

# Christ-centered Steps Worksheet

## Step 1. POUR OUT

Critical thoughts, defensive and vulnerable feelings (*Iceberg*): Heavenly Father, I feel \_\_\_\_\_

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*It makes sense I feel this way. The Savior can help me feel to heal.*

## Step 2. BREATHE, SEE HIM, HEAR HIM

*Breathe in the feelings of a **Touchstone** memory. Feel the Savior beside you. Imagine Him looking into your eyes with compassion:*

- Write what He might say on the **Savior's Perspective** lines on the right below. (You could also write any of THE SAVIOR'S WORDS from the other side of the page).
- Write the **Simple fact** of your situation.
- What triggering **STORY** were you telling yourself? (See critical thoughts you **Poured Out** and STORIES on the other side of the page for ideas).

## Step 3. "STEAR" WITH THE SAVIOR'S PERSPECTIVE

Simple fact: \_\_\_\_\_

Savior's Perspective (*Empowering Thoughts from your "Hear Him" and HIS WORDS in scripture*):

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Triggering **STORY** I was telling myself: \_\_\_\_\_

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### HIS WORDS

- "My peace I give unto you" (John 14:27).
- "Let not your heart be troubled, neither let it be afraid"(John 14:27).
- "He hath sent me to heal the brokenhearted" (Luke 4:18).
- "I am in your midst, and am your Advocate" (DC 29:5).
- "Return unto me...that I may heal you" (3 Nephi 9:13).
- "I will encircle thee in the arms of my love" (DC 6:20).
- "Perfect love casteth out fear" (1 John 4:18).
- "All things work together for good to them that love God" (Romans 8:28).
- "Neither do I condemn thee" (John 8:11).
- "Fear thou not; for I am with thee: be not dismayed; for I am thy God: I will strengthen thee; yea, I will help thee" (Isaiah 41:10).
- On your own, you're not supposed to be enough: "I give unto men weakness that they may be humble; and my grace is sufficient for all men...for if they humble themselves before me, and have faith in me, then will I make weak things become strong unto them" (Ether 12:27).
- "Take my yoke upon you and learn of me...and you shall find rest to your soul" (Matthew 11:29).
- "I give power to the faint and to them that have no might I increaseth strength" (Isaiah 40)

### "STORIES"

- Something has gone *wrong*; my life should be different than it is
- I should already be better than I am
- The situation will never be as good as it could have been
- My family member should be different
- Their behavior is my fault / my responsibility; I know what they need to do to change!
- There's nothing I can do