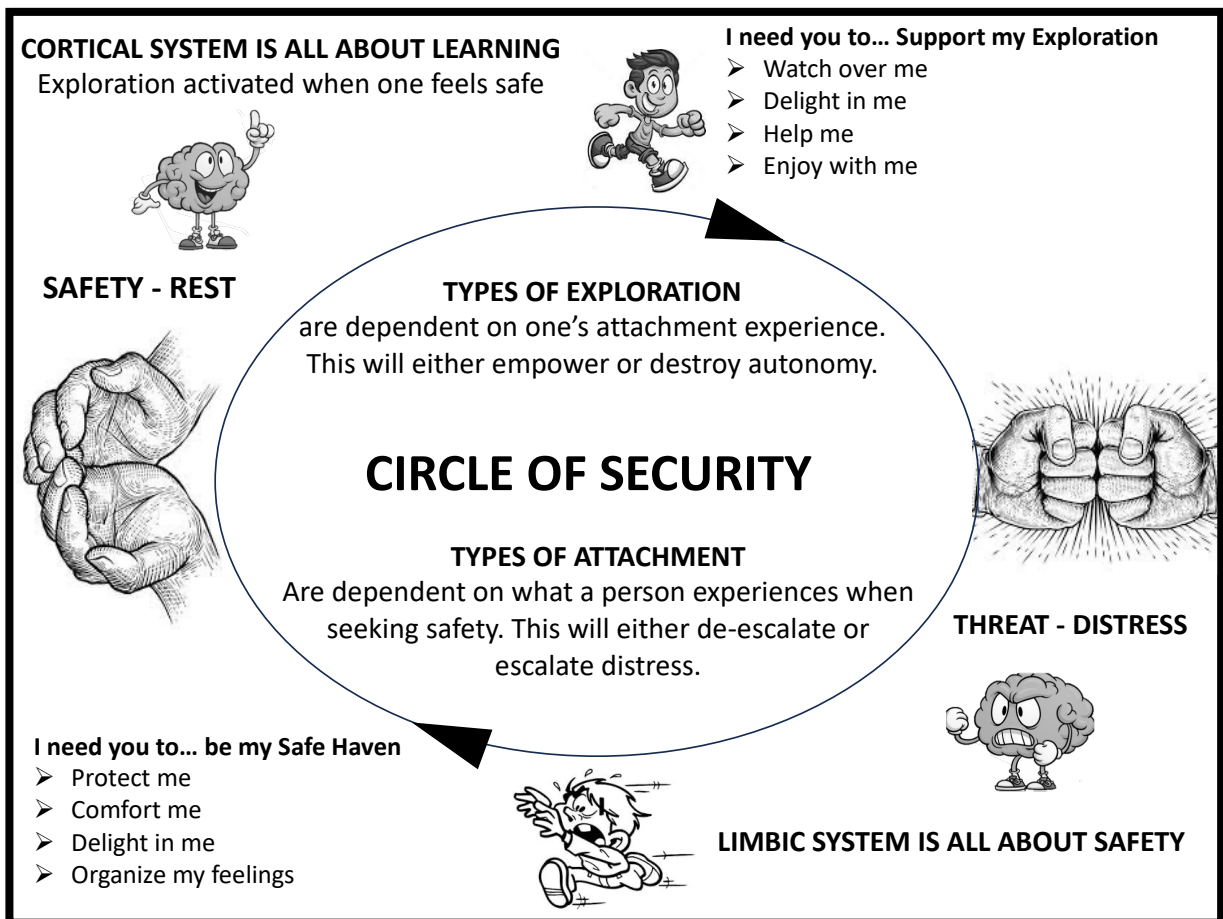
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**Romans 3:23** "For everyone has sinned; we all fall short of God's glorious standard."

### 2.1 THE CIRCLE OF SECURITY



## 2.2 NEGLECT OR REJECTION OF NEEDS

Every child has crucial needs that, when met, result in developing a healthy identity and confident ability to contribute and relate to society in their adult years. Using the slide scale concept again. Various degrees of hurt and pain can result in varying degrees of trauma in a child's world. Things like abuse and unprocessed or neglected trauma are on the high end of the scale. However, on the lower end of the scale are neglected and rejected needs.

- a) **Neglected Needs:** For example, a parent may be focused on financially surviving to physically provide for their children, but it results in missing (neglecting) a child's need, such as encouragement or praising a child when they try hard. A child doesn't see their need for encouragement and praise as a "**bad**" thing. They may adapt by acting out behaviourally to meet their needs.
- b) **Rejected Needs:** Using the same example, if a child seeks encouragement and praise and a parent belittles that child, calling them weak and needy. This leaves the child seeing the need as "**bad**". This can cause fear or even shame towards that need, and they will often "kill" or "deny" themselves the desire to get that need met. The more severe a parent's verbal or emotional reaction, the more it slides towards abuse and trauma for a child.

## 2.3 SELF-PROTECTIVE STRATEGIES

All abuse will have an impact of varying degrees of severity on a person's life. The following points will affect the severity of the abuse and must be considered when unpacking a person's story.

- a. **Duration** – was the abuse incident a matter of minutes or days?
- b. **Frequency** – once-off versus consistently over the year?
- c. **Intensity** – the severity of the abuse?
- d. **Age** - the younger the child, the more likely it can disrupt early brain development.
- e. **Support** - Was the abuse ever processed?
- f. **Known or Unknown abusers** - Was the abuse caused by someone within or outside the family system?

## 2.4 DEFENSE MECHANISMS & SELF-PROTECTIVE STRATEGIES.

When a child goes through abuse, they will automatically find ways to cope and survive. For example, a child may avoid showing their emotions to feel like they have control over their world. Or they may use aggression with their peers to self-protect and keep people at arm's length. Or they may



avoid getting involved in activities to avoid the experience of failure or rejection.

**When a person is feeling powerless,  
they will look for behaviour  
to make them feel powerful.**



### **Belief statements like...**

- Never trust others.
- Never show your true emotions.
- Never show vulnerability.
- Never try. Then you can't fail.
- Making others scared of you will keep you safe.

**2 Corinthians 10:4-5** “The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to demolish strongholds. We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ.”

### **External Trigger Examples:**

- Personal Failure Experiences
- Conflict in Relationships
- Emotional Rejection
- Betrayal
- New Opportunities
- Change
- Performance Pressures
- Uncertainty

### **Defence mechanisms and survival adaptations examples.**

- Denial – denying the emotional impact an event has on you.
- Displacement - taking your feeling meant for one out on someone else.

- Suppression – consciously keeping unpleasant information from your conscious mind.
- Intellectualization – thinking about painful emotional things clinically.
- Regression – reverting to earlier forms of behaviours to avoid taking responsibility.
- Avoidance – avoid places or people to not have to face triggers.
- Rationalization – justifying an unacceptable feeling or behaviour with logic to avoid facing your emotions.

## 2.5 REFLECTIVE WORK

### BEHAVIOURAL & EMOTIONAL REACTIONS WHEN TRIGGERED

Shocked silence		
Denial		
Anger		
Rage		
Anxiety		
Moodiness		
Sadness		
Sorrow		
Deflecting		
Defensive		
Guarded		
Blaming		
Humiliation		
Guilt		
Frustration		
Fear		
Hyper-vigilance		
Paranoia		
Phobia's		
Suicidal ideation		
Powerlessness		
Panic Attacks		
Out of control		
Emotionally Numb		
Hostile		
Aggression		
Lashing out		
Withdrawal		
Stonewalling		
Self-Harm		
Rejection		
Other		

## 3 THE WAR ON THE SOUL

**Hosea 4:6** says that “people perish due to a lack of knowledge.” This includes understanding who we are at war with and the schemes and strategies of the enemy. This knowledge is crucial if we want to live victoriously.

**Eph 2:1-5** “As for you, you were dead in your transgressions and sins, in which you used to live when you **followed the ways of this world** and the **ruler of the kingdom of the air**, the spirit who is now at work in those who are disobedient. All of us also lived among them at one time, **gratifying the cravings of our flesh** and **following its desires and thoughts**. Like the rest, we were, by nature deserving of wrath. But because of his great love for us, God, who is rich in mercy, made us alive with Christ even when we were dead in transgressions—it is by grace you have been saved.”

- **THE WORLD** - You followed the ways of this world.
- **THE FLESH** - Gratifying the cravings of our flesh.
- **THE DEVIL** - The ruler of the kingdom of the air.

**John Mark Comer**, the author of “**Live No Lies**” is built around his thesis:

“**Deceptive ideas** that play to **disordered desires** that are normalized by a **sinful society.**”

### 3.1 THE DEVIL

**John 8:31-45** is the biggest section of text where Jesus speaks directly on the topic of the devil. This is what we can learn from this text:

#### a. JESUS KNOWS THERE IS A DEVIL

- The Tempter – Matthew 4:3
- The Devil meaning slanderer, accuser, or divider - Revelations 12:10
- Ruler of Demons – Matthew 9:34
- The Evil One - Matthew 13:19
- Father of Lies – John 8:44
- Murderer – John 8:44
- Ruler of this world – John 14:30
- God of this age – 2 Corinthians 11:14
- Adversary – 1 Peter 5:8
- Roaring Lion – 1 Peter 5:8
- Deceiver of the whole world – Revelations 12:9
- Ruler of the kingdom of the air – Ephesians 2:2

- Ruler of the world with the highest-ranking position in government – John 14:30

**b. THE DEVIL’S END GOAL IS TO MURDER:**

**John 10:10** “The thief comes only to steal and kill and destroy; I have come that they may have life and have it to the full.”

**c. THE DEVIL’S PRIMARY MEANS OF DESTRUCTION IS LIES:**

**John 8:44-45** “You belong to your Father, the devil, and you want to carry out your Father’s desires. He was a murderer from the beginning, not holding to the truth, for there is no truth in him. When he lies, he speaks his native language, for he is a liar and the Father of lies.”

**3.2 SCHEMES & STRATEGIES**

**Eph 6:11-12** “Put on the full armour of God, so that you can take your stand against the devil’s schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and the spiritual forces of evil in the heavenly realms.”

**3.3 DECEPTIVE IDEAS:**

**a. Theology – who is God?**

Lies such as:

- God doesn’t love you.
- God can’t be trusted.
- God doesn’t care.
- God inherently is not good.
- God wants you to fail.

Consider the lie attacks you have wrestled with about God’s character.

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**b. Anthropology – who is man?**

Lies such as:

- You are unlovable. That is why you were rejected.
- You are a failure. That is why nothing you do succeeds.

- You are worthless. That is why you were abandoned.
- You are disposable. That is why you were not chosen.
- You are good enough only if you are successful.

If the enemy can get you to believe you are what you experience, it will hook

Consider the lie attacks you have wrestled with about your character.

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**c. Morality – what is the good life?**

Consider the lie attacks aimed at hooking you into making unhelpful life decisions.

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**Note:** All three of these spaces feed off each other. Our morality (the good life) is based on our anthropology (self) which is based on our theology (God). If what we believe about God is deceptive, then what we believe about ourselves becomes distorted, and how we live our lives becomes sinful.

**Remember, the Devil’s ultimate end goal is to...**

- |            |             |
|------------|-------------|
| • Divert   | • Dilute    |
| • Divide   | • Destroy   |
| • Distract | • Downfall  |
| • Deceive  | • Demolish  |
| • Disrupt  | • Defeat    |
| • Disturb  | • Deviate   |
| • Distort  | • Deform    |
| • Dissolve | • Devour    |
| • Deny     | • Devastate |

**3.4 REFLECTIVE WORK**

**a. What do I hate / despise most about myself?**

Consider the lie behind your shame.

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**b. What am I most fearful of?**

Consider the lie behind your fears.

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**c. In what way has your life been robbed?**

Consider the lie holding you back from living.

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**d. What truth do I doubt most about God?**

Consider the lie behind your doubts about God.

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**e. What do you struggle with most when it comes to your flesh?**

Consider the lie behind your physical struggles.

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**f. What tension do you struggle with the most regarding the ways of the world” that are contrary to God’s ways?**

Consider the lie behind your struggles with worldly hooks.

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**g. How am I rebelling against God?**

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**h. How have I redefined good & evil in my life to justify behaviour?**

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**i. What has been normalized in my society, community, and relationships?**

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## 4. ENEMY MODE OF THE MIND

### 4.1 ENEMY MODE

**Jim Wilder** (neuropsychologist) & **Ray Woolridge** (Retired Brigadier General) co-wrote a book called “**Escaping Enemy Mode – How Our Brains Unite or Divide Us.**”

#### a. SIMPLE ENEMY MODE

**Simple Enemy Mode** is a form of **basic relational blindness**. It is when a person responds to another human being as an “it” rather than seeing their relational value. Simple Enemy Mode is experienced when there is a failure to connect relationally with another person, thus causing hurt. This will leave the receiver experiencing their desire for connection as missed, ignored, rejected, mistrusted or feared. Simple Enemy Mode will leave others feeling unseen, unheard and unimportant. This can easily escalate the dynamic into a conflict space as the person feeling unseen feels justified to react. However, the person in Simple Enemy Mode is often confused by the attack, as Simple Enemy Mode is intentional or emotionally driven.

#### **SIGNS OF SIMPLE ENEMY MODE:**

- Reactions to others are transactional – what do you want?
- No “flavour” to meaningful relationships is given.
- No curiosity about what the others are thinking is given.
- Interactions ended abruptly.
- The focus is more on rules, procedures and policies than on people.
- Wonders why others are often so upset?
- Not responding to an emotional connection request, especially in work / task mode.
- Not seeing a “service” provider as a human being and allowing task mode to blind you to their greeting.
- Showing no emotional flavour or warmth in your tone when communicating.

#### b. STUPID ENEMY MODE

Stupid Enemy Mode is a high-energy moment fuelled by “**hot**” anger. It is often intense and short-lived. Stupid Enemy Mode will cause you to do and say things you later regret. Hence you feel stupid. A person reacts in ways that can destroy people or even things we value or need. Once we “**sober up**”, we often feel embarrassed at our behaviour wondering why we behaved so “**stupidly**”. Stupid enemy mode behaviour often triggers stupid enemy mode reactions in others.

## **SIGNS OF STUPID ENEMY MODE:**

- We start seeing everyone around as threats.
- Our voice is the loudest by quite a bit.
- Everyone seems against us or as least not “with” us.
- We say or do things we later want to take back, deny or change.
- People with cell phones are thinking about getting a video of us.
- We feel overwhelmed and out of control.
- We are usually angry or afraid.
- We are tired and stretched too thin.
- We become different people from our usual selves.
- We act like a parent we swore we would not be like.
- We use powerful words, not smart words.
- Will blow up at others often due to wrong assumptions.
- We Anticipate negative reactions and so slip into attack mode first.
- We believe the worst of a gender, race, or religious group and react accordingly.
- We may warn people with phrases like “Don’t make me mad.”

## **c. INTELLIGENT ENEMY MODE:**

This type of mode doesn’t miss signals or get stupid. Instead, “**cold**” anger fuels the brain with plans of resentment, revenge and even deception. There is thought and intentionality behind the attack, even to the point of scouting to discover a person’s weakness. It reveals an overriding mistrust and suspicion of others to the point of wanting to maintain the upper hand and is driven by deep hurt and even hatred. They will hurt before getting hurt. This is little or no compassion for others, with insensitivity to emotions, pain and attachment. They live by principles and justice and not emotions. Intelligent Enemy Mode is calculated and cold and does whatever it takes to “win.” Intelligent enemy mode will always justify themselves as right. There is much in common between sociopathic, narcissistic, intelligent enemy modes.

## **SIGNS OF INTELLIGENT ENEMY MODE:**

- Loyalty is shown in the vision and mission, and they do not value everyone equally.
- Control is more important than caring for relationships.
- People are shamed or fired to “make an example” of what will happen if you...
- Conformity is required. Different opinions, appearances, actions or beliefs are seen as a threat.
- Humiliation is used to control and intimidate others.
- Image is carefully managed.
- Weakness is exploited.



- We want to hide what we think or feel because it doesn't feel safe.
- Winning justifies our actions.

## 4.2 TOOLS FOR ESCAPING ENEMY MODE

**Baseline:** Lying still and letting our muscles relax while picturing an inviting scene or happy memory for 15 minutes will usually accomplish lowering our baseline for the day. Meditating scripture, while relaxed, can also help bring your mind down to baseline.

**Instant:** This is like hitting the brakes when a car is going too fast. You won't get to baseline, but it will prevent you from potentially crashing. Methods that help are a few minutes of four-count "**box-breathing.**"

**Tense / Relax:** Emotional regulation can also happen through alternating the sympathetic arousal system (fight or flight responses) and the parasympathetic quieting system (rest and digest responses). For example, alternating between activating / tensing muscle groups and relaxing them whilst box-breathing is another way to stimulate emotional regulation.

**Catching toxic shame thoughts:** Toxic shame thoughts focus on what we have done wrong and then turn that behaviour into our identity, who we fear to be. A healthy thought will identify a failure but not define oneself by it. Toxic shame thoughts also assume that others are thinking these same thoughts about us.

**Write a description of your best self:** Remembering what's good about ourselves when in enemy mode is hard. Writing about the good in you is a helpful way to create new thought processes and look for alternative evidence when not triggered. Use the tools coming up in **fighting smart** to help this process.

**Feed your attachment needs:** Allowing yourself to invest in meaningful relationships automatically lowers the potential of enemy mode being triggered. The more you experience healthy attachment, the less on guard you will live your life. Be the person to others; you desire them to be for you.

## 4.3 REFLECTIVE QUESTIONS

- Do you often want to make a person, problem or feeling disappear? If so, what or who?  

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- Do you tend to want to avoid hearing what others feel or have to say? What do you fear most in this space?

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- Does it feel like your mind gets locked in upsetting thoughts and feelings, even for no reason? Consider an example.

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- Do you find yourself pushing away from relationships and don't understand why? Consider an example.

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- Do you find yourself aggressively interrogating, judging or trying to fix others? Consider an example.

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- Do you feel rejected or threatened if someone has a different opinion or disagrees with you? Consider an example.

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- Do you often feel anxious or have an elevated heart rate around people you don't know or trust? Consider an example.

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- Do you feel indifferent, threatened or annoyed with someone if they have a significant relationship with someone other than you? Consider an example.

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- What is more important to you, being right, winning or having a relational connection? Consider an example.

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#### 4.4 HOMEWORK - FIGHTING SMART WITH AUTHORITY & TRUTH TOOLS

**2 Corinthians 10:4-5** “The weapons we fight with are not the weapons of the world. On the contrary, they have divine power to **demolish strongholds**. We **demolish arguments** and every pretension that sets itself up against the knowledge of God, and we **take captive every rebellious thought** to make **it obedient to Christ**.”

This text gives us **four key tools** for identifying agreements and strongholds and taking ownership of our reactions.

1. **Demolish Strongholds:** Consider behaviour in your life that you choose as a means of holding safety when you are triggered into enemy mode due to fear, insecurity, anxiety or failure.

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How does this behaviour help you in triggered moments short term?

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How does this behaviour rob you long-term?

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2. **Demolish Arguments:** Consider beliefs you have agreed with to support your stronghold behaviour. Are these beliefs based on truth or rooted in fears and lies.?

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What are your core beliefs around how you see yourself, life, God and others?

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What experiences did you go through when these beliefs first started?

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3. **Capture Rebellious Thoughts:**  
Thinking back on triggered enemy mode spaces, what thoughts came to mind in those moments that exacerbated enemy mode in you?

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4. **Obedience to Christ:**  
Using the list of identities in Christ's Scriptures below, consider truth statements to which you can bring the thought attacks.

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Scripture tells us clearly that “the truth will set us free.” **John 8:32.**

**I AM ACCEPTED ...**

**John 1:12** - I am God's child.

**John 15:15** - As a disciple, I am a friend of Jesus Christ.

**Romans 5:1** - I have been justified.

**1 Corinthians 6:17** - I am united with the Lord, and I am one with Him in spirit.

**1 Corinthians 6:19-20** - I have been bought with a price and I belong to God.

**1 Corinthians 12:27** - I am a member of Christ's body.

**Ephesians 1:3-8** - I have been chosen by God and adopted as His child.

**Colossians 1:13-14** - I have been redeemed and forgiven of all my sins.

**Colossians 2:9-10** - I am complete in Christ.

**Hebrews 4:14-16** - I have direct access to the throne of grace through Jesus Christ.

**I AM SECURE ...**

**Romans 8:1-2** - I am free from condemnation.

**Romans 8:28** - I am assured that God works for my good in all circumstances.

**Romans 8:31-39** - I am free from any condemnation brought against me and I cannot be separated from the love of God.

**2 Corinthians 1:21-22** - I have been established, anointed and sealed by God.

**Colossians 3:1-4** - I am hidden with Christ in God.

**Philippians 1:6** - I am confident that God will complete the good work He started in me.

**Philippians 3:20** - I am a citizen of heaven.

**2 Timothy 1:7** - I have not been given a spirit of fear but of power, love and a sound mind.

**1 John 5:18** - I am born of God and the evil one cannot touch me.

**I AM SIGNIFICANT ...**

**John 15:5** - I am a branch of Jesus Christ, the true vine, and a channel of His life.

**John 15:16** - I have been chosen and appointed to bear fruit.

**1 Corinthians 3:16** - I am God's temple.

**2 Corinthians 5:17-21** - I am a minister of reconciliation for God.

**Ephesians 2:6** - I am seated with Jesus Christ in the heavenly realm.

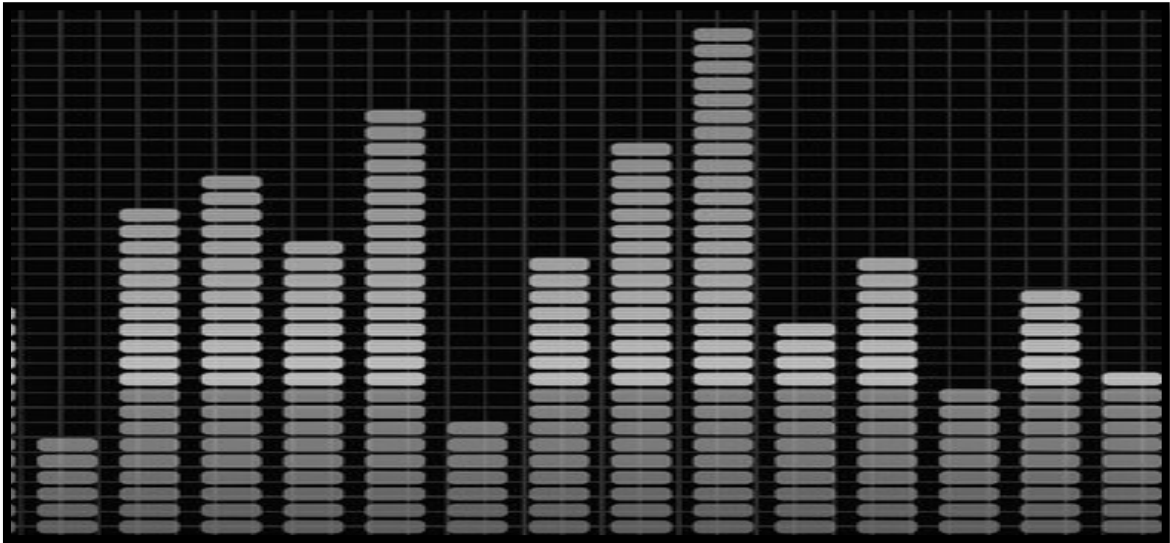
**Ephesians 2:10** - I am God's workmanship.

**Ephesians 3:12** - I can approach God with freedom and confidence.

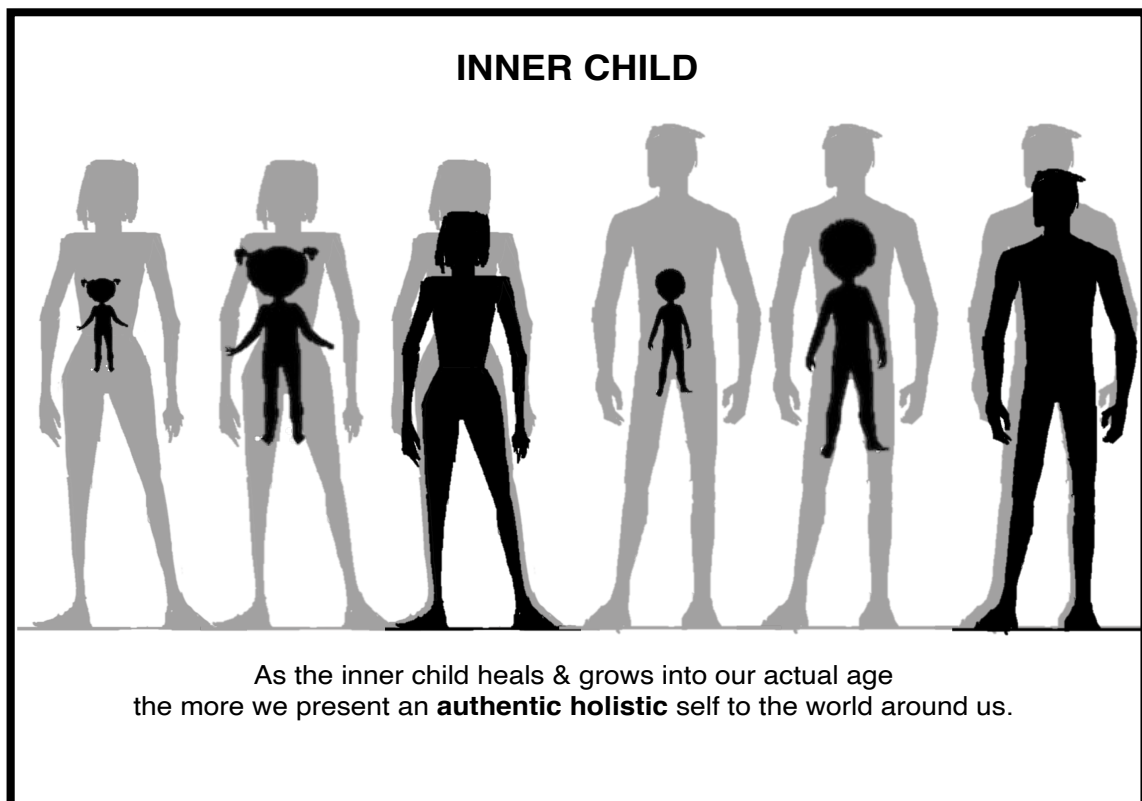
**Philippians 4:13** - I can do all things through Christ, who strengthens me.

# 5 PERFORMANCE & AVOIDANCE

## 5.1 BASELINE



## 5.2 ROOT CORE LIES



He convinces us that our identity core value is based behaviourally on what we do and how others behave. Believing this lie triggers the **two equally destructive core behavioural responses**: the need to **strive through performance** or **hide through avoidance**.

**Behavioural adaptations** are developed as a way of **compensating** for what we lack.

### 5.3 PERFORMANCE & AVOIDANCE-BASED IDENTITY

A **performance-based identity** is anyone who believes that they “**do**” determines their **value** and **worth**. The **interpretation** or **evaluation** of one’s behaviour equates to a value. This interpretation or evaluation of behaviour by others or self, by known or unknown voices, can have devastating consequences.

An **avoidance-based identity** is anyone who avoids the position of performance due to a deep fear that they are inadequate. They fear failure and are highly sensitive to criticism and judgement. They tend to avoid all circumstances that could place them in a position of rejection or facing their fear.

**Robert S. McGee**, author of “**The Search for Significance**”, wrote this definition...

“Performance-Based Self-Identity creates two types of people: perfectionists and avoiders. These people have the same mantra: “I must meet certain standards to feel good about myself.”

- Why is this happening to me?
- Why did they do that to me?
- Why is no one protecting me?
- Why did God allow that?

In this space, the enemy loves sending themed attack, blame and shame thoughts.

- This is your fault.
- There is something wrong with you.
- You are unlovable.
- You are not enough,

A **fragile identity** is going to be screaming one of two messages...

- You are not enough – fix yourself.
- You are not enough – deny yourself.

⇒ **FIX IT – PERFORMANCE**

⇒ **DENY IT - AVOIDANCE**

## 5.4 CRUSHING STATEMENTS

Statements such as...

- “What is the matter with you? Why can’t you be more like your brother?”
- “You will never amount to anything unless you are the best!”
- “Second is not good enough. If you want to be accepted, you must be first.”
- “You will never amount to anything, so why bother trying!”
- “You always make a mess of everything. I might as well always do it for you.”

## 5.5 BEHAVIORAL HOOKS:

**Performance behavioural hooks** are moments when a child experiences success or victory in their world, resulting in “**significant people**” suddenly paying attention to them. The cause and effect are rewarding as it instantly eases the anxiety of their fears **resulting in the drive to repeat** the behaviour.

- I made the first team... dad finally noticed me.
- I scored an A on my test... mom told me, “I’ll make it in life.”
- I got complimented on my style... My peers accept me.

**Avoidance behavioural hooks** occur when a child avoids attempting something or plays the total incompetence card and experiences someone rescuing them. The cause and effect are rewarding as it instantly eases the anxiety of facing failure as their avoidance eliminates the possible potential. This results in the drive to repeat such behaviour.

- They will give up asking me if I pretend not to hear the request.
- If I cry in defeat, someone will feel sorry and do it for me.
- If I am nice to them, they will feel stimulated to help

## 5.6 REFLECTIVE QUESTIONS

1. Did you ever find yourself absorbing behaviour from your primary caregivers into your identity?

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2. Taking an overview reflection of your childhood, what areas of your life do you feel you lacked, and in what ways have you tried to over-compensate because of it?

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3. Which of the two behavioural responses did you choose to embrace due to what you lacked – performance or avoidance?

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4. Have you switched between the two approaches at any time, and if so, consider why?

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5. What were some of the “crushing statements” spoken over you that impacted you painfully?

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6. What “behavioural hooks gave you a false experience of an accepted identity?

- Performance on the sports field
- Performance academically
- Acceptance of Peers
- Approval of primary caregivers
- Avoidance of any or all opportunities
- Hiding how you truly feel
- Living behind a mask
- Other

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# 6 PERFORMANCE & AVOIDANCE FLAWS

## 6.1 PERFORMANCE LIVING

Performance living gives us this **false illusion** of power, a deception that we control our value and worth through “**earning it.**” The more we invest in our “**ability**”, the higher our value grows.

- How many “likes” on your social media platforms bring pride?
- The verbal accolades, whose voices have been the most important.
- The material possessions, what message of your worth does it declare?
- The trophies on your shelves, what merit do they proclaim?
- What platform level have you climbed to, and what does the view claim?

## 6.2 WHEN HAVE YOU MADE IT?

**Galatians 3:3** “How foolish can you be? After starting your new lives in the Spirit, why are you now trying to become perfect by your human effort?”

## 6.3 WHO ARE MY JUDGES?

**Romans 3:23**, “**ALL**” have sinned and fall short of the glory of God.

## 6.4 THE MOST CRITICAL JUDGE

Often the voice of the person who wounded us the most is the one we become the most fixated on to change.

## 6.5 AVOIDANCE BASED LIVING

Behind all performance-based living is the lie that you have to earn your value, driven by the fear that you are **not enough**. The biggest fear of all is that this statement is true.

**Short term**, it works as they falsely feel in control of their world. However, their world slowly diminishes, becoming smaller and smaller. As other people’s worlds grow - theirs shrink until one day they wake up somewhere in their mid-life facing their worst fear – failure. Avoidance living resulted in never achieving anything in life – a big-picture failure.

## 6.6 THE SCHEME IS RIGGED

**Eph 6:11** “Put on the full armour of God, so that you can take your stand against the devil’s **schemes.**”

**John 10:10** *"The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life."*

**Romans 3:23** *"For everyone has sinned; we all fall short of God's glorious standard."*

**Galatians 6:4** *"Pay careful attention to your own work, for then you will get the satisfaction of a job well done, and you won't need to compare yourself to anyone else."*

**2 Corinthians 1:17** *"You may be asking why I changed my plan. Do you think I make my plans carelessly? Do you think I am like people of the world who say 'Yes' when they really mean 'No'?"*

**James 1:8** *"Their loyalty is divided between God and the world, and they are unstable in everything they do."*

## **6.7 REFLECTIVE QUESTIONS**

1. What arena do you find yourself performing most in?

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2. What is your biggest fear about your performance?

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3. Who is your biggest competitor, and why?

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4. In what way do you compare yourself to others?

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5. What do you hide about yourself out of fear of it being used against you?

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6. Whose voice has had the most negative impact on your sense of self-worth?

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7. What impact did it have?

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8. How did you find yourself trying to perform to change it?

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9. Did you ever feel like you made it?

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10. How long did the euphoria last, and what happened after?

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# 7. HEALING THE WOUNDED INNER CHILD

## 7.1 INNER CHILD THEORY

Every child enters this world seeking to get answers to some basic fundamental questions.

1. Am I loved?
2. Do I have value?
3. What is my purpose?

## 7.2 INNER CHILD THEOLOGY

**1 Thessalonians 5:23** “Now may the God of peace make you holy in every way and may your **whole spirit and soul and body** be kept blameless until our Lord Jesus comes again.”

**Hebrews 10:14** “For by that one offering He forever made perfect those who are being made holy.”

This is both **positional** – “I am a child of God” - and **progressive** – “I am becoming more like Christ”; a maturing process.

**Hebrews 5:12-14** “You have been believers so long now that you ought to be teaching others. Instead, you need someone to teach you again the basic things about God’s word. You are like babies who need milk and cannot eat solid food. For someone who lives on milk is still an infant and **doesn’t know** how to do what is right. **Solid food** is for those who are mature, who through **training** have the **skill** to **recognize** the difference between right and wrong.”

**Proverbs 22:6** “Direct your children onto the right path, and when they are older, they will not leave it.”

**Ephesians 6:4** “Fathers, do not provoke your children to anger by the way you treat them. Rather, bring them up with the discipline and instruction that comes from the Lord.”

**Colossians 3:21** “Fathers, do not aggravate your children, or they will become discouraged.”

**Isaiah 61:1** “The Spirit of the Sovereign LORD is upon me, for the LORD has anointed me to bring good news to the poor. He has sent me to comfort the broken-hearted and to proclaim that captives will be released and prisoners will be freed.”

**Proverbs 18:14** “The human spirit can endure a sick body, but who can bear a crushed spirit?”

**1 Corinthians 13:11** “When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me.”

**Ephesians 4:11-14** “So Christ himself gave the apostles, the prophets, the evangelists, the pastors and teachers, to equip his people for works of service, so that the body of Christ may be built up until we all reach unity in the faith and in the knowledge of the Son of God and become **mature**, attaining to the whole measure of the fullness of Christ. Then we will no longer be infants, tossed back and forth by the waves, and blown here and there by every wind of teaching and by the cunning and craftiness of people in their deceitful scheming.”

### 7.3 HEALTHY V UNHEALTHY ATTACHMENT

		HOW I FEEL ABOUT ME	
		GOOD	BAD
HOW I FEEL ABOUT OTHERS	SAFE	<p><b>SECURE</b></p> <p>Comfortable with intimacy and autonomy. Consistent safe parents 56 % of population</p>	<p><b>ANXIOUS</b></p> <p>Insecure of self – and need of others Inconsistent parents 20 % of population</p>
	LOW ANXIETY		
	UNSAFE	<p>Strongly independent, avoids showing emotional need of others. Unavailable parents 23% of population</p> <p><b>AVOIDANT</b></p>	<p>Afraid of intimacy and rejection. Socially avoidant yet high emotional reactions. Unsafe parents 1 % of population</p> <p><b>FEARFUL</b></p>
	HIGH ANXIETY		
		HIGH AVOIDANCE	

The most basic need - as for food and water - is relationship and connection.

## 7.4 WHAT IS ABSORBING DYSFUNCTION?

- I am abused because I deserve it
- I am rejected because I am unlovable
- I failed because I am stupid

## 7.5 CRITICAL VOICES

- You will never amount to anything
- You are worthless
- You are a waste of space
- Nothing you do is ever good enough
- You are unlovable
- You are nothing but a problem
- You are nothing but trouble

## 7.6 A THEOLOGY OF OWNERSHIP

Every one of us has an inner child, adolescent or young adult that we may or may not be consciously aware of. There can be parts that are “street wise” and resourceful, and other parts that can throw “emotional tantrums” or become totally irrational when backed into a corner. Therefore the more you can own your story to help you better understand the “inner-child” dynamics, the easier it becomes to intentionally start to choose healthier constructive behaviours. This self-awareness and ownership moves you from position of victim to victor.

However, here are two core reasons that keep people stuck in a victim’s mindset and they are the flip side of the same coin.

1. Blame
2. Lack of Ownership

“To make a mistake is human,  
to blame it on someone else is even more human.”

**John 8:32** *“The truth will set you free.”*

**Ephesians 2:8** *“For by His loving-favour you have been saved from the punishment of sin through faith. It is not by anything you have done. It is a gift of God.”*

**1 John 4:19** *“We love because He first loved us.”*

**Romans 5:8** *“But God showed his great love for us by sending Christ to die for us while we were still sinners.”*

**Romans 8:38-39** *“I am convinced that nothing can ever separate us from God’s love. Neither death nor life, neither angels nor demons, neither our fears for today nor our worries about tomorrow—not even the powers of hell can separate us from God’s love. No power in the sky above or in the earth below—indeed, nothing in all creation will ever be able to separate us from the love of God that is revealed in Christ Jesus our Lord.”*

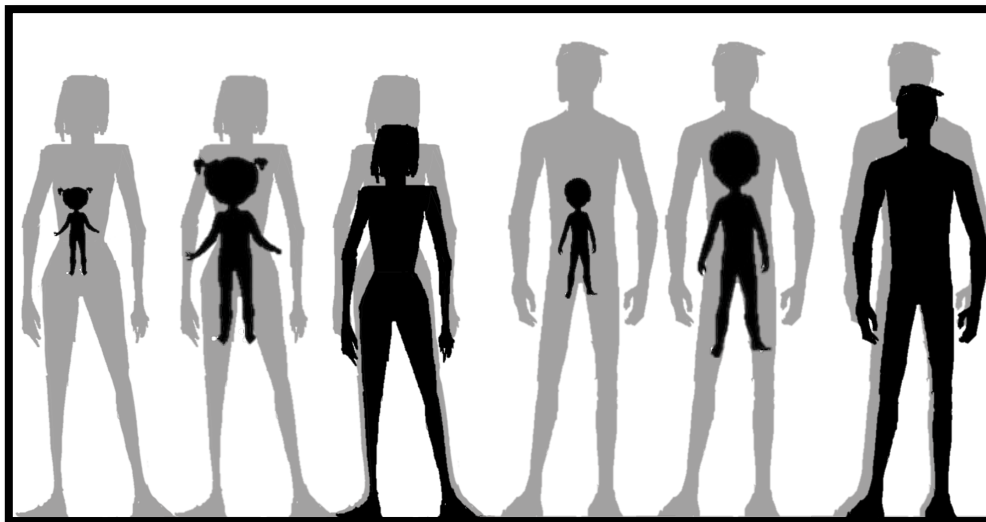
**Matthew 11:28-30** *“Then Jesus said, “Come to me, all of you who are weary and carry heavy burdens, and I will give you rest. Take my yoke upon you. Let me teach you, because I am humble and gentle at heart, and you will find rest for your souls. For my yoke is easy to bear, and the burden I give you is light.”*

### **TO RECAP...**

1. Know your truth – our position is in Christ
2. Know your nature – our fallenness calls for a Saviour
3. Know your defence – the enemy cannot accuse you of what you claim.

## **7.7 CLOSING THE INTEGRITY GAP**

Definition of ‘integrity’  
“The state of being whole and undivided.”



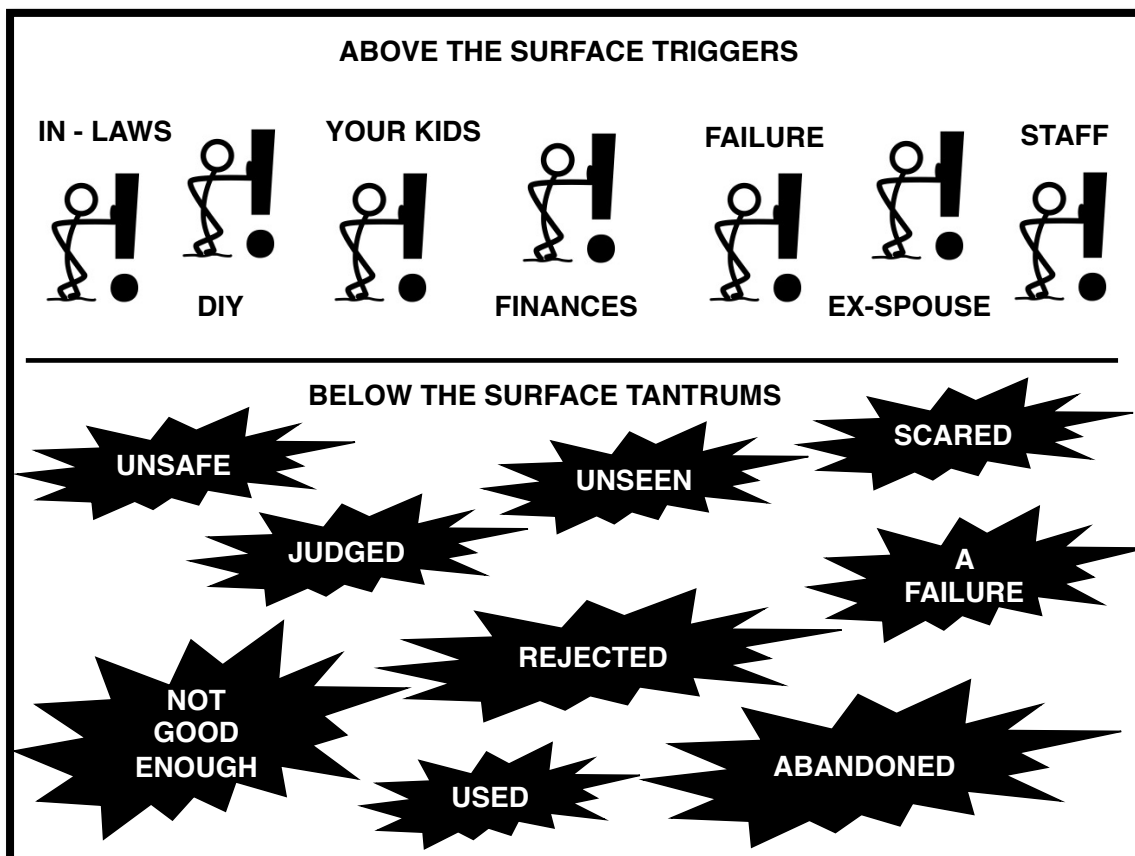
## **7.8 LISTENING TO THE TRIGGERED EMOTIONS OF THE WOUNDED INNER CHILD**

Part of the journey of healing the wounded inner child can be done by regularly following a few simple steps.

1. **Listen:** Tune into the emotional “**need**” of your inner child.

This involves allowing the “adult” you to listen to the “little” you without judgement, mocking, denying or silencing.

- Allow ‘little’ you to express your emotions and needs. One of the adaptations children make when there is no safe space to be heard is to silence themselves. Speaking emotions and need becomes either scary or wrong. This needs to be reverted.
  - Allow ‘big’ you to listen to ‘little’ you. Remember no-one heard little you when you were a child. This is part of the reason why you felt like ‘you’ never mattered to anyone.
2. **Validate:** Acknowledge that the emotional “**need**” has been heard and validated. Being heard and validated is such a life giving experience, a person experiences their value when heard. Confirm that it is ok to have that “need”, that there is nothing “wrong” with them for feeling that way.
  3. **Request:** Allow the inner child to request what they “need” to help them heal. Allowing your inner child to ask for help is a key part of the healing journey.
  4. **Invite:** As you start to grow in confidence to express the need of your inner child, slowly inviting others into that story is healthy. We know that hurt people hurt people, but healed people can also heal people.





## 7.9 REFLECTIVE QUESTIONS

1. In what way do you think your adaptations have been negatively impacting your world?

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2. When you mess-up / feel alone / feel sad / feel needy... what are some of the phrases you tell yourself as a means of punishing / belittling / denying or silencing yourself?

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3. What was the one thing you remember as a child you most desperately yearned for?

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4. If you could ask the primary-care giver who hurt you the most for one thing what would it be?

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5. What has been the one area of your life you have found yourself stuck in blame, anger and resentment?

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6. Who caused the most hurt or disappointment in your world?

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7. What is holding you back from releasing that person in forgiveness through acknowledging their fallenness?

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8. What part of your own fallenness do you find hard to own?

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9. What is the truth you feel God wants you most to hold onto?

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## 8. BECAUSE OF... I AM

*"Because of justification, you are completely forgiven and fully pleasing to God. You no longer have to fear failure. Because of reconciliation, you are accepted by God. You no longer have to fear rejection. Because of propitiation, you are deeply loved by God. You no longer have to fear punishment, nor do you have to punish others. Because of regeneration, you have been made brand new, complete in Christ. You no longer need to experience the pain of shame."*

**Robert S. McGee**, *The Search for Significance: Seeing Your True Worth Through God's Eyes*

Our starting point for everything has to begin with God because of all he has done for us we live. Therefore our starting point when it realizes that we have been living a performance or an avoidance-based life is to return to basics.

**Psalm 46:10** "To be still and know that I am God."

In **Romans 7**, Paul owned it...

**Verse 14** "So the trouble is not with the law, for it is spiritual and good. The trouble is with me, for I am all too human, a slave to sin."

**Verse 18** "And I know that nothing good lives in me, that is my sinful nature."

**Verse 24** "Oh, what a miserable person I am! Who will free me from this life that is dominated by sin and death? Thank God! The answer is in Jesus Christ our Lord."

- Because of justification, you are completely forgiven and fully pleasing to God. You no longer have to fear failure.
- Because of reconciliation, you are accepted by God. You no longer have to fear rejection.
- Because of propitiation, you are deeply loved by God. You no longer have to fear punishment, nor do you have to punish others.
- Because of regeneration, you have been made brand-new, complete in Christ. You no longer need to experience the pain of shame.

Because of...(what Christ did), we are... free from shame, guilt, condemnation, bondage, and so on. Our starting point is because of... God.

Therefore our identity and value have NOTHING to do with what we do. What we DO is merely an overflow response to what God has already done.

## 8.1 RIGHT STANDING BEFORE GOD

**Romans 14:17** “For the kingdom of God is not a matter of eating and drinking but of righteousness, peace and joy in the Holy Spirit.”

**Ephesians 2:8-9** “For it is by grace you have been saved, through faith--and this is not from yourselves, it is the gift of God--not by works, so that no one can boast.

**Philippians 4:6-7** “Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus.”

**Nehemiah 8:10** “This day is holy to our Lord. Do not grieve, for the joy of the LORD is your strength.”

## 8.2 AUTHORITY FOUNDATIONS:

**Genesis 1:27** “So God created human beings in his own image. In the image of God he created them; male and female he created them.”

**Gen 2:7:** God “formed – the Hebrew word is yasar” a man – moulded into a form, purposely planned, framed.

**Gen 2:22:** God “built – the Hebrew word is bana” a woman – to rebuild, to establish a family, to be built up to becoming a mother. (We are nurturing by nature even if this is not directly through our biological families – our hearts are relationally driven, seeking relational connection.)

## 8.3 I WAS MADE BY GOD

of that product. Let me just say that we have no “made in China” label. I was made in His image and knit together by his hands.

**Psalms 139:13** “You made all the delicate, inner parts of my body and knit me together in my mother’s womb”

**Jeremiah 1:5** “Before I formed you in the womb I knew you, before you were born I set you apart; I appointed you as a prophet to the nations.”

**Psalms 139:13-14** “You made all the delicate, inner parts of my body and knit me together in my mother’s womb. Thank you for making me so wonderfully complex! Your workmanship is marvellous – how well you know it.”

The root Hebrew word for “wonderfully complex (wonderfully made)” is “Pala”, which means to be distinguished, to create with a difference, marked out, set-part, to be wonderful, to be extraordinary.

This lays the foundation of ...

- My value
- My authority
- My potential
- My expectations
- My starting point

## **8.4 I WAS MADE BY INTENTIONAL DESIGN**

Any good dreamer, author, creator, builder, designer, sculptor and even knitter begin their masterpiece with a pen and paper.

**Psalm 139:16** “Your eyes saw my unformed body; all the days ordained for me were written in your book before one of them came to be. How precious are your thoughts about me, O God? How vast is the sum of them!”

**Psalm 139:13** “You made all the delicate, inner parts of my body and knit me together in my mother’s womb”

- ⇒ A dreamer dreamed of you
- ⇒ A planner planned for you
- ⇒ You were created by a creator
- ⇒ I was built by a builder
- ⇒ I was fashioned by a designer
- ⇒ I was sculpted by a sculptor
- ⇒ I was knitted by a knitter

## **TALK TO YOUR DESIGNER**

For many who feel like they are returning from a long detour, the best way to start this journey of laying the right foundations to build from is to talk to your designer and the one who made you. Bring your heart's tensions, fears and insecurities to him in prayer and wait on him. The more we know the truth, the more we live in freedom.

## **8.5 RECOGNIZING STUCK SPACES**

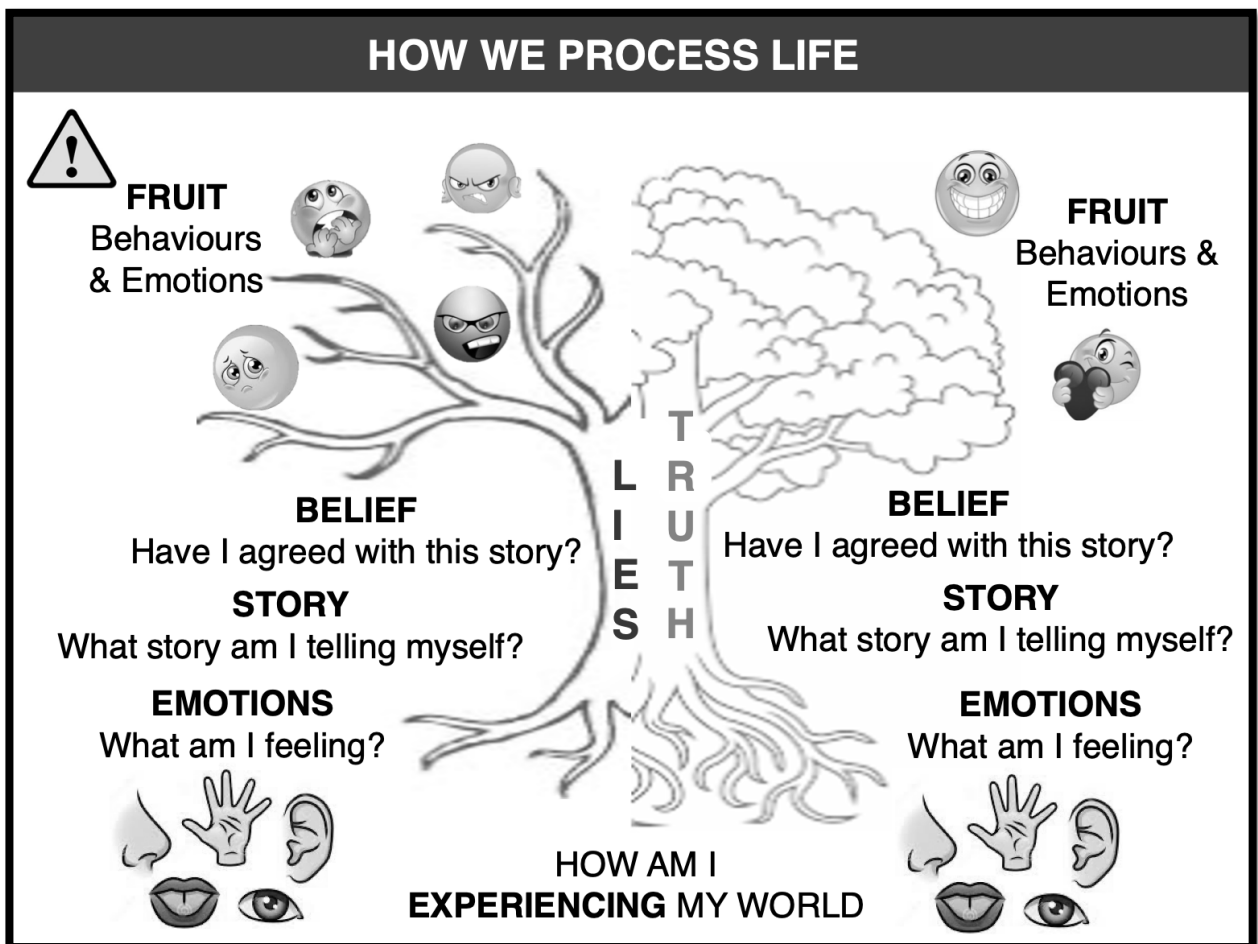
1. Is this thought bringing me life or death?
2. Is my reaction making my world bigger or smaller?
  - Life or Death?
  - Peace or Fear?
  - Joy or Despair?

- Opening up or Shutting Down?
- Trying new or Avoiding Opportunities?
- Expressing or Suppressing?
- Authentic or Artificial?
- Conviction or Condemnation?

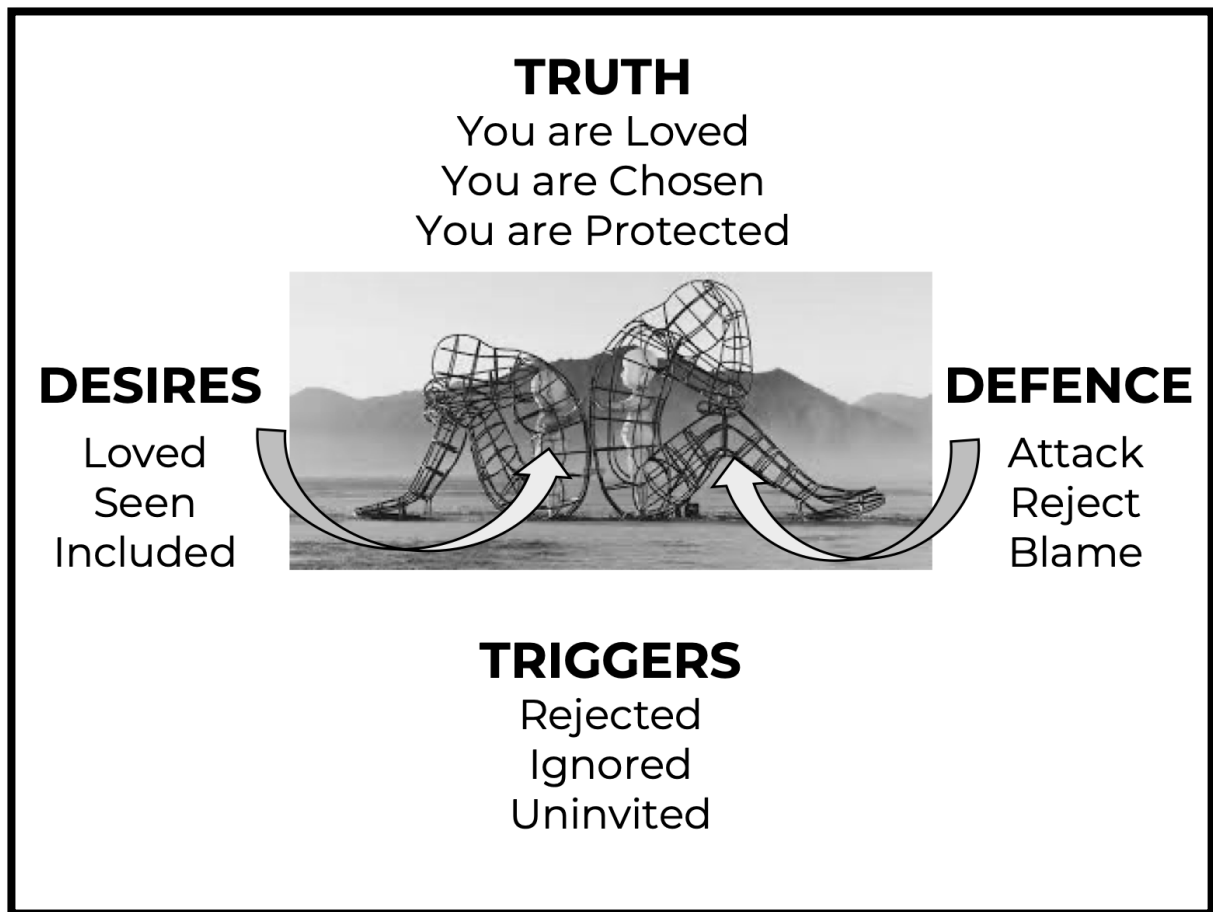
The fruit of any lie agreement will always be to destroy, **John 10:10** is clear on the purpose of the thief versus the purpose of Christ.

**John 10:10** "The thief's purpose is to steal and kill and destroy. My purpose is to give them a rich and satisfying life."

You will learn to identify stuck spaces in your life based on the fruit of those spaces. Sometimes it is easier to start with the fruit and work your way down to the roots.



## 8.6 LIVING NOW AS FOUND



**Luke 15:17** “When he finally came to his senses, he said to himself, ‘At home even the hired servants have food enough to spare, and here I am dying of hunger!’

**Luke 15:24** “For this son of mine was dead and is alive again; he was lost and is found.’ So they began to celebrate.

**Psalms 68:6** “God places the lonely in families.”

**Healing starts when the questions we asked about our value and worth as a kid are brought under the authority and truth of Jesus.**

**Allow every lost, broken, hidden and insecure part of you to ask the question – “JESUS – WHO DO YOU SAY I AM?”**

## 8.7 REFLECTIVE QUESTIONS

1. What emotion is your inner child most feeling?

I felt excluded	I felt trapped	I felt overwhelmed
I felt powerless	I felt unloved	I felt overburdened
I felt unheard	I felt controlled	I felt used
I felt scolded	I felt manipulated	I felt exploited
I felt judged	I felt uncared for	I felt no empathy
I felt blamed	I felt unimportant	I felt not good enough
I felt disrespected	I felt belittled	I felt scared of you
I felt unseen	I felt abandoned	I felt lonely
I felt unsafe	I felt unappreciated	I felt betrayed
I felt irritated	I felt provoked	I felt frustrated
I felt lost	I felt stuck in a rut	I felt left behind
I felt tired	I felt hungry	I felt empty

2. What core events happened in your life that resulted in a lie agreement?

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3. Can you see the fruit of that lie agreement cycle?

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4. What is the little you needing most to heal?

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5. Knowing that God knew the unformed version of you – what hope does that bring you?

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6. Who does Jesus say you are?

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