



# IDENTITY TRAPS

Recall *when* you stepped into those lies and *who* led us to those beliefs.

From Trauma REBOOT Week 8, page 85-87

1

**When** was the **first time** I believed this about myself?

2

**What experience** or **person** made me feel this way?

3

**How long** have I believed this lie?

4

**Why** did it impact me so deeply?

*Words kill, words give life; they're either poison or fruit - you choose. Proverb 18:21 MSG*