

LIES that people in crisis believe:

1. I am less of a person than the people who succeed. I don't deserve to "make it"
2. I am not mentally or physically capable of getting out of this hole.
3. Nobody wants to hire me.
4. I shouldn't commit to anything because its not going to work out anyway.
5. I can't get my license or a car, its too expensive and not worth it.
6. I should always listen to my peers. Those who are also in crisis understand me best.
7. People who run or manage programs like Cdsa, thpenid.com, youth and family services, probation / parole, etc don't understand my problems and put to many rules on me.
8. I am not responsible for my success if I am a victim of circumstances.
9. I do not have to account for my time, or money. Its not anyone else's business.
10. Most of the rules don't apply to me. I am different.
11. Keeping my personal belongings and space clean, and organized has nothing to do with the rest of my life. It doesn't reflect my attitude or disposition.
12. Covering for someone else, or trying to keep them out of trouble, is the nice thing to do.
13. I shouldn't try to discuss rules or policies that I don't agree with, it will just turn into an argument.
14. People who run support programs are just doing a job, they don't really care.
15. If I apologize, or take responsibility for my actions and attitude, it gives other people power to control me.
16. I must demand that people to listen to me. They need to know how I feel and what I think about everything.
17. My opinion doesn't matter. I should always comply and never speak up.

18. I know what's best for me. My decision making is just fine. That's not why I'm in crisis.

19. I do not have to work if I don't feel like it. Especially part time minimum wage fast food.

20. Getting out of bed early every day and writing down my daily routine (time and money) is not a big deal.

21. I must be protective and defensive (sometimes lie) if I am going to survive. I shouldn't learn to trust people. They always let me down.

TRUTH:

1. I will succeed if I listen and apply good daily habits.

2. God is on my side when I honor His word. I must learn to trust Him.

3. People do care about me. They want to help.

4. Being thankful is far better than complaining.

5. Humbling myself will pay off.

6. I am responsible for everything in my life, from now on.

7. My attitude and my actions will determine my success.

8. I must listen and learn every day.

9. Being organized and keeping a budget and schedule are absolutely required.

10. I can and will stay in this program until I complete it.