

Trigger Loops / Root of Shame / Shank

The Trigger Loop 1

1. When I experience this **trigger**, _____
2. I interpret it to *mean*, _____
3. so I have the right to this **conceit**, _____
4. which then gives me *permission* to pursue this **false payoff**,

5. but my **true payoff** is, _____

The Loop Breaker 1

1. When I *experience* this **trigger**, _____
 2. my **interpreter** may or may not be right. How can I correct it if
it is wrong? _____
Or, how can I better respond to it if it proves to be true?

 3. How can I replace my self-serving **conceit** with God's truth?

 4. What is the **true payoff** for doing what God wants me to do?

- What freedoms do I have in my life as **fruit** from the Lord?

Trigger Loops / Root of Shame / Shank

The Trigger Loop 2

1. When I experience this **trigger**, _____
2. I interpret it to *mean*, _____
3. so I have the right to this **conceit**, _____
4. which then gives me *permission* to pursue this **false payoff**,

5. but my **true payoff** is, _____

The Loop Breaker 2

1. When I *experience* this **trigger**, _____
 2. my **interpreter** may or may not be right. How can I correct it if
it is wrong? _____
Or, how can I better respond to it if it proves to be true?

 3. How can I replace my self-serving **conceit** with God's truth?

 4. What is the **true payoff** for doing what God wants me to do?

- What freedoms do I have in my life as fruit from the Lord?

Trigger Loops / Root of Shame / Shank

The Trigger Loop 3

1. When I experience this **trigger**, _____
2. I **interpret** it to *mean*, _____
3. so I have the right to this **conceit**, _____
4. which then gives me *permission* to pursue this **false payoff**,

5. but my **true payoff** is, _____

The Loop Breaker 3

1. When I *experience* this **trigger**, _____
 2. my **interpreter** may or may not be right. How can I correct it if
it is wrong? _____
Or, how can I better respond to it if it proves to be true?

 3. How can I replace my self-serving **conceit** with God's truth?

 4. What is the true **payoff** for doing what God wants me to do?

- What freedoms do I have in my life as fruit from the Lord?
