

Journalling Topics

Healthy Self-Esteem

- ◆ Recognize own needs
- ◆ Tell the truth about how we feel
- ◆ Accept compliments and learn to say "Thank you" believing the sincerity of the compliment
- ◆ Willing to say "yes" or "no" when it is appropriate and comfortable
- ◆ Rely on approval from God rather than manipulating others to give it to me
- ◆ Feel comfortable spending time alone and use the time productively or to rest
- ◆ Feel confident to meet the responsibilities before me
- ◆ Act assertively
- ◆ Take some risks
- ◆

Emotional Balance

- ◆ Own and appropriately express anger or hurt feelings
- ◆ Make reasonable requests
- ◆ Set limits for myself
- ◆ Enjoy inner peace
- ◆ Live with reduced stress and anxiety

Social Balance

- ◆ Stop rescuing others
- ◆ Take care of my needs
- ◆ Give others over to the care of God and believe God is the best source for their guidance, love, and support
- ◆ I take responsibility for my own life and emotional and spiritual welfare
- ◆ Develop my own identity with expression of my talents and interests
- ◆ I recognize dependent relationships and take steps to bring about change in myself and my way of relating
- ◆ I empower others to find and employ their own solutions
- ◆ I find ways to have fun
- ◆ I accept others as they are and learn how to set boundaries and be with them or stay away from them as needed

- ◆ I pray when I feel chaos or frustration in a relationship and seek God's guidance

Living Under Authority

- ◆ Loving and caring ways I relate to God
- ◆ Act with self-esteem while listening for ways to learn
- ◆ Willingness to surrender my own behaviours to what God teaches in the Bible
- ◆ Stand up for myself when needed and give others space to express their point of view
- ◆ Accept constructive criticism
- ◆ Interact easily with people in authority
- ◆ Act out of a sense of what is right rather than on the basis of how others feel
- ◆ Act rather than react when responding to others

Hospitable

- ◆ Cultivate supportive relationships
- ◆ Take interest in people around me and what they have to offer to my knowledge of life
- ◆ Look for ways to include people rather than exclude them
- ◆ Look for ways to do things together rather than doing things alone
- ◆ Actively participate with others in projects of mutual interest
- ◆ Participate in and have fun in group activities
- ◆ Believe that people accept me for who I really am
- ◆ Experience comfortableness and serenity when I am with others

Responsible

- ◆ Take care of myself
- ◆ Enjoy leisure time
- ◆ Accept my limitations
- ◆ Delegate responsibility
- ◆ Do what I say I'll do it when I say I'll do it
- ◆ Leave others to do their responsibilities