

Belief to Behavior Chart Examples

Situation & Person(s)	False Belief or vain imagination	Emotion, self talk and vision	How this false belief, emotion and vision affects my behavior	Truth or promise from God or His word	Emotion, self talk and vision	How this truth, emotion and vision affects my behavior
The ten spies	thought they were grasshoppers in their own eyes	fear and inadequacy	spread a bad report among the people; were not willing to pursue God's promise; angry at those who opposed their opinion; wanted to stone Joshua and Caleb			
Joshua and Caleb				God promised to give them the land and the ability to take possession	Aligned vision with God's promise. Focused on the victory even before it manifested. Their focus helped them endure 40 years of waiting even though there were murmuring and complaining	They were prepared for the promise and the battle to conquer the land; Caleb was as strong at 85 as he was when he left Egypt
Deb started dating Mike, but he is freaked out about starting a relationship. Doesn't want to be hurt again; Content with a casual relationship	I can't confront him; when I've pressed in the past, men leave. I can change him; it's not that bad; I need to take the lead	I'm not worthy of having what I really want. I need to settle for whatever I can get.	Deb's unworthiness and fear of loneliness causes her to compromise in relationships; Shg ignores red flags & take the lead to push for emotional connection.	Since I have the mind of Christ, I can trust my discernment and suspicions. Mike is not relationship ready so move on because God wants to grant me the desires of my heart.	I am worthy of being adored. Deb imagines herself being fully loved. She allows herself to visualize her future husband putting her first and laying his life down for her.	Refuse to compromise and push for romance; Wait and trust in God's timing
Maria: My kids are always complaining and saying I'm no fun.	I am not a good mother. I don't spend enough time with my children. I can't seem to get parenting right.	I am inadequate as a parent. I fear ruining my children's lives or driving them away from God.	My knee-jerk reaction is to discipline and criticize even small faults. Pushing too hard for perfection. Reacting impulsively often leads to regret.	Romans 8:1, there is no condemnation in Christ. My children's complaints are not a reflection on my parenting. Sometimes they are just being kids.	I can respond with love and patience instead of criticism and anger. I can change my expectations of perfection. I visualize myself allowing them to vent. I can allow myself to feel the resulting peace of not being triggered by their complaints.	I am a good mother. God gives me wisdom to parent. My anger and need to control is no longer triggered by my children's behavior. I can enjoy their company and love them even when they misbehave or complain.

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