

Affirmation

NOTICE WHAT MADE THE LIE FEEL TRUE

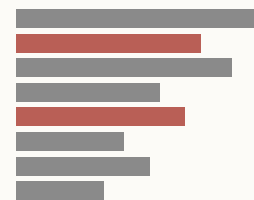


TABLE OF DECISION / HOT SEAT

REMEMBER
ECHO
AMPLIFY
OLD SCRIPT



The enemy recruits old evidence to make a false belief feel obvious, urgent, and unavoidable.

Good Questions

- What accusations did you hear about yourself, the other person, or God?
- Where have you felt something like this before?
- Does this belief remind you of an earlier experience?
- What memory or season seems connected to it?
- What past example came to mind as proof that the belief was true?
- Did anyone important to you say something similar in the past?
- How has your history influenced what you were believing in this moment?
- What sentence seems to run underneath the circumstances?
- What old conclusion got louder as the emotion intensified?

Rules of Thumb

- Use history to illuminate the script, not to begin a full exploration of the past.
- Acknowledge confirming memories and then return to the present event.
- Affirmation makes the false belief feel more credible and the emotion more intense.
- Do not treat the remembered evidence as proof that the belief is true.
- Listen for repeated accusations and familiar verdicts.

REMEMBER

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