

PERSONAL BAD NEWS INVENTORY

This exercise is meant to give you a jumping off point to talk back with truth. It should expose the bad news you tell yourself. Ask the Lord to reveal the lies you tell yourself and give you clarity as you think and answer these questions. We can't get to the bottom of the bad news and get to the Good News without Him!

First, get somewhere comfortable or at least quiet and have a pen on hand. Now, close your eyes and imagine the worst version of your normal kind of morning. This morning you sleep through the alarm and you're late for whatever you have planned. I want you to really picture it in your mind. As you hop out of bed, you bang your knee on the side of your bed. You scald your tongue on the hot coffee you're trying to slurp down as you hop in the car.

This is the kind of morning where nothing goes your way, and everything you try fails. Every single thing you do to salvage the situation only makes it worse.

Ask yourself what is running through your mind during this mundanely awful kind of morning? What phrase do you say over and over as each annoyingly, frustratingly normal thing goes wrong? Really let yourself vividly imagine this no-good morning.

Write those thoughts here:

Now, think back to your last fight-or-flight kind of moment. Maybe you were faced with an impossible task at work or you had to tell someone really bad news. Maybe your bank account ran dry before the end of the month for yet another month. What is whispering between your ears when you feel exposed or threatened?

Write those thoughts here:

Compare your notes to the lists in Chapter 2 of *Preach to Yourself*. Do you see any similarities? What Bad News Loop does your bad news most resemble? After looking through the lists in Chapter 2, circle your answer below. Now, refer to the Appendix or Scripture Training Cards for Scripture to *talk back with truth*.

I can't do this.

I'm not enough.

Nothing will never change.