

## Eight Categories Of Lies

All of our emotions can find their final object of focus in God. At the core of all our different emotions is the underlying question: “*God are you good?*” “*Can I really trust You?*” For example, 1) *abandonment* vocalizes the question, Is God good or will He leave me in isolation and alone? Will He offer His presence to others and leave me alone? Is God good – will He satisfy my hunger? Or will He bless others and leave me empty? 2) *Fear* vocalizes the question, “Can I trust God to protect me from harm?” 3) *Shame* asks: “Does God love me, or will He hate me if He sees me as I really am?” Does God love me, or will He turn away in disgust.” Note the examples of lies in the boxed in area.

### 1. Abandonment

The feeling of being deserted, not wanted, forsaken. Abandonment is the withdrawal of intimacy. It inevitably leads to loss: the loneliness of living in isolation from those who mean the most to us. It is separation, but it feels like death: it signals the end of relationship.

#### **Forms of abandonment**

Loss through death, divorce, separation, betrayal, loss of relationship, isolating behaviors, refusing to communicate or show affection, illness, sent to live with another person, orphaned, attempted abortion, forms of rejection.

1. I am all alone	I will always be alone	I have no one
2. No one even cares	They do not need me	I am rejected
3. I don't matter	I have been overlooked	No one likes me
4. I have no friends	I can't trust any one	Men can't be trusted
5. No one will believe me	They don't believe me	God has forsaken me
6. I am betrayed	They are not coming back	
7. There is no one to protect me	I am afraid they won't come back	
8. If you love, people will leave you	I'm not worthy of getting my needs met	
9. I am empty	If I trust, I will die.	
10. I don't need anyone	If I love, I will be hurt	
11. If I love, God will take them from me		

#### **Other emotions that often accompany abandonment:**

Abandoned	Alone	Blackness of death	Confused	Depression,
Deserted	Despondency	Despair	Discarded	Displaced
Don't Care	Emptiness	Fear of betrayal	Fear of intimacy	Fear of loss
Forgotten	Forsaken	Friendless	Futility	Grief
Homeless	Hopeless	Isolated	Left out	Lonely
Lost	Loss	No desires	Not belonging	Outside of
Passive	Sadness	Rejected	Unloved	Unable to concentrate

#### **Some grievous reactions**

Despair: utter absence of any hope, accompanied by feeling of powerlessness. Despair leads to resignation and possibly suicide. It deadens our heart to hope that we will be rescued, redeemed, happy.

Refusal to hope	Complacency	Mediocrity	Lack of relational intimacy
Inner Dullness	Oblivious	Passivity	Resignation
Refusal to hope	Death of Desire	Envy	Jealousy
Blind ambition	Pious platitudes	Live in isolation	Distortion of love

Co-dependency

No identity

No bonding

No trust

## 2. Fear

Fear says we are in danger or that bad is about to happen or is happening. Fear is a response to our uncertainty about our resources in the face of danger, when we are assaulted by a force that overwhelms us and compels us to face that we are helpless and out of control. Fear cringes before something or someone who might hurt us physically or psychologically.

### Kinds of fear

Fear of death, loss, impending doom, being alone, anger, love, rejection, failure, pain, being out of control, drowning and a free-floating anxiety.

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|---|---|
| 1. I am not safe  | I am in danger                                      |
| 2. I am going to die  | If I trust I will die                               |
| 3. He/she is going to hurt me                               | They are going to get me                            |
| 4. Something bad is going to happen                         | Doom is just around the corner                      |
| 5. I do not know what to do                                 | If I tell they will come back & hurt me             |
| 6. He/she are coming back                                   | If I let them into my life they will hurt me        |
| 7. Something bad will happen if I tell                      | It is just a matter of time before it happens again |
| 8. Something bad will happen if I stop it or confront it.   |   |
| 9. If I let him/her/they into my life they will hurt me too |   |
| 10. Fear of death: terror of separation                     |   |

### *Other emotions often accompanying fear*

Anxiety	Anxious	Cowardly	Desperate	Dreadful
Dying	Fearful	Horror	Hysterical	Faint
Immobilized	Scared	Impending doom	Nervousness	Panic
Suspicious	Tentative	Tense	Terror	Tormented
Undecided	Untrusting	Worry		

### Some grievous reactions

Passivity      Hatred of failure      Controlling      Refusal to live      Refusal to trust God

## 3. Shame

Shame is the feeling that comes from believing one has done something, caused something, participated in something they believed to be wrong. The lies are condemning, rooted in self-condemnation. Shame is the traumatic experience of nakedness. This exposure occurs when we feel the glance of a gaze tearing open the various cultural, relational, or religious coverings we put on. What is revealed, we feel, is our inner ugliness.

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|---|-------------|------------------------|----------------------------------|
| 1. I'm bad                                  | I'm dirty   | I'm shameful           | I didn't try to run away         |
| 2. I'm sick                                 | I'm nasty   | I'm so stupid          | I was a participant              |
| 3. I'm no good                              | I'm guilty  | It was my fault        | I did it to him/her first        |
| 4. I'm an idiot                             | I caused it | I'm disgusting         | I deserved it                    |
| 5. I 'm a mistake                           | I'm a jerk  | I allowed it           | I'm ignorant                     |
| 6. I kept going back                        |             | I was a participant    | I did something wrong            |
| 7. I should have known better               |             | I am cheap like a slut | I'm afraid someone will find out |
| 8. I was paid for service rendered          |             |                        | I should have told someone       |
| 9. I felt pleasure so I must have wanted it |             |                        | I should have stopped them       |

10. I'm shameful for letting this happen      I was a willing participant because I felt pleasure
11. I knew what was going to happen yet I stayed anyway
12. It happened because of my looks, my gender, my body, etc
13. I should have done something to have stopped it from happening
14. I'm shameful/dirty & therefore only important if I can perform above the shame of the lie

***Other emotions often accompanying shame***

Ashamed	Awful	Bad	Blamed	Betraying	Cheap
Condemned	Contempt	Corrupt	Criminal	Deceitful	Deficient
Depraved	Disgust	Disloyal	Embarrassed	Evil	Exposed
Failure	Fake	Fault	Filthy	Foolish	Foul
Gross	Guilt	Gullible	Homosexual	Humiliated	Ignorant
Improper	Incompetent	Indecent	Inept	Lazy	Lewd
Loathsome	Nasty	Obnoxious	Pathetic	Perverted	Phony
Regretful	Repugnant	Repulsive	Sabotaged	Shameful	Sickening
Sinful	Sleazy	Slut	Whorish	Smutty	Stupid
Trashy	Ugly	Unclean	Unfit	Unrighteous	Unworthy
Valueless	Vulgar	Wrong	Yucky	Self-doubt	Deep self-loathing

**Some grievous reactions**

Disgust for allowing something to happen  
 Contempt                      Hiding                      Self-absorption                      Violence against self and others  
 Idolatry                      Self-hatred                      Self-rejection

**4. Powerlessness**

They feel trapped and *see* a way out, but lack the power to escape. They know what needs to be done but feel they are powerless to do it. Felt overwhelmed when they were constrained to act. Violated in forceful ways.

1. I am trapped                      I cannot stop this                      I am pulled from every direction
2. I cannot get away                      I am overwhelmed                      There is not way out
3. I am too weak to resist                      I cannot get loose                      The pain is too great to bear
4. I don't know what to do.                      I am too weak or helpless.                      I am too small to do anything
5. Everything is out of control                      Not even God can help me
6. They are too strong to resist                      I'm trapped & there is no way to escape
7. I'm going to die & I can't do anything about it
8. I watched my parents fight, but I felt powerless to stop it
9. I should have run away, but I had no power to do so.

***Other emotions often accompanying lies of powerlessness and trapped***

Browbeat	Childish	Choking	Confined	Constricted
Cornered	Defenseless	Depressed	Deprived	Distressed
Disarranged	Disordered	Disjointed	Disarranged	Entangled
Frail	Frustrated	Helpless	Impaired	Impotent
Intimidated	Jittery	Little	Oppressed	Overpowered
Overwhelmed	Out of control	Pressured	Squashed	Stretched
Torn	Trapped	Weak	Weepy	

**Some Grievous Reactions**

Anger, Depression, Resentment, Bitterness, Despair

## 5. Hopelessness

The hopeless lie tells the person to give up: They believe there is no way out of the situation. There is no sense in trying to get better. The lie says all the doors are shut and there is no place to go. They can see no other options. Hope is the anticipation that desires in the present will be satisfied in the near future. Hope allows us to go on living. It gives us some sense that things are going to get better. Life will improve, and the problems besieging us will reach some stage of resolution. Hope sustains us by holding out the promise of something new and positive on the road ahead. A sense of in-validation leads the person to hopelessness.

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|---|---|
| 1. There is no way out                                | There are no options for me                         |
| 2. I have no reason to live                           | I just want to die                                  |
| 3. The only way to escape is to die                   | There is no good thing for me                       |
| 4. Nothing good will ever come to me                  | It will just happen again and again                 |
| 5. It is never going to get any better                | All I see is darkness                               |
| 6. Suicidal thoughts and idealization                 | Even if you do your best it will not be good enough |
| 7. No matter what you do great pain is sure to follow |   |

### ***Other emotions often accompanying hopelessness***

Apathy      Despair      Depression      Lethargy

### **Some Grievous Reactions:**

Suicide      Refusal to struggle      Passivity

## 6. Tainted

Similar to shame, but it has different roots. Feel shame because something wrong was done to them. The truth is that no person can be defiled by another. We can only defile ourselves.

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|---|---|
| 1. My life is ruined  | I will never be happy                           |
| 2. I will never feel clean again  | My body parts are dirty                         |
| 3. I will always be unclean, filthy, etc                                      | I am a slut, a whore, dirty because I was raped |
| 4. No one will ever really be able to love me                                 |   |
| 5. Everyone can see my shame, filth, dirtiness                                |   |
| 6. God could never want me after what has happened to me                      |   |
| 7. I will always be hurt, damaged, broken, because of what has happened to me |   |
| 8. I am shameful, evil, perverted because of what happened to me              |   |
| 9. I am dirty   |   |

### ***Some emotions often accompanying tainted***

Annihilated      Crazy      Cureless      Cursed      Damaged  
 Damned      Defiled      Flawed      Screwed up      Wasted  
 Guilt      Dirtiness      Shame

## 7. In-Validation

When necessary foundation of love was not given, the child comes to sense of in-validation & draws a false conclusion about his/herself.

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|---------------------|---------------------|--------------------|
| 1. I am not loved   | I am not wanted     | I am not cared for |
| 2. I'm not needed   | I am not important  | I do not matter    |
| 3. I'm not valuable | I have little value | I don't matter     |

- |   |                                     |                            |
|---|-------------------------------------|----------------------------|
| 4. I'm worthless  | I'm in the way                      | I am a burden              |
| 5. They do not need me                                    | I'm unimportant                     | What I say does not matter |
| 6. I'm not acceptable                                     | I was a mistake                     | I have no right to succeed |
| 7. I didn't deserve it                                    | Girls/boys are less important       |                            |
| 8. Success is a bad and selfish thing                     | God could never love or accept me   |                            |
| 9. I should have never been born                          | I could never be as . . . as she/he |                            |
| 10. I was never liked by them because I was . .           |                                     |                            |
| 11. Something else is more important than I am            |                                     |                            |
| 12. Something must be wrong with me                       |                                     |                            |
| 13. Even if you do your best it will not be good enough   |                                     |                            |
| 14. I could never jump high enough to please him/her      |                                     |                            |
| 15. No matter what you do, great pain is sure to follow   |                                     |                            |
| 16. I'll find love if I rescue/seek to make someone happy |                                     |                            |

***Emotions often accompanying in-validation***

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|---|---------------------------------------|------------------|-----------------|------------|
| Belittled   | Betrayed                              | Broken           | Cold            | Deceived   |
| Denied  | Depleted                              | Despised         | Devalued        | Devastated |
| Disgraced   | Disposed                              | Drained Inferior | I do not matter |            |
| Mistreated  | Insignificant                         | Insufficient     | In the way      | Mistake    |
| Misunderstood   | Not wanted                            | Numb             | Outcast         | Rejected   |
| Revengeful  | Second class                          | Small            | Petty           | Envy       |
| Unacceptable  | Unappreciated                         | Unloved          | Unsuitable      | Worthless  |
| Jealousy  | Lonely                                | Empty            | Rejected        | Stupid     |
| Unworthy of help  | Unworthy                              | Totally helpless |                 |            |
| Fear of never measuring up                                  | Feel it is not okay to have needs     |                  |                 |            |
| Feel less than others                                       | Feel approval depends on performances |                  |                 |            |
| Feel value comes from what they do—rather than who they are |                                       |                  |                 |            |

**Some Grievous Reactions:**

Self-hatred, Self-rejection

**8. Confusion**

Wounded before they could understand what was happening to them. It is not really a lie, but a feeling of confusion. The person cannot make any sense out of a situation or why it is happening. The goal is to stir up the feelings of confusion, more than find a lie statement. The lie is “I cannot understand this.” God will likely speak a truth explaining why the event occurred.

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|---|------------------------------|
| 1. I am crazy                           | I must be stupid             |
| 2. Everything is confusing              | This does not make any sense |
| 3. Why would they do this to me?        | I cannot understand this     |
| 4. I don't know what is happening to me |                              |

***Some emotions often accompanying confusion***

- |                        |            |             |               |
|------------------------|------------|-------------|---------------|
| Overwhelming confusion | Perplexed  | Overwhelmed | Inadequacy    |
| Unsure                 | Indecisive | Inadequacy  | Embarrassment |

Sometimes demons will manifest in a person's memory and create a sense of confusion.