

Write from the Deep
Karen Ball & Erin Taylor Young
Going Deeper Workshop: Overcoming Damaging Self-Talk
Segment 14: Fear: The Fuel Behind Damaging Self-Talk: Action Steps

Action Step 1

1. Look at your list of damaging self-talk. By now you should have most or all marked over in red letters of some sort, maybe several sets of red letters.
2. Take a closer look at each example and identify any underlying fears present. It helps to ask yourself, “So what? What am I really afraid of?”

Example: “I’m such a annoyingly SLOW writer!”

Ask, “So what if I’m slow?” Dig deep to answer. Why does being slow annoy you?

“Because I want to be faster” isn’t a deep enough answer.

“I’ve heard it’s important it’s to keep cranking out new books, so rankings stay high in Amazon.” That gets closer, but what’s the fear under that?

“I’m afraid that being a slow writer will hurt my career.” Now a fear is exposed.

3. When you’ve dug to the root and identified the fear fueling that example, write FEAR in big red letters over it.
4. Find specific truth to combat that specific fear. Then, in the lines below your damaging self-talk, write your fear followed by your truth. Connect the fear and the truth with *BUT*.
 - a. For example, the fear “I’m afraid that being a slow writer will hurt my career” can be combated with specific truth about who made me, who gave me this task, and who’s really in charge of my career. This takes my focus off myself and puts it on God.
 - b. I would then write something like this: “I’m afraid that being a slow writer will hurt my career, BUT the truth is God made me in His image, He’s sovereign, and He’s in control of my career. I will praise You God because Your works are wonderful.”
5. Take your time with this. Pray. Ask God what He wants you to write in those empty spaces. What fears and truths does He want you to acknowledge? The goal is to turn your focus to God.

Action Step 2

Proactively build your trust in God by remembering and commemorating His deeds.

- Write about specific times in your life where God showed Himself faithful. You can use the empty space below to get started, but you may also want to continue in a journal.
 - What are some specific markers in your life? Where has God revealed Himself to you?
 - What are some specific events, conversations, Divine appointments, etc., that have happened in your writing journey?

- Make a practice of reading what you've written, of pondering God's deeds, or of telling others about those events. Reviewing those experiences builds your trust in God.
- Create other types of remembrances—ebenezers, memorials—to prompt the retelling or pondering of God's faithful deeds in your life.
 - Photographs, drawings, stone piles, prayer journals, needlepoint, etc. Be creative!
 - List some ideas below.

The goal is for God to receive the praise and reverence He deserves through His people speaking the truth, and we experience the freedom and peace He meant us to have by walking in that truth.

- “You have multiplied, O Lord my God, your wondrous deeds and your thoughts toward us; none can compare with you! I will proclaim and tell of them, yet they are more than can be told.” Psalm 40:5