

# “Tasting the Fruit”

## (1) Emotions/Feelings?

- Record the emotions you feel about your situation.

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- Distinguish between healthy and unhealthy emotions.

Example

**Unhealthy Emotions**

Frustration  
(Impatience)  
Anxiety  
(Fearful apprehension)  
Resentment  
(Uncontrolled anger)  
Guilt/Shame  
(Condemnation)  
Depression  
(Self-pity)

**Healthy Emotions**

Godly discontentment (Philippians 1:12)  
  
Godly concern (2 Corinthians 11:28)  
  
Godly anger (Ephesians 4:26)  
  
Godly sorrow (2 Corinthians 7:10)  
  
Godly Anguish (Luke 22:44)

## (2) Behaviour/Actions?

- Record the actions that caused or complimented these emotions.

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- Distinguish between healthy and unhealthy behaviour in the light of God’s Word.

# “Investigating the Root”

## (1) Goals?

- What “goal” do you think you may be striving for?

I will be fulfilled when I .....

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## (2) Basic Assumptions? (Our Belief System)

- What underlying assumptions in you mind do you think may have led to the establishment of this goal?

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- Where and when do you think you adopted this assumption?

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## NOW WHAT?

From the above self-reflection, one can thus embrace the Biblical goal by faith – “I will be fulfilled in God and Him alone; secure in my love relationship with Him and significant in my obedience to His will for me” – and then renew one’s mind to a new belief system based on God’s Word. We encourage you to seek the Lord through prayer and Bible meditation, and recommend that you use the “Our Identity in Christ” Tool as a starting point.