

False Beliefs

1. **Perfectionism:** You see things as either all good or all bad. If you fall short somewhere, you see yourself as completely bad or worthless. In reality, no person or thing on earth is completely good (only Christ was). God wants us to rest in His grace since the demand for perfection was taken care of at the cross.

“No one is good, except God alone.” —Mark 10:18b, NIV

2. **Negativity:** You see everything from a negative perspective. You see a single negative occurrence as a never-ending pattern and completely dismiss the positive aspects. In reality, God wants us to have a redemptive perspective. This isn't just wishful thinking, but we should see God's good intent in all things, with trust that He makes all things come together for good.

“Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy--think about such things. —Philippians 4:8, NIV

3. **Fortune Telling:** You jump to a negative conclusion even though you don't have the evidence to support your reasoning. You may predict that something may end up badly even though you don't have the proof. Only God knows the future and what is to come. Dwelling on the “what ifs” only leads to fear.

“Since no one knows the future, who can tell someone else what is to come?” —Ecclesiastes 8:7, NIV

4. **Mind Reading:** You may negatively predict what people are thinking, without asking what is going on inside. It is far better to ask rather than assume. Only God knows the minds of other people.

“For who knows a person's thoughts except their own spirit within them? In the same way no one knows the thoughts of God except the Spirit of God.” —1 Corinthians 2:11, NIV

5. **Judgmentalism:** You judge yourself or your situation from a distorted human perspective. You label yourself, or you magnify the negative and minimize the positive. Like the Pharisees, you are legalistic toward yourself and live by “shoulds” and rules which only leads to more shame. God wants you to live by His grace. Only He is the perfect judge and can perfectly discern your situation.

“For God is greater than our worried hearts and knows more about us than we do ourselves. And friends, once that's taken care of and we're no longer accusing or condemning ourselves, we're bold and free before God!” —1 John 3:20-21, MSG

6. **Self-Pity:** You see yourself as the cause of negative events even though you aren't responsible. Or you base your view of reality on your own personal (often negative) emotions. Ironically, this is a subtle yet destructive form of self-centeredness that only leads to despair.

“Why am I discouraged? Why is my heart so sad? I will put my hope in God! I will praise him again—my Savior and my God!” —Psalms 43:5, NIV