

# The “Identity” Conversation

## HOW TO HAVE THAT DIFFICULT CONVERSATION (AND MAKE THE RELATIONSHIP BETTER)

Romans 12:3 *For by the grace given me I say to every one of you: Do not think of yourself more highly than you ought, but think of yourself with sober judgment, according to the measure of faith God has given you.*

3 (NLT) *Be honest in your evaluation of yourselves....*

\_\_\_\_\_ is the blueprint/picture that you have of yourself that you have laid down inside of you that defines what kind of person you are.

- Am I a \_\_\_\_\_ person?

- Am I \_\_\_\_\_?

- Am I \_\_\_\_\_ of love?

Proverbs 23:7 (NKJ) *For as he thinks in his heart, so is he.*

\_\_\_\_\_ is lying to ourself in order to feel good about ourself.

- An \_\_\_\_\_ is when we lie to ourself.

- \_\_\_\_\_ to self is self-rejection masquerading as self-protection.

- A lie is easier than to \_\_\_\_\_.

## Hindrances to growth:

\_\_\_\_\_

\_\_\_\_\_

Our self-image picture should include both \_\_\_\_\_.

Proverbs 27:19 *As water reflects the face, so the heart reflects the true man.*

Self-deception always results in \_\_\_\_\_.

Philippians 4:7-9 *And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus. 8Finally, brothers, whatever is true, whatever is honorable, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think on these things. 9Whatever you have learned or received or heard from me, or seen in me, put it into practice. And the God of peace will be with you.*

\_\_\_\_\_ your thoughts against God's list.

Four things we can do before/during a difficult conversation to help us not be thrown off balance.

1. Let go of trying to control their \_\_\_\_\_.
2. Prepare for their \_\_\_\_\_.
3. Imagine the \_\_\_\_\_.
4. Take a \_\_\_\_\_.

Philippians 2:1-4 *Therefore if you have any encouragement in Christ, if any comfort from His love, if any fellowship with the Spirit, if any affection and compassion, 2then make my joy complete by being like-minded, having the same love, being united in spirit and purpose. 3Do nothing out of selfish ambition or empty pride, but in humility consider others more important than yourselves. 4Each of you should look not only to your own interests, but also to the interests of others.*