

Becoming The Real You

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Questions: Have you ever felt like an imposter? If so, what did it look like in your life?

15 symptoms that point to a “false” sense of self:

1. I say “yes” when I really mean “no.”
2. I get depressed when people are upset with me.
3. I have a need to be approved by others to feel good about myself.
4. I act nice on the outside, but inside “I can’t stand you!”
5. I often remain silent in order to “keep the peace”.
6. I believe that if I make mistakes, I myself am a failure.
7. I criticize others in order to feel better about myself.
8. I avoid looking weak or foolish for not having the answer.
9. I have to be doing something exceptional to feel alive.
10. I have to be needed to feel alive.
11. I am fearful and can’t take risks.
12. I do what others want so they don’t get mad at me
13. I use knowledge and competence to cover my feelings of inadequacy.
14. I want my children to behave well so others will think I am a good parent.
15. I compare myself a lot to other people.

Questions: Which of these do you most identify with and why?



Awareness of yourself affects your awareness of God.

Read 1 Samuel 17

Obstacles that challenge how we see ourselves and how we see God:

- **Family**

Question: What is the “perceived image” or expectation from your family that feeds into your sense of false self?

- **Significant Others**

Questions: How did others complete statements about you? “You are only ...” “There is no way you can ...” What was someone else’s “armour” that you tried to fill?

- **The Enemy**

Question: What are some of the “lies” that Satan has thrown your way about who you are?

Practices that lead you toward true identity:

- Move out of the comfort zone.
- Ask for courage
- Embrace times of silence and solitude
- Find trusted companions

Questions: What is one “practice” you need to nurture the most? What step will you take to do this?

YouVersion / Bible.com reading plans:

Flourish In Identity

<https://www.bible.com/en/reading-plans/15878>

For women: Identity: Becoming The True You

<https://www.bible.com/en/reading-plans/4031>