

# List of Lies and Truths Common to All Humans (Trauma or Not)

(Logical Truth: for gentle, child-safe reasoning; Bible Truth: scripture anchor for when you are ready)

## Common Lies We Believe About Ourselves

### I am not good enough

**Logical Truth:** You already have value just for being alive — you don't have to earn it.

**Bible Truth:** "I praise you because I am fearfully and wonderfully made." (Psalm 139:14)

### I am unworthy of love

**Logical Truth:** Love is not something you earn — everyone is made to be loved.

**Bible Truth:** "I have loved you with an everlasting love." (Jeremiah 31:3)

### I will never succeed

**Logical Truth:** Success looks different for everyone; you can grow and learn in your own way.

**Bible Truth:** "I can do all things through Christ who strengthens me." (Philippians 4:13)

**Lie: I am a failure.**

**Logical Truth:** Failing at something means you are learning, not that you are a failure.

**Bible Truth:** "In all these things we are more than conquerors through Him who loved us." (Romans 8:37)

**Lie: I am alone.**

**Logical Truth:** Even if it feels lonely, there are people and God who see and care for you.

**Bible Truth:** "Never will I leave you; never will I forsake you." (Hebrews 13:5)

**Lie: I am helpless and powerless.**

**Logical Truth:** You can make choices, even small ones, that change your life.

**Bible Truth:** "God gave us a spirit not of fear but of power, love, and self-control." (2 Timothy 1:7)

**Lie: I am defined by my abuse or past.**

**Logical Truth:** What happened to you is part of your story, but it is not who you are.

**Bible Truth:** "If anyone is in Christ, the new creation has come." (2 Corinthians 5:17)



## 1

**Lie: I am not deserving of happiness**

**Logical Truth:** You were made to experience good things — happiness is for you too.

**Bible Truth:** "I came that they may have life, and have it abundantly." (John 10:10)



## 2

**Lie: I am not smart or talented**

**Logical Truth:** Everyone has unique abilities and strengths.

**Bible Truth:** "We have different gifts, according to the grace given to each of us." (Romans

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**Lie:** I am not capable of change

**Logical Truth:** Change can happen at any age, one small step at a time.

**Bible Truth:** "He who began a good work in you will carry it on to completion." (Philippians 1:6)

## More Lies We Tell Ourselves

I am always rejected  
I'm unlovable

Fear of Intimacy  
Social Withdrawal

Unworthiness  
I'm a burden to others

**Lie:** I am not lovable.

**Logical Truth:** You are worth loving simply because you exist.

**Lie:** I am not important or significant.

**Logical Truth:** Your life matters and touches others in ways you may not see.

**Bible Truth:** "Nothing... will be able to separate us from the love of God." (Romans 8:39)

**Lie: I am a burden to others.**

**Logical Truth:** Relationships are about giving and receiving — everyone needs help sometimes.

**Bible Truth:** "Encourage one another and build each other up." (1 Thessalonians 5:11)

**Lie: I am always rejected.**

**Logical Truth:** Not everyone will reject you; some will welcome and care for you.

**Bible Truth:** "You are no longer foreigners... but members of God's household." (Ephesians 2:19)

**Bible Truth:** "You are a chosen people, a royal priesthood." (1 Peter 2:9)

**Lie: I am stuck and cannot move forward.**

**Logical Truth:** Even small steps are movement — you are not stuck forever.

**Bible Truth:** "With God all things are possible." (Matthew 19:26)

**Lie: I am destined to suffer.**

**Logical Truth:** Hard seasons don't last forever — the future can be different.

**Bible Truth:** "Plans to give you hope and a future." (Jeremiah 29:11)

**Lie: I am powerless to overcome my circumstances**

**Logical Truth:** You can grow stronger and find new ways through challenges.

**Bible Truth:** "Thanks be to God! He gives us the victory through our Lord Jesus Christ." (1 Corinthians 15:57)

**Lie: I am not worthy of forgiveness**

**Logical Truth:** Forgiveness is a gift that cannot be earned — it is offered freely.

**Bible Truth:** "If we confess our sins, He is faithful... to forgive." (1 John 1:9)

**Lie: I am always at fault**

**Logical Truth:** Not everything that happens is your fault — many things are beyond your control.

**Bible Truth:** "Love covers over a multitude of sins." (1 Peter 4:8)

**Lie: I am incapable of making a difference.**

**Logical Truth:** Small acts can have a big impact.

**Bible Truth:** "We are God's handiwork... to do good works." (Ephesians 2:10)

**Lie: I am bad.**

**Logical Truth:** Doing wrong things or having bad things happen to you doesn't make you bad inside.

**Bible Truth:** "Those who look to Him are radiant; their faces are never covered with shame." (Psalm 34:5)

**Lie: I am worthless, a mistake.**

**Logical Truth:** Your life is no accident — you are unique and intentionally made.

**Bible Truth:** "You knit me together in my mother's womb... I am wonderfully made." (Psalm 139:13–14)

**Lie: No one loves me.**

**Logical Truth:** Love exists — and there are people and God who truly care and love you.

**Bible Truth:** "See what great love the Father has lavished on us." (1 John 3:1)

**Lie: I have no purpose.**

**Logical Truth:** Everyone has something to give and a reason for being here.

**Bible Truth:** "We are God's handiwork... prepared in advance to do good works." (Ephesians 2:10)

# Lies About God and Our Place in the World

## **Lie: God is displeased with me, angry with me, hates me**

**Logical Truth:** God's heart toward you is love and compassion, not hate no matter what you were told or shown.

**Bible Truth:** "He will take great delight in you... will rejoice over you with singing."  
(Zephaniah 3:17)

## **Lie: I don't belong anywhere. No one wants me**

**Logical Truth:** You belong because you are you — your place in the world matters.

**Bible Truth:** "Fear not, for I have redeemed you... you are mine." (Isaiah 43:1)

**Lie: I've made too many mistakes and failed.  
God couldn't forgive me.**

**Logical Truth:** No amount of mistakes can stop God's love.

**Bible Truth:** "In Him we have redemption through His blood, the forgiveness of sins."  
(Ephesians 1:7)

**Lie: My voice doesn't matter.**

**Logical Truth:** Your words and story have value — you can speak truth.

**Bible Truth:** "The eyes of the Lord are on the righteous, and His ears are attentive to their cry." (Psalm 34:15)

**Lie: If I speak up, I'll be punished.**

**Logical Truth:** That fear comes from unsafe people — safe people will listen without hurting you.

**Lie: I will always be broken.**

**Logical Truth:** Healing can happen, even if it's slow — broken things can be mended.

**Bible Truth:** "He restores my soul." (Psalm 23:3)

**Lie: I'm too much / I take up too much space.**

**Logical Truth:** You are allowed to exist fully as yourself.

**Bible Truth:** "He will take great delight in you." (Zephaniah 3:17)

**Lie: I must earn my worth.**

**Logical Truth:** Worth is given, not earned — you already have it.

**Bible Truth:** "By grace you have been saved... it is the gift of God." (Ephesians 2:8–9)

**Bible Truth:** "God has not given us a spirit of fear but of power, love, and a sound mind." (2 Timothy 1:7)



**Lie:** It's selfish to take care of myself.

**Logical Truth:** Caring for yourself is part of being healthy and strong.

**Bible Truth:** "Your body is a temple of the Holy Spirit." (1 Corinthians 6:19)



**Lie:** God is disappointed in me all the time.

**Logical Truth:** God's love is not based on performance — He delights in you.

**Bible Truth:** "There is now no condemnation for those in Christ Jesus." (Romans 8:1)



**Lie:** I am invisible. **Logical Truth:** You are seen and noticed, even if others don't always show it.

**Bible Truth:** "You have searched me, Lord, and you know me." (Psalm 139:1)

## Lies About Perfection and Trauma-Specific Lies

**Lie:** I have to be perfect to be loved.

**Logical Truth:** Love is not a prize for perfection — it is a gift given freely.

# Bible Truth: "While we were still sinners, Christ died for us." (Romans 5:8)

## Lies and Truths for Trauma Specific to Ritual Abuse and Mind Control

**Lie:** It was my fault.

**Logical Truth:** You did not choose what happened — it was done to you against your will.

**Bible Truth:** "The Son of Man came to seek and to save the lost." (Luke 19:10)

**Lie:** I am bad.

**Logical Truth:** Being hurt or even forced to hurt others does not make you bad inside.

**Bible Truth:** "There is no condemnation for those who are in Christ Jesus." (Romans 8:1)

**Lie:** I wanted it to happen.

**Logical Truth:** No child wants abuse — abusers twisted reality to make it look like you agreed, but you didn't.

**Bible Truth:** "Rescue the weak and the needy; deliver them from the hand of the wicked." (Psalm 82:4)

**Lie:** I could have stopped the abuse.

**Logical Truth:** You were overpowered, trapped, and given no safe choice — stopping it was impossible.

**Bible Truth:** "He will rescue them from oppression and violence, for precious is their blood in His sight." (Psalm 72:14)

**Lie:** I am guilty because I didn't fight back.

**Logical Truth:** Survival sometimes means freezing or complying — that's not guilt, that's a trauma response and it helped you to stay alive.

**Bible Truth:** "He will not break a bruised reed, and He will not quench a smoldering wick." (Isaiah 42:3)

**Lie:** I'm responsible for what they made me do to others

**I am evil because I was made to hurt others**



**Logical Truth:** Being forced under threat, manipulation, or mind control means it was not your choice — you are innocent.

**Bible Truth:** "Fathers shall not be put to death for their children, nor children for their fathers." (Deuteronomy 24:16)

**Logical Truth:** The evil belongs to the abuser who forced it, not to you — you are not defined by their actions.

**Bible Truth:** "Overcome evil with good."  
(Romans 12:21)

## I agreed to the abuse

**Logical Truth:** Any "agreement" under threats, fear, or confusion is not true consent.

**Bible Truth:** "The Lord works righteousness and justice for all the oppressed." (Psalm 103:6)

# Healing from Trauma-Based Lies

**Lie:** I deserved it because I was bad

**Logical Truth:** Abuse is never deserved — the fault lies with the one who chose to harm.

**Bible Truth:** "The Lord is gracious and compassionate, slow to anger and rich in love." (Psalm 145:8)

**Lie:** My identity belongs to them

**Logical Truth:** No one can own who you truly are — they cannot erase your

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**Lie:** I'm permanently damaged and can never be whole

**Logical Truth:** Deep wounds can heal — healing may take time, but wholeness is possible.

**Bible Truth:** "I will restore you to health and heal your wounds."  
(Jeremiah 30:17)

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real self.

**Bible Truth:** "You are mine, says the Lord." (Isaiah 43:1)

**Lie:** I am bound to the covenants, vows, or rituals they forced me into.

**Logical Truth:** Anything forced under fear or manipulation is not binding.

**Bible Truth:** "Christ redeemed us... so that we might receive adoption to sonship." (Galatians 4:5)

**Lie:** I can't be free because they control my mind.

**Logical Truth:** Control they had over you is breakable — your mind can heal and be your own again.

**Bible Truth:** "You will know the truth, and the truth will set you free." (John 8:32)

**Lie:** If I tell, I will die or others will die.

**Logical Truth:** Those threats were lies to keep you silent — they are not in control of life and death.

**Bible Truth:** "Do not be afraid... I am the First and the Last." (Revelation 1:17)

**Lie:** God wanted these things to happen to me.

**Logical Truth:** God never wants abuse — it breaks His heart.

**Bible Truth:** "The Lord detests the violent, but the upright will see His face." (Psalm 11:5, 7)

**Lie:** I will always be under their power.

**Logical Truth:** Their power is not forever — you can be free in time.

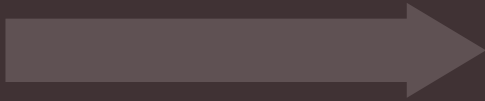
**Bible Truth:** "The snare has been broken, and we have escaped." (Psalm 124:7)

**Lie:** I am unclean because of what happened.

**Logical Truth:** Abuse does not make you dirty — you remain precious and valuable.

**Bible Truth:** "Though your sins are like scarlet, they shall be as white as snow." (Isaiah 1:18)

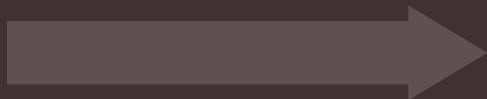
# Breaking Free from Mind Control Lies



## **Lie: My thoughts and feelings aren't my own**

**Logical Truth:** Mind control can distort thoughts, but your true self is still there and can be reclaimed.

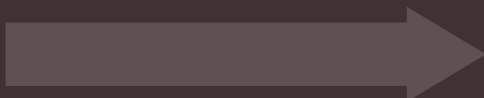
**Bible Truth:** "We take captive every thought to make it obedient to Christ." (2 Corinthians 10:5)



## **Lie: I am trapped forever in the system**

**Logical Truth:** No system has absolute control — escape and recovery are possible.

**Bible Truth:** "He brought them out of darkness... and broke away their chains." (Psalm 107:14)



## **Lie: I was born for abuse**

**Logical Truth:** You were born for life, love, and purpose — abuse was an intrusion, not your destiny.

**Bible Truth:** "Before I formed you in the womb I knew you." (Jeremiah 1:5)

**Lie:** I am too broken for God to want me.

**Logical Truth:** God draws close to the brokenhearted and values you deeply.

**Bible Truth:** "The Lord is close to the brokenhearted and saves those who are crushed in spirit." (Psalm 34:18)

**Lie:** My pain doesn't matter.

**Logical Truth:** Your pain matters and is worthy of being acknowledged and comforted.

**Bible Truth:** "You keep track of all my sorrows... You have collected all my tears." (Psalm 56:8)

**Lie:** They can read my mind and know everything I think.

**Logical Truth:** No one has that kind of control — your thoughts are private and yours alone.

**Bible Truth:** "The heart is deceitful... who can understand it? I the Lord search the heart." (Jeremiah 17:9–10)

**Lie:** I have no right to live.

**Logical Truth:** You have the right to life simply because you are alive — no one can take that away.

**Bible Truth:** "I have come that they may have life." (John 10:10)

❏ **Lie:** I can't trust my memories, so it must not be true.

**Logical Truth:** Trauma can blur details, but feelings and core events are still valid and you can believe the parts of you that something horrible happened.

**Bible Truth:** "The Spirit... will guide you into all the truth." (John 16:13)

# Overcoming Spiritual Manipulation



### **Lie: If I am happy, they will punish me**

**Logical Truth:** That fear comes from the past — they are not in charge of your happiness now.

**Bible Truth:** "The joy of the Lord is your strength." (Nehemiah 8:10)



### **Lie: My value comes from what I can do for them**

**Logical Truth:** Your value comes from who you are, not what you do for others.

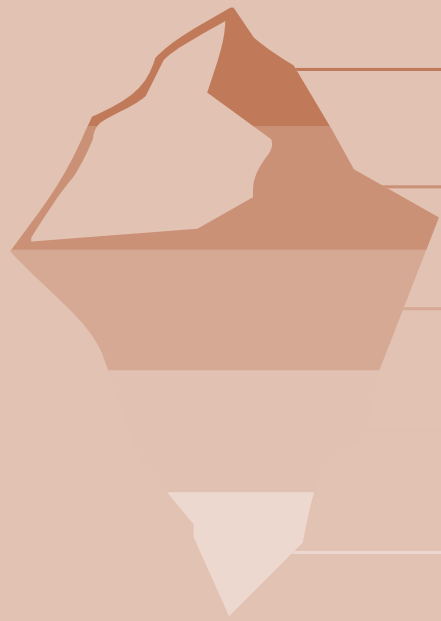
**Bible Truth:** "You are precious and honored in my sight." (Isaiah 43:4)



### **Lie: I am to blame for the harm to others**

**Logical Truth:** You had no real choice — that responsibility is not yours.

**Bible Truth:** "Fathers shall not be put to death for their children, nor children for their fathers." (Deuteronomy 24:16)



**Surface Fears**



**Overt Lies**



**Internalized Beliefs**



**Identity Damage**



**Core Self-Worth Harm**

**Lie:** If I stop obeying them, terrible things will happen to me or others.

**Logical Truth:** Those threats were a control tactic — they are not all-powerful.

**Bible Truth:** "No weapon forged against you will prevail." (Isaiah 54:17)

**Lie:** I am a demon or belong to darkness.

**Logical Truth:** Being called names or told lies about who you are doesn't make them true — you are human and precious.

**Bible Truth:** "You are the light of the world... let your light shine before others." (Matthew 5:14-16)

**Lie:** I am owned by Satan or evil spirits.

**Logical Truth:** No person can be owned by evil — your spirit belongs to God and light.

**Lie:** The rituals made me permanently cursed.

**Logical Truth:** No ritual or ceremony can curse someone — those were just harmful lies and actions.

**Bible Truth:** "Christ redeemed us from the curse of the law by becoming a curse for us." (Galatians 3:13)

**Lie:** I sold my soul or it was taken from me.

**Logical Truth:** Your soul cannot be taken or sold — it remains yours and God's always. It takes free will without coercion to make choices like that. No child willingly gives their soul and no adult human being can take a child or another person's soul.

**Bible Truth:** "What can separate us from the love of Christ? Nothing in all creation."

**Bible Truth:** "Greater is He who is in you than he who is in the world." (1 John 4:4)

**Lie:** God has abandoned me because of what I was forced to participate in.

**Logical Truth:** God never abandons His children, even when terrible things happen to them. **Bible Truth:** "I will never leave you nor forsake you." (Hebrews 13:5)

(Romans 8:38-39)

**Lie:** I will be hunted down and killed if I escape or tell. **Logical Truth:** Those threats were used to keep you trapped — many survivors have found safety and freedom.

**Bible Truth:** "The Lord your God goes with you; He will never leave you nor forsake you." (Deuteronomy 31:6)

**Lie:** My family will be killed if I speak out.

**Logical Truth:** These threats were designed to silence you — they are not as powerful as they

# Breaking Free from Programming and Control

**Lie:** If I heal or get better, they will come back for me

**Logical Truth:** Healing makes you stronger, not



**Lie:** I can never have normal relationships

**Logical Truth:** With healing and support, you can learn to have healthy, loving relationships.

**Bible Truth:** "And over all these virtues put on love, which binds them all together in perfect unity." (Colossians 3:14)

more vulnerable — it's safe to get better.

**Bible Truth:** "He restores my soul. He guides me along the right paths for His name's sake." (Psalm 23:3)

**Lie:** I am too dangerous to be around children or innocent people.

**Logical Truth:** Being hurt doesn't make you dangerous — with healing, you can be safe around others. Things you were forced to do to others was not done by choice even if you were told that it was.

**Bible Truth:** "Whoever receives one such child in my name receives me." (Matthew 18:5)

**Lie:** My body belongs to them and they can use it however they want.

**Logical Truth:** Your body belongs to you — no one has the right to use or hurt it.

**Bible Truth:** "Your bodies are temples of the

**Lie:** God wants me to suffer like Jesus suffered

**Logical Truth:** God doesn't want anyone to be abused — Jesus suffered and bled and died for our sins but you don't have to be a Savior and you weren't called to suffer.

**Bible Truth:** "Come to me, all you who are weary and burdened, and I will give you rest." (Matthew 11:28)

**Lie:** If I remember what happened, I will lose my mind.

**Logical Truth:** Remembering can be hard, but it won't destroy you — healing happens through truth.

**Bible Truth:** "The Spirit of truth will guide you into all truth." (John 16:13)

**Lie:** I must stay loyal to the group or I am a traitor.

**Logical Truth:** You owe no loyalty to people who hurt you — choosing safety is not betrayal. You were put into a position no one should be in where you had to be loyal to them. In doing so you had to betray yourself. You were forced to pick them.



Holy Spirit, who is in you." (1 Corinthians 6:19)

**Lie: I was created to be a vessel for evil.**

**Logical Truth:** You were created for love and goodness — no one is created to hold evil.

**Bible Truth:** "For we are God's handiwork, created in Christ Jesus to do good works." (Ephesians 2:10)



**Lie: I have a sacred duty to continue the family tradition of abuse**

**Logical Truth:** Abuse is never sacred — you have the right to break harmful patterns. You have the opportunity to break the cycle of abuse and dysfunction.

**Bible Truth:** "As for me and my household, we will serve the Lord." (Joshua 24:15)



**Lie: The authorities will never believe me**

**Logical Truth:** There are good people in authority who will believe and help survivors. Not all people in authority are part of the cultic criminal system.

**Bible Truth:** "The Lord loves righteousness and justice; the earth is full of His unfailing love." (Psalm 33:5)

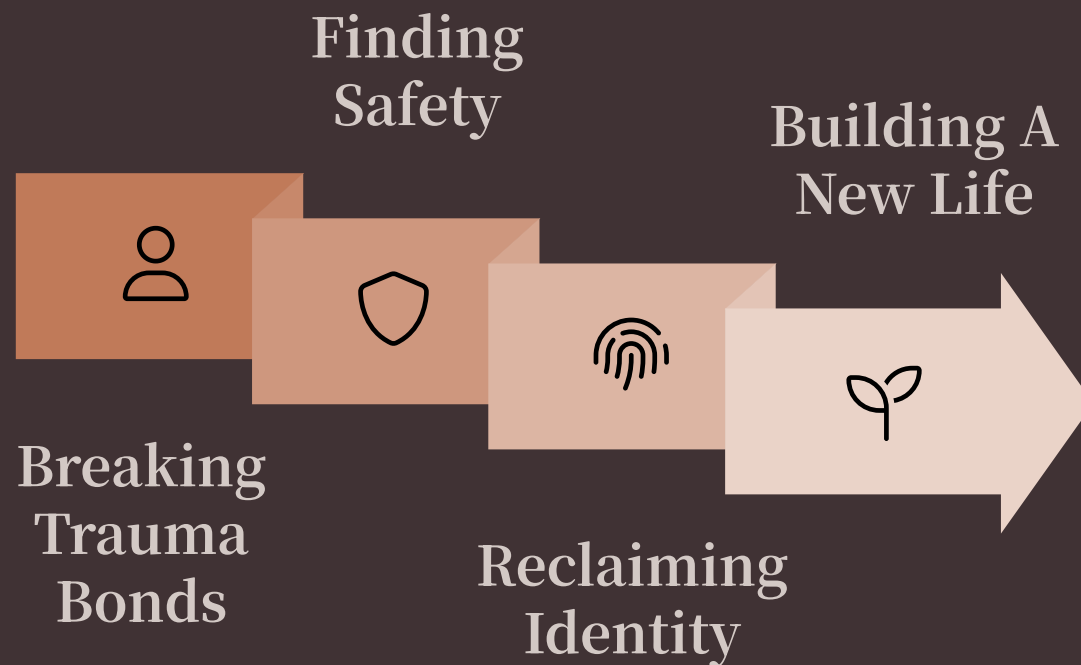
**Bible Truth:** "Choose for yourselves this day whom you will serve." (Joshua 24:15)

**Lie: My alter parts are demons or evil entities.**

**Logical Truth:** All parts of you are human and were created to help you survive — none are evil.

**Bible Truth:** "I knit you together in your mother's womb." (Psalm 139:13)

# Finding Freedom and Wholeness



**Lie:** I am addicted to the abuse and will return to it willingly.

**Logical Truth:** Trauma bonding feels confusing, but it's not true addiction — healing can break those ties.

**Bible Truth:** "Where the Spirit of the Lord is, there is freedom." (2 Corinthians 3:17)

**Lie:** My mind has been split so many times it can never be whole.

**Logical Truth:** Minds that were fractured for survival can heal and my mind can find peace.

**Bible Truth:** "He makes the whole body fit together perfectly." (Ephesians 4:16)

**Lie:** The experiments they did on me changed my humanity.

**Logical Truth:** Nothing they did could change your humanity — you remain fully human and valuable.

**Bible Truth:** "What is mankind that you are mindful of them, human beings that you care for them?" (Psalm 8:4)

**Lie:** I must recruit others into the system or face severe punishment.

**Logical Truth:** You may have had to do those things in the past and face horrific punishment, but you never have to help them recruit or hurt others — protection and safety