

Inside-Out Identity & Self-Sabotage Recovery Workbook

Section 1: Understanding Identity

This section helps you identify how your sense of self has been shaped externally versus internally.

Reflection: Where do I currently get my sense of worth? Who or what defines me?

Section 2: Self-Sabotage Awareness

Self-sabotage often protects old identity structures. Identify patterns where you undermine your growth.

Journal Prompt: When do I sabotage progress? What am I feeling before I do it?

Section 3: REBT Thought Restructuring

A = Activating Event B = Belief C = Consequence D = Dispute E = Effective New Belief

Exercise: Write one recent emotional reaction and break it down using the REBT model.

Section 4: Scripture-Based Identity

John 8:36 – 'So if the Son sets you free, you will be free indeed.'

2 Corinthians 5:17 – 'If anyone is in Christ, he is a new creation.'

Reflection: What does God say about who I am vs what I feel about myself?

4-Week Structured Program

Week 1: Awareness – Track identity triggers and external validation needs.

Week 2: Disruption – Challenge distorted beliefs using REBT.

Week 3: Replacement – Practice internal identity statements and behaviors.

Week 4: Integration – Live consistently from internal, God-centered identity.

Daily Homework Structure

1. Identify emotional trigger 2. Write belief 3. Dispute belief 4. Replace with truth 5. Reflect on Scripture