

Chapter	False Beliefs
<i>Six</i> The Performance Trap	<i>I must meet certain standards in order to feel good about myself.</i>
<i>Seven</i> Approval Addict	<i>I must be approved (accepted) by certain others to feel good about myself.</i>
<i>Eight</i> The Blame Game	<i>Those who fail are unworthy of love and deserve to be punished.</i>
<i>Nine</i> Shame	<i>I am what I am. I cannot change. I am hopeless.</i>

Consequences	God's Answer
The fear of failure; perfectionism; driven to succeed; manipulating others to achieve success; withdrawal from risks.	Justification <i>Justification means that God has not only forgiven me of my sins, but has also granted me the righteousness of Christ. Because of justification, I bear Christ's righteousness and am, therefore, fully pleasing to the Father (Rom. 5:1).</i>
The fear of rejection; attempting to please others at any cost; overly sensitive to criticism; withdrawing from others to avoid disapproval.	Reconciliation <i>Reconciliation means that although I was at one time hostile toward God and alienated from Him, I am now forgiven and have been brought into an intimate relationship with Him. Consequently, I am totally accepted by God (Col. 1:21-22).</i>
The fear of punishment; punishing others; blaming others for personal failure; withdrawal from God and others; driven to avoid failure.	Propitiation <i>Propitiation means that Christ satisfied God's wrath by His death on the cross; therefore, I am deeply loved by God (1 John 4:9-11).</i>
Feelings of shame, hopelessness, inferiority; passivity; loss of creativity; isolation; withdrawal from others.	Regeneration <i>Regeneration means that I am a new creation in Christ (John 3:3-6).</i>