



Getting Unstuck 3

The Mistaken Belief...I Must Be Perfect

I must be *perfect* in order to _____.

I must be *perfect* because I am **either** _____ **or** _____ to receive the legitimate things I need.

Internalization: You are ----- I am ----- I'm such a _____

Perfect = teleios = Whole, Complete, Congruent

How does God want to help us get unstuck?

- 1) God Helps Us Build Capacity
 - a) _____
 - b) _____
 - c) _____

- 2) God Helps Us Start Fighting Back
 - a) _____
 - b) _____

Recognize and Resist What?

Which of these needs to be on my 30 Day Plan for Sobriety?
