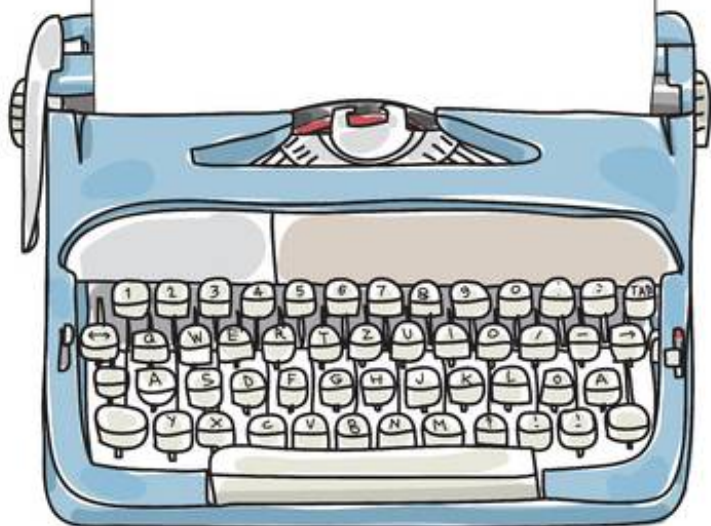


THE **F***** WORD
CHANGES EVERYTHING



Session 3

Owning your story will be the
bravest thing you'll ever do.





BRAIN DUMP

jot down stuff you want to remember



life group

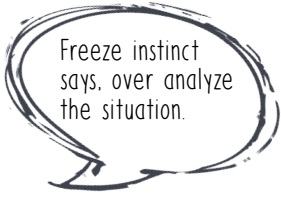


60 mins.

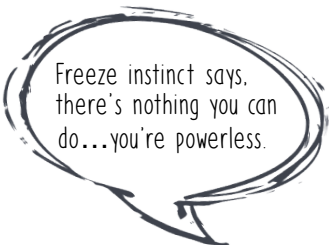
Refer back to **“THE CIRCLE”** on page 8. In what ways do you feel “powerless or paralyzed” with this person or circumstance?

3 WAYS TO IDENTIFY FREEZE REACTION.

- 1 **Thinker:** You are not quick just to react but you take your time to think and weigh out the pros and cons of a situation before taking action.

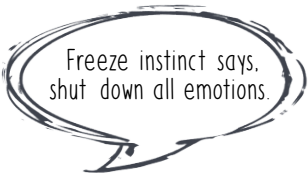


Freeze instinct says, over analyze the situation.



Freeze instinct says, there's nothing you can do...you're powerless.

- 2 **Calm:** You appear to be even keel and more collected to people on the outside, even though you are freaking out on the inside, not on the outside

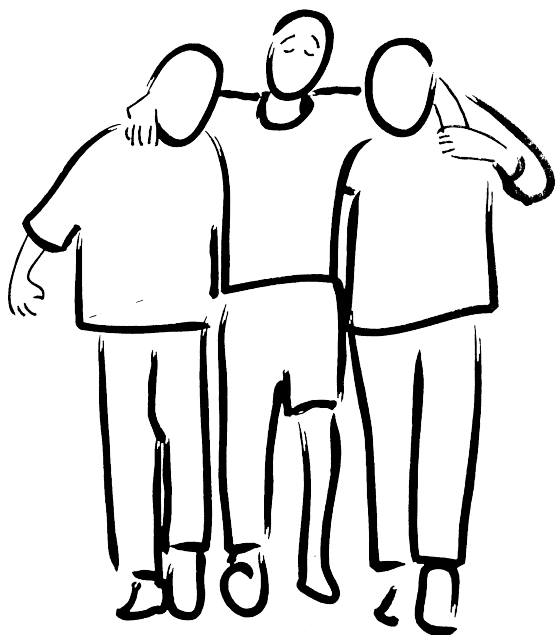


Freeze instinct says, shut down all emotions.

- 3 **Non-Impulsive:** You do not make rash decisions.



SHARE WITH YOUR GROUP WHICH OF THE 3 YOU IDENTIFY WITH.



You are those
who have stood by me in my trials.

Luke 22:28

PERFECT IS SO BORING

So make a big mess on this page! Go for it!

THE SCARY MONSTER INSIDE

We all have things inside of us that we don't want to face. Go back to **"THE CIRCLE"** and consider again, some of the people or circumstances you listed. Complete this activity and share with your group.

DOES THIS SCARY THING HAVE A NAME?



CAN YOU DRAW A PICTURE OF IT?



HOW BIG IS IT?

☐ S ☐ M ☐ L ☐ XL



HOW LONG HAS IT BEEN AROUND?
(DAYS, MONTHS, YEARS?)

WHAT DOES IT EAT OR
MUNCH ON INSIDE YOU?



DO YOU THINK GOD CAN HELP
YOU WITH THIS SCARY THING?

☐

YES

☐

NO

THIS IS
AN OFFICIAL
REST STOP.

BE STILL.
BREATHE.
COUNT TO TEN.
PRAY.
REST IN GOD.
LET
THE
WORRY
GO.
REPEAT AS
NECESSARY.



Come to me and I will give you rest.
~ Matthew 11:28



Apply **FAITH** to FREEZE

FAITH is TRUST in God, having peace even when you don't know what to do. Instead of being paralyzed by fear, we can be still and TRUST that God's hand is at work in your life.

walk the tightrope

Using your Bible App to look up the verses below. Write down what God is saying to you specifically in each verse.

Isaiah 40:31

Genesis 28:15

Isaiah 41:10



SHARE WITH YOUR GROUP WHAT GOD IS SAYING TO YOU
ABOUT APPLYING FAITH TO YOUR FREEZE.