

# FOUNDATIONAL CONCEPTS OF THE SELF-IMAGE

Introduction – **Session 1**

Definition of Self-Image – **Session 2**

Iowa State University Study

The Subconscious and Conscious – **Session 3 & Session 4**

Understanding the Difference between Ego and Esteem – **Session 5**

How the Esteem is Damaged – **Session 6**

1. Dysfunctional Families and Abuse
2. Lack of Positive Childhood Affirmation
3. Growing Up in a Sinful, Fallen World

## **UNDERSTANDING THE NEEDS OF THE ESTEEM AND HOW GOD WANTS TO MEET THOSE NEEDS**

During the rest of this seminar, we will be looking at five key esteem needs and studying them in the following order:

1. The subconscious belief associated with a damaged esteem
2. The symptoms of the unhealthy belief
3. The subconscious belief needed to meet the esteem needs
4. The recognition that no human being can adequately meet this need to produce this healthy belief
5. Understanding better who God is and how He wants to meet the needs of the esteem
6. Understanding how we begin to change the unhealthy subconscious belief

### ***Need No. 1 The need to be loved unconditionally – Session 7***

The unhealthy belief: I am unlovable  
Symptoms of this belief

The healthy belief: I am loved for me – **Session 8**

How God wants to meet this need:  
Phileo and Agape (Different types of love) – **Session 9**

Ephesians 3:17b-19

The Woman at the Well (John 4) – **Session 10**

Zaccheus (Luke 19:1-10) – **Session 11**

How do we get this truth into the subconscious Mind? – **Session 12**

**Need No. 2 The need to be valued unconditionally – Session 13**

The unhealthy belief: I am worthless  
Symptoms of the belief

The healthy belief: I am valued because I am

How God wants to meet this need – **Session 14 & Session 15**  
Creation

The Cross

A Painting – **Session 16**

Matthew 6:26

The Boy and His Boat

**Session 17**

**Need No. 3 The need to be accepted and forgiven unconditionally**

The unhealthy belief: I must be good/perfect in order to be accepted

Symptoms of the belief

Perfectionism

Feeling like a failure

The healthy belief: I am imperfect but still acceptable and forgivable

How God wants to meet this need – **Session 18**

Isaiah 49:14-15

Psalm 103:12

The importance of self-acceptance – **Session 19 & Session 20**

**Need No. 4 The need to be attractive to others – Session 21**

The unhealthy belief: I am unattractive (focusing on the physical appearance)

Symptoms of the belief

The healthy belief: My attractiveness is based in my personality

How God wants to meet this need – **Session 22**

Isaiah 53:2b

God's goal for us (Romans 8:29)

Our most important goal as a Christian (Philippians 3:8) – **Session 23**

## ***Need No. 5 The need to grow – Session 24 & Session 25***

The unhealthy belief: I am unchangeable  
Symptoms of the belief

We have a need to grow and change

The healthy belief: I am a growing, changing person

How God wants to meet this need – **Session 26**  
Ephesians 3:16 & 20

The importance of trust and patience

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Romans 7 & 8 – **Session 27**

The patience and understanding need to change the unhealthy beliefs  
Satan's goal - build impatience

God's plan - perseverance and patience

**REMEMBER:** Months not days, Years not weeks  
My Prayer: Father, we have the rest of my life; let's see what we can make of it!  
Who am I in Christ? I'm excited to find out!