

Categories of Lies and Associated Emotions

People live based on the emotions they feel in their hearts, not knowledge that is known in their intellectual minds. I may know intellectually that God loves me and has a wonderful plan for my life, but my experience tells me otherwise. Therefore, I feel fear about who I should marry, where my kids will attend school, when I get fired from my job. When our logical truth and our experiential knowledge clash, our experiential knowledge will always dominate.

Fear

Fear originates in events containing a true or perceived danger. However, over time, what was true in the past is false in the present. That fear feeling will be present in current situations when there is nothing bad, threatening, hurtful or dangerous happening because it has become a response to a perceived fear. What was true in our earlier experience isn't true in the current situation.

Emotions:

- I'm going to die,
- He/she is going to hurt me
- It's going to happen again
- God is not going to take care of me
- I'm so scared
- I have so much anxiety
- If I trust him he'll hurt me
- I can't make a decision or something will go wrong
- I feel weak
- I feel paralyzed

Guilt

Guilt lies are the consequences of doing, causing or participating in something one believes to be wrong. The guilt is rooted in self-condemnation: "I did something wrong. It's my fault."

Emotions:

- It was my fault
- I should have done something to stop it
- I should have known better
- I feel ashamed
- I feel guilty
- I feel stupid
- I feel ignorant
- I feel cheap
- I feel bad
- I feel dirty
- I feel disgusting

Shame

Shame lies originate from something wrong being done to me. The person feels shame because of what happened. The truth is that if someone violated me, I am not shameful, they are. Shame is the false interpretation our mind gives the traumatic event. We can only defile ourselves through our own choices. Other people can rape, beat and verbally abuse us. As a result, we feel many emotions, but, they cannot literally defile us. Their evil acts against us only defile themselves.

Emotions:

- My life is ruined
- I'm damaged goods
- I'm dirty
- I'll never be the same
- Everyone knows
- I feel so broken
- God can't possibly love me
- God wasn't there for me
- I feel vulnerable
- I feel guilty

Abandonment

A sense of abandonment takes root when people have memories of being left alone and deserted. Fear usually accompanies feelings of abandonment. Fear is a sense of impending doom whereas abandonment is a feeling of being isolated and alone.

Emotions:

- Alone
- Not needed
- Betrayed
- Unprotected
- Forsaken
- No one believes me
- I'll always be by myself
- Overlooked
- Betrayed
- Rejected

Hopeless

Hopeless lies cause people to give up since they feel no hope in whatever situation feels hopeless at the time. It feels useless to try and change things.

Emotions:

- Despair
- Depressed
- Lethargic
- There is no way out
- It will never get any better
- I don't have any options
- I have no reason to live

Powerless

Powerless feelings are rooted in past traumatic events where a person felt constrained and was unable to act. They could see the way out, but couldn't attain it. It is different from hopeless. In a hopeless lie, the person can't see a way out. Powerlessness is commonly believed by children who were powerless to stop what was happening to them or their circumstances. For example, "If I had only been a better little boy my parents would not have gotten divorced." At the time of the event the person might have been powerless, but it is no longer true in the present.

Emotions:

- Overwhelmed
- Small
- Helpless
- Out of control
- Weak
- I'm being pulled in every direction
- I need to take care of people but I can't

Unworthy

Unworthy lies can also be felt as a lack of validation. These beliefs are formed because a person did not receive validation as a child, specifically from parents. Hurtful criticism and condemnation go deep into children's hearts and minds.

Emotions:

- I don't matter
- I'm unlovable
- I'm worthless
- I'm not needed
- I'm not wanted
- I'm not important
- I'm a mistake
- Something is wrong with me
- I'm a burden
- I never should have been born

Confusion

Confusion lies are beliefs formed when a person is hurt at a very young age before he/she was old enough to process what was happening. As adults, this surfaces as overwhelming confusion. It is difficult to make sense out of certain situations.

Emotions:

- I don't know what is happening
- Everything is so confusing
- I feel so confused
- Why is this happening?
- This doesn't make any sense.