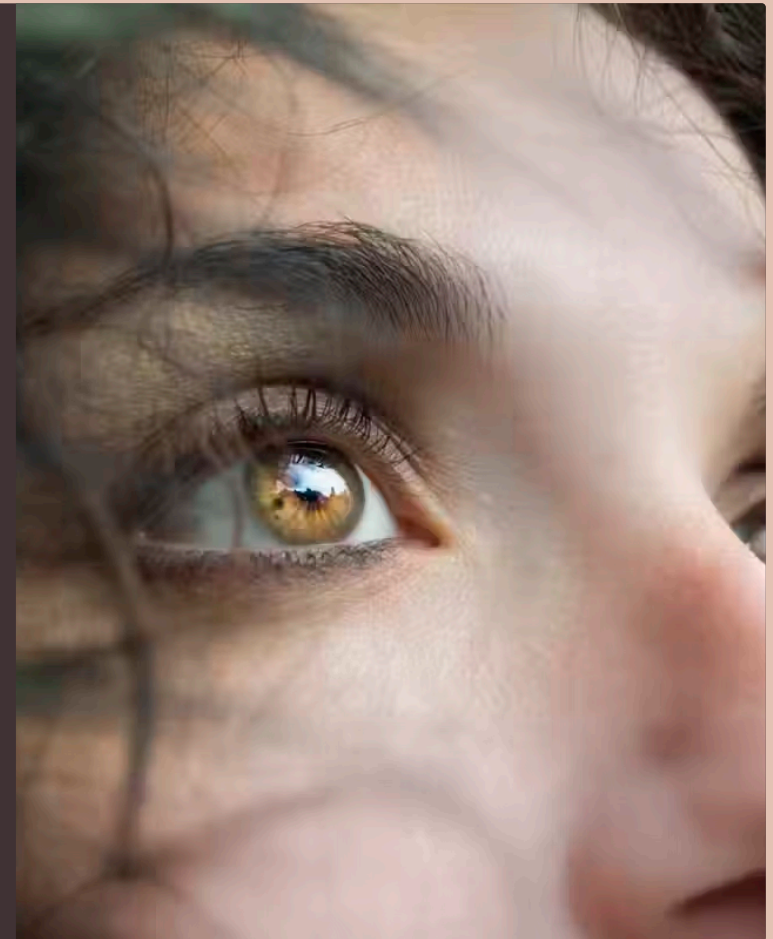


# Managing Fear & Connecting with Parts Who Are Afraid Part 2 Breaking Free from the Lies That Bind

"Fear and lies work together to keep parts of us silent, hidden, and feeling terrified and trapped. Tonight we will learn how to expose and confront fear by connecting to the parts of us that are afraid, in safe, loving, and respectful ways to find truth—and real freedom"



## Brief Review From Part 1

Fear programming is intentionally engineered across multiple parts.

Protector parts are not stubborn — they are terrified children or teens who believe they are keeping us safe.



True connection comes from accepting, respecting, validating, and eventually loving them — because they *are* you.

Spiritual manipulation distorts God' s character, making Him seem like a harsh punisher instead of a loving Father.

*The enemy' s strategy: deception to keep us bound  
(John 8:44).*

## How Abusers Set Up Fear

Abusers don't just cause fear— they construct fear. It's not random, it's purposefully engineered.

Lies are suggested through terror and torture so deeply that those lies feel like truth and reality.

### Methods:

Repeated trauma & torture

### Resulting common core fears:

Safety: *"I'm never safe."*

Threats & intimidation to terrorize  
child parts

Manipulated experiences used as  
"proof" that the lies are true

Self worth: *"I'm damaged."*

Others: *"No one can be trusted."*

God: *"God is like my abuser."*

## The Reality of Fear & Lies

If we continue to believe these lies about ourselves,  
others and God, fear works together with lies to:

Keep Parts Trapped  
Silent

Disconnected from self,  
others, God, support,  
healing, and finding  
truth

Cause system wide  
distress, chaos, and  
conflicts.

Beneath every fear is a  
lie carried by multiple  
layers of conditioned  
parts

LIES FEEL LIKE TRUTH

and reality  
until they are replaced by TRUTH

## The Fear Ladder

**Purpose:** To identify the specific fears that shape our identity and actions. (I encourage you to fill this out with your therapist/support person)

**Steps:**

Pray for insight and revelation from the Holy Spirit to reveal hidden fears shaping how you see yourself, others, and God.

List all your fears — write down every fear that comes to mind. Be specific and arrange the remaining fears in descending order based on how deeply they affect you.

**Rank:** Place the worst fear at the top rung of the ladder. This usually shapes your identity greatly.

**Notice connections:** See which fears grow from the top primary fear.

## What to Do When Fear Strikes

Ground yourself. Breathe and get body responses and then emotions regulated.

Validate the part: "I hear you. I can tell you are afraid"

Invite the part to tell you. Ask questions in a loving tone:

"What are you afraid of?"

"Are these thoughts yours or were they given to you?"

"Is this life and death urgency?"

"Could this be programming?"

# The Lie Ladder

**Purpose:** Expose the lies, beliefs, and assumptions beneath the fears.

Under every fear is a belief — a lie or multiple lies.

Now that we've identified our fears using the Fear Ladder, we're going to take each fear and trace it down through the layers of beliefs to find the core lies that are actually running the show that parts of us have accepted as truth.

(I encourage you to fill this out with your therapist/support person)

By digging beneath the surface of each fear, we uncover the foundational lies that are driving our reactions and behaviors (programmed or otherwise).

**The Equation:** Immediate Fear → Surface Belief → Deeper Lie → Core Assumption

**Steps:**

1

Take each Fear From the Ladder and  
Practice the Lie Ladder Equation by  
asking:

*What am I believing about myself?*

*God?*

2

Find the lie underneath the immediate  
fear.

**Surface Belief:** What am I believing in  
this moment?

*and others?*

List all the lies you discover underneath the fears in no particular order.

**Deeper Lie:** What false belief is feeding this lie?

**Core Assumption:** What foundational lie and assumption am I operating from?

3

**Rank the Lies by the impact they have on you.**

*What lies affect you the most?*

*Notice which lies feed and strengthen others.*

*Answer the following questions until you get to the end of the lies:*

**What does this mean about me if this is true?**

**About others?**

**About God?**

## Core Programmed Fear Examples

**To highlight the false belief underneath emotional terror we crack open the door to make the way for**

truth to replace the lies.

Fear: *"If I speak or tell what happened, I will be hurt or killed."*

↓ Surface Belief: *"My voice is dangerous"*

↓ Deeper Lie: *"Speaking truth brings punishment"*

↓ Core Assumption: *"Staying silent is the only way to stay alive"*

Fear: *"I'm afraid of being rejected"*

↓ Surface Belief: *"People don't want to be around me"*

↓ Deeper Lie: *"I'm not loveable as I am"*

↓ Core Assumption: *"I am fundamentally flawed and unworthy of love"*

## Common Categories of Lies

Identity

*"I am what happened to me."*

Safety

Spiritual

*"God is angry with me."*

Value

*"I am worthless."*

Power

*"I have no choice."*

*"The world is completely*

## The Power Exchange (Taking back your life)

Once you identify the core lie, you can replace it with truth. Healing happens when we stop feeding the lies on the ladder and start building a truth foundational ladder instead. This is especially important for survivors with multiple parts, as the same surface beliefs are often programmed into different parts, but they all stem from these deeper core assumptions that are operating below the surface.

## A Foundation Built on Truth Causes...



Freedom from fear & confusion



Clarity that replaces chaos



Healing for the deepest wounds



Stability in every storm



Courage to face the impossible

Restoration of identity & purpose

Strength no lie can shake

Peace that cannot be stolen

Light to expose hidden darkness



## Eye-Opening Truths:

- Every fear has a lie beneath it.
- Lies collapse when truth is spoken.
- The enemy can't steal your worth — only convince you to give it up.
- Truth serves the eviction notice to every uninvited belief.

## Breaking Agreement with Lies

Prayer: *"Father God, I renounce the lie that \_\_\_\_\_. I declare it has no power over me. Thank You for Your truth that sets me free. In Jesus' name, Amen."*

# Connecting with Resistant Protector Parts

They are not the enemy — they are part of you trying to protect you in the only ways they know how.

They fear that stopping their role/job will mean harm.

Show them new ways to protect you without keeping you in bondage. They were never given other options.

Keys to connection:

1

Logic: Show them how old methods cause exhaustion, isolation, and bring harm.

2

Negotiation: Hear them and meet their safety & healing needs.

3

Teaching: Let them observe and learn different without pressure.

4

Redirection: Use their guarding strength in healthy roles in different ways of their choosing to benefit you and the entire system.

## Building Trust Within

Trust is built  
through:  
Consistency  
Safety  
Patience

Signs of  
Growing Trust:  
Sharing More  
Asking  
Questions  
Showing  
Curiosity

Identify &  
Express All  
Emotions Not  
Just Fear  
Journal, Art to  
Express &  
Connect With  
All Parts