

LIE LADDER

MAKE A LIST OF LIES YOU IDENTIFY

In the space on the bottom left, list the lies you identify in no specific order.

After you have listed them you will take the next step.

LIST YOUR TOP LIE ON THE TOP RUNG OF THE LADDER

List your other lies in the order of how impactful they are to you.

_____	1	_____
_____	2	_____
_____	3	_____
_____	4	_____
_____	5	_____
_____	6	_____
_____	7	_____
_____	8	_____
_____	9	_____
_____	10	_____
_____	11	_____
_____	12	_____
_____	13	_____

NOTICE WHETHER ANY OF THE OTHER LIES ARE CONNECTED TO—OR STEM FROM—THE ONE THAT IS IMPACTING YOU THE MOST.

Take time to process any emotions that may arise as a result of engaging in these exercises.