

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.