

Understanding My Peace Response

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1. Go back to your *Understanding my Pain Response* handout and write down words that describe your emotions when you feel pain.

My emotions when I feel pain are: _____.

Take a look at the list below. These words are descriptive of the truth about who you are and how God looks at you.

2. The truth about me and my situation is that I am: _____.

(Circle the words that seem to be the opposite of the words that you chose before or words that are significant to you, then write them on the lines above.)

The Truth About You

Loved	Accepted	Can make choices	Encouraged
Priceless	Promising	Valuable	Connected
Treasured	Significant	Known	Can control self
Appreciated	Never alone	Full of worth	Wanted
Adequate	Valued	Celebrated	

3. When I have identified the truth in question 2 above, I can find strength to act in the following ways:

(Circle the one, two, or three ways that you feel you can act if you are living in your truth, then write them on the lines above.)

Accepting	Non defensive	Energetic	Nurturing
Vulnerable	Hopeful	Supportive	Communicate care
Respectful	Encouraging	Engaging	Open
Giving	Peaceful	Intimate	Welcoming
Let go/relax	Able to persist	Kind	Settled
Responsible	Gentle	Seeking good	Trustworthy
Listening	Merciful	Honest	Listening
Merciful	Honest	Empathic	Loving
Reliable	Humble	Valuing self	Stay connected
Inclusive	Positive	Self-controlled	Turn from addictive actions