

# **8-Week Advanced Fear-of-Man Dismantling Workbook**

Christian Integrated | Cognitive Restructuring | Attachment-Based Courage Training

Purpose: Dismantle people-pleasing, social anxiety, and approval-based identity patterns.

## **Week 1 – Awareness & Approval Mapping**

- Identify whose approval governs your emotional stability.
- List 5 people whose disapproval feels threatening.
- Journal: What do I believe I will lose if they are displeased?
- Scripture Reflection: Proverbs 29:25; Galatians 1:10.

## **Week 2 – Distortion Identification**

- Track 5 approval-driven anxiety moments this week.
- Label distortions: mind-reading, catastrophizing, personalization.
- Complete a thought record for each trigger.
- Scripture Reflection: Psalm 118:6.

## **Week 3 – Shame & Identity Work**

- Identify early experiences shaping people-pleasing patterns.
- Journal: When did I first learn disapproval was dangerous?
- Rewrite identity anchored in Christ (Romans 8:1; 8:15).

## **Week 4 – Boundary Formation**

- Practice saying no without over-explaining.
- List 3 boundary areas: time, emotional labor, responsibility.
- Courage Assignment: Express one preference clearly.

## **Week 5 – Exposure Ladder (Graduated Courage)**

- Create a 5-step courage ladder (mild → strong discomfort).
- Practice lowest rung this week.
- Record distress before/after exposure.

## **Week 6 – Reordering Reverence**

- Journal: Whose voice is loudest in my mind?
- Practice obedience independent of approval outcome.

- Scripture Reflection: Isaiah 51:12–13; Acts 5:29.

## **Week 7 – Emotional Regulation Integration**

- Use breath prayer during relational anxiety.
- Track nervous system response (0–10).
- Practice grounding before responding to conflict.

## **Week 8 – Identity Consolidation & Long-Term Plan**

- Write personal declaration: 'I am secure because...'
- Design 3 long-term courage commitments.
- Reflect on growth over 8 weeks.
- Scripture Meditation: 2 Timothy 1:7.

## Clinical Thought Record Template (People-Pleasing Specific)

- Situation: \_\_\_\_\_
- Who was involved: \_\_\_\_\_
- Feared outcome: \_\_\_\_\_
- Intensity (0–10): \_\_\_\_\_
- Automatic thought: \_\_\_\_\_
- Distortion type: \_\_\_\_\_
- Balanced thought (include Scripture): \_\_\_\_\_
- Action taken: \_\_\_\_\_
- Outcome and learning: \_\_\_\_\_

## **Courage Exposure Ladder Template**

- Feared relational situation: \_\_\_\_\_
- Step 1 (easiest): \_\_\_\_\_
- Step 2: \_\_\_\_\_
- Step 3: \_\_\_\_\_
- Step 4: \_\_\_\_\_
- Step 5 (most difficult): \_\_\_\_\_
- Before distress (0–10): \_\_\_\_\_ After: \_\_\_\_\_
- What did I learn? \_\_\_\_\_

## **Closing Encouragement**

Fear of man multiplies masters. Fear of the Lord clarifies one Master.

Progress requires repetition, courage, and identity rooted in divine approval rather than human applause.