

Personal Lie Process (PLP)

1. I'm not enough. _____
2. I'm not good enough. _____
3. I'm not wanted ./No one wants me. _____
4. I'm not wanted as a boy/girl. _____
5. I'm not important. _____
6. I'm guilty. _____
7. I'm wrong. _____
8. I'm bad. _____
9. I'm a mistake. _____
10. I'm stupid. _____
11. I'm ugly. _____
12. Nobody cares. _____
13. I'm unlovable. _____
14. I'm not worthy. _____
15. No one understands. _____
16. My aliveness hurts people. _____
17. I drive women crazy./I drive men crazy. _____
18. I don't know. _____
19. I can't make it/ I'm helpless. _____
20. It's hopeless. _____

Rate yourself from one to 10 on each one of these items. The scale 1 being – I didn't buy this lie at all, to 10 being, I bought this line hook line and sinker. Add up the total score.

200 to 150 High struggle. You will become a mystic or derelict.

150 to 100 Medium struggle.

50 to 100 Low struggle.

1 to 50 Ease does it.

© 2004 Anne Sermons Gillis EZ Times Seminars 281- 419-1775 annegillis.com