

Chapter	False Beliefs	Consequences
3-4 The Performance Trap	<i>I must meet certain standards to feel good about myself</i>	The fear of failure; perfectionism; drive to succeed; manipulation of others to achieve success; withdrawal from healthy risks.
5-6 Approval Addict	<i>I must be approved by certain others to feel good about myself.</i>	The fear of rejection; attempts to please others at any cost; overly sensitive to criticism; withdrawal from others to avoid disapproval.
7-8 The Blame Game	<i>Those who fail (including myself) are unworthy of love and deserve to be punished.</i>	The fear of punishment; punishing others; blaming others for personal failure; withdrawal from God and others; drive to avoid failure.
9-10 Shame	<i>I am what I am. I cannot change. I am hopeless.</i>	Feelings of shame, hopelessness, and inferiority; passivity; loss of creativity; isolation; withdrawal from others.

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**God's Answer**


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**Justification**

*Justification means that God not only has forgiven me of my sins but also has granted me the righteousness of Christ. Because of justification, I bear Christ's righteousness, and I am therefore fully pleasing to the Father (Rom. 5:1).*

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**Reconciliation**

*Reconciliation means that although I was at one time hostile toward God and alienated from Him, I am now forgiven and have been brought into an intimate relationship with Him. Consequently, I am totally accepted by God (Col. 1:21-22).*

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**Propitiation**

*Propitiation means that by His death on the cross Christ satisfied God's wrath; therefore, I am deeply loved by God (1 John 4:9-11).*

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**Regeneration**

*Regeneration means that I am a new creation in Christ (John 3:3-6).*