

Chapter 7 - PRESSING PAST THE PAIN OF FEELINGS

Abuse, rejection, abandonment, betrayal, disappointment, judgment, criticism, et cetera, all cause pain in our lives. Emotional pain is often more devastating than physical pain. A pain pill or other medication may alleviate physical pain, but emotional pain is not so easy to deal with. Most people are more comfortable talking about their physical pain than their emotional pain. It seems people feel they have to hide emotional pain and pretend it isn't real, or they may even feel guilty for having it. There exists an imbedded idea in people's minds that those with "emotional problems" are second-rate citizens. We can be physically sick and everyone feels sorry for us, but if we have emotional problems we are viewed suspiciously. Our emotions are part of our makeup, and they can wear out or become sick like any other part of the anatomy.

If you have an emotional wound in your life, Jesus wants to heal you. Don't make the mistake of thinking He is only interested in your spiritual life. Jesus can heal you everywhere you hurt!

The root cause of an approval addiction is usually an emotional wound. The Bible teaches us that Jesus came to heal our wounds and bind up and heal our broken hearts, to give us beauty instead of ashes, and the oil of joy to replace mourning (See Isaiah 61:1-3). According to these Scriptures, He also came to open the prison and the eyes of those who are bound. Being addicted to approval is a prison, and I pray that this book is beginning to open your eyes.

We cannot deal with what we don't recognize and understand, but once our eyes are opened we can learn to enjoy the freedom Jesus desires for each of us.

MAKING RIGHT CHOICES

We have to start making right choices while we are still hurting, which is difficult and painful. Since that is the case, some people never break free. We often have to do the right thing for a long time before we begin getting right results. We must do right and keep doing right, pressing past how we feel about it. For example, treating someone right who has hurt us in the past is emotionally and mentally painful. It seems downright unfair and even like a stupid thing to do. After all, why should we be good to someone who has hurt us? Well, if we cannot find any other reason, we can choose to do it just because Jesus told us to (See Matthew 5:38-44).

If someone has hurt me, and I am bitter about it, that person is in actuality still hurting me. Bitterness is a pain in itself. It is a negative attitude that steals joy and peace. However, if I am willing to press past the pain and make a decision to forgive, I will be free.

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If my husband, Dave, hurts my feelings or disappoints me in some way, it hurts. As long as I refuse to forgive him, it keeps hurting. As soon as I choose to do what the Bible teaches me to do, which is to forgive and treat him as if nothing happened (See Matthew 1: 14-15), I am free. To be free from the pain, I have to press past it; I have to choose to do the right thing *while* I am still hurting.

Let me tell you a story that illustrates this point. The scene is a courtroom trial in South Africa:

A frail black woman about seventy years old slowly rises to her feet. Across the room and facing her are several white police officers. One of them is Mr. Van der Broek, who has just been tried and found implicated in the murders of both the woman's son and her husband some years before. Van der Broek had come to the woman's home, taken her son, shot him at point blank range and then set the young man's body on fire while he and his officers partied nearby.

Several years later. Van der Broek and his men had returned for her husband as well. For months she knew nothing of his whereabouts. Then almost two years after her husband's disappearance, Van der Broek came back to fetch the woman herself. How well she remembers in vivid detail that evening, going to a place beside a river where she was shown her husband, bound and beaten, but still strong in spirit, lying on a pile of wood. The last words she heard from his lips as the officers poured gasoline over his body and set him aflame were, "Father, forgive them ..."

Now the woman stands in the courtroom and listens to the confessions offered by Mr. Van der Broek. A member of South Africa's Truth and Reconciliation Commission turns to her and asks, "So what do you want? How should justice be done to this man who has so brutally destroyed your family?"

"I want three things," begins the old woman calmly, but confidently. "I want first to be taken to the place where my husband's body was burned so that I can gather up the dust and give his remains a decent burial."

She paused, then continued. "My husband and son were my only family. I want secondly, therefore, for Mr. Van der Broek to become my son. I would like for him to come twice a month to the ghetto and spend a day with me so that I can pour out on him whatever love I still have remaining in me." She also stated that she wanted a third thing, "This is also the wish of my husband. And so, I would kindly ask someone to come to my side and lead me across the courtroom so that I can take Mr. Van der Broek in my arms

3) and embrace him and let him know that he is truly forgiven." As the court assistants came to lead the elderly woman across the room, Mr. Van der Broek, overwhelmed by what he had just heard, fainted. As he did, those in the courtroom, family, friends, neighbors—all victims of decades of oppression and injustice—began to sing, softly but assuredly, "Amazing grace, how sweet the sound, that saved a wretch like me."

Although it appears that the elderly woman who had endured such a painful loss was doing Mr. Van der Broek a huge favor—and indeed she was—she actually was doing more for herself than for him. Because of her actions, her past had no authority over her future. She was not allowing the pain of the past to poison her attitude. Her attitude gave God glory.

God is not glorified by our suffering, but He is glorified when we have a good attitude during suffering. I am sure the woman had to discipline her feelings. She had to make a choice that was not easy, but the reward was worth it. She made a right decision while she was still hurting, and that decision contributed to putting an end to her pain. As long as we stay angry, we keep our pain. When we begin to pray for and bless those who have hurt us, the pain is swallowed up in love. As Mahatma Gandhi once said, "The weak can never forgive. Forgiveness is the attribute of the strong."

DISCIPLINE IS REQUIRED

The Bible says no discipline for the present seems joyous; nevertheless, later on it will yield the peaceful fruit of righteousness to those who are trained by it (See Hebrews 12:11). Righteousness, or doing what is right, is a fruit that yields peace in our lives. Nothing feels better than simply knowing we did what was right. To me, nothing is worse than a guilty conscience.

When confronted with pain, there are only three choices: (1) press past the pain now, (2) press past the pain later, or (3) keep the pain forever.

The Bible says discipline is sometimes painful. The very thought of the word *discipline* means we will have to choose to do something we don't really feel like doing. If we feel like doing something, discipline is not required or needed.

I don't have to discipline myself to shop for new clothes because I like to do it. However, I know a woman who hates shopping, and she waits until everything she has to wear is seriously outdated or totally worn out before she will go shopping. She has to discipline herself to shop because she does not have feelings supporting her. My feelings support me greatly; therefore, I need no discipline to shop. I must discipline myself not to shop at times!

4) My husband, Dave, loves to exercise. He has been exercising since he was sixteen years old. I hate exercise. My motto is "No pain! No pain!" I like the benefit of exercise, but I don't like to do it. I don't feel like exercising, so I have to press past the pain in order to do it. Exercise for me requires discipline.

We must press past the emotional pain of a lack of desire to do things we don't enjoy. In the same way, we must also press past the emotional pain of abuse, rejection, disapproval, betrayal, judgment, and criticism in order to be set free from them.

Don't allow your past to ruin your future. Why should you remain bitter, angry, and wounded while those who hurt you are out having a good time, not even knowing or caring that you are hurting?

God shows us in His Word how we can be free, but we still have to make choices that may not always be easy or even seem fair.

YOU ARE NOT THE ONLY ONE

The Bible reminds us in 1 Peter 5:9 that we are to stand firm in faith against the attacks of the devil, knowing that the same identical sufferings are appointed to our brothers and sisters throughout the world.

We all get hurt at times, and we all have the same opportunity either to let it make us bitter or to let it make us better. How can injustices make us better? For one thing, they help us develop character. Doing what is right when we don't have feelings supporting us builds strong character in us. Intelligence and talents are God's gifts, but character is developed. Many people have gifts that can take them to high places, but they don't have the character to keep them there once they arrive.

Not only does everyone get hurt, we all get hurt again and again. That may not sound very encouraging, but it is true. I can recall an occasion in which God was really dealing with me about trusting my husband and his decisions more than I had done in the past. Dave loves me and would never hurt me on purpose, but he is also human and therefore fallible. So I said to God, "What if he hurts me?" The Lord replied, "He probably will from time to time, but I am your Healer. I live inside of you, and I am always available to heal your wounds."

We spend so much time trying not to get hurt that we cannot develop good relationships with people. We should not spend all of our time trying to protect ourselves. We should be willing to give ourselves away, and lay down our lives for others (See John 15:13).

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We may look at other people and think they never have to go through anything difficult, but we all go through different things. Some people have gone through devastating things that nobody knows anything about. They go to God's throne with their problems instead of the phone. Some people have learned the art of suffering silently. They know only God can help them, so they don't bother telling everyone they meet what they are going through.

It is not wrong to share our troubles with a friend or counselor, but the point is that we cannot assume others are not having challenges in life just because they don't look depressed or don't talk about their problems.

My husband rarely ever talks about anything he is going through. There have been times when I have had a virus of some sort and told Dave I was feeling bad, aching all over, nauseated, *et cetera*. When I did that, he sometimes replied, "I had that three weeks ago. I felt really bad for seven days." I asked him why he didn't tell me he was sick, to which he replied, "Why should I tell you how bad I feel? You can't do anything for me."

Some of us are talkers, and some are not. Don't make the mistake of thinking people have no pain just because they have not told you about it. I believe it is **important** for us not to think we are the only ones hurting. Peter reminded the people to whom he was writing to resist the devil, knowing everybody was going through the same kind of things they were (See 1 Peter 5:8-9). Remembering this truth keeps us from feeling alone and isolated in our own pain. It helps me when I am hurting to remember that somewhere, someone is hurting much worse than I am and I should be grateful I don't have worse problems than I do. I am not alone, and with God's help I will make it through my difficulty. This too shall pass!

THE PROMISE OF REWARD

The promise of reward helps us press past the pain of obedience:

Instead of your [former] shame you shall have a twofold recompense; instead of dishonor and reproach [your people] shall rejoice in their portion. Therefore in their land they shall possess double [what they had forfeited]; everlasting joy shall be theirs. For I the Lord love justice. (Isaiah 61:7-8)

And I will restore or replace for you the years that the locust has eaten—the hopping locust, the stripping locust, and the crawling locust, My great army which I sent among you.

6) And you shall eat in plenty and be satisfied and praise the name of the Lord, your God, Who has dealt **wondrously** with you. And My people shall never be put to shame. (Joel 2:25-26)"

These are two of many wonderful promises in the Bible. God is "the **rewarder** of those who earnestly and diligently seek Him" (Hebrews 11:6). If we are to be diligent, then we must do what is right when we feel like it and when we don't. The Word of God **shares**

many accounts of men and women who received difficult instructions from the Lord with the promise of reward if they choose to obey.

Esther was asked to do a difficult thing and promised the reward of saving a nation if she would do it (See the book of Esther). Abraham was instructed to leave home and family and go to a place that God would later show him. God told him that his reward would be exceedingly great (See Genesis 12:1-4; 15:1). Joseph was given a dream of being a great ruler, but he had to press past the pain of being rejected and hated by his brothers. He endured thirteen years in prison for a crime he did not commit and kept a good attitude all the while. Even in prison Joseph continued to help other people. He did eventually get his promised reward. He was given a position in Egypt that was second only to Pharaoh himself. During a famine he was able to use his influence to save many people, as well as his family who had hurt him. Joseph had an excellent attitude, and God rewarded him for it (See Genesis 37-50). Viktor Frankl made the following statement:

We who lived in concentration camps can remember the men who walked through the huts comforting others, giving away their last piece of bread. They may have been few in number, but they offer sufficient proof that everything can be taken from a man but one thing, the last of human freedoms - to choose one's attitude in any given set of circumstances. There is no danger of developing eyestrain from looking on the bright side of things, so why not try it? Being negative only makes a difficult journey more difficult. You may be given a cactus, but you don't have to sit on it.

Doing the right thing—letting go of the emotional pain—when we are getting immediate results is not very challenging, but continuing to do so when it seems that nothing right is happening to us is very challenging indeed. All of these people I just mentioned had to endure in order to receive their promised reward.

THE PAIN OF DISAPPROVAL

All those who are addicted to approval feel emotional and mental pain when they experience disapproval. In order to break free from approval addiction they must press past the pain they feel when they experience disapproval. Approval addicts
7) attempt to avoid or relieve the pain of disapproval by doing whatever people want them to do. Let me give you an example of what I mean.

A young woman I know—I'll call her Jenny—is addicted to approval. Her mother has always been very difficult to please, and Jenny has felt the pain of rejection many times in her life. Like any child, she wants her mother's approval, which is a very normal desire.

Jenny has fallen into the trap of "people-pleasing" in her relationship with her mother, who is a very controlling individual. Her mother expects Jenny to drop whatever she may be doing in order to cater to her every whim. She becomes angry if Jenny has already made plans and is unable to take her places or help her with projects. Jenny's mother is quite unreasonable, but Jenny's approval addiction not only keeps her miserable, it also feeds her mother's addiction to control.

In order to have freedom and be able to enjoy her life and her mother, Jenny will have to choose to do what she knows is right for her, even if it means that her mother will

disapprove. She must be willing to endure the pain of rejection. Every time she relieves her pain by giving in to her mother, she feeds her addiction as well as her mother's. You can starve an addiction to death by simply not feeding it. Don't fight with addictions, but instead refuse to feed them.

The decision not to give in will be hard for Jenny emotionally, because she has always caved in and let her mother have her way. It won't be easy for Jenny's mother either, because she is addicted to getting what she wants. She needs to be in control in order to feel good about herself.

Do you see the trap Satan sets for people? Jenny needs approval, and her mother needs control. Jenny's mother's problem controls Jenny, and Jenny's problem feeds her mother's. Each time Jenny **says** no and sticks with her decision, the pain and discomfort she experiences will lessen. It might be compared to a diet. If a person indulges himself and overeats for a long period of time, his capacity for food is increased. Should he decide to cut down on his eating, he will feel the pain of hunger the first few days he decreases his food intake. However, each day that goes by in which he sticks to his decision to eat less, he will feel less discomfort until eventually he will be able to eat less and not feel uncomfortable at all.

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The same principle applies to any area of life that needs to be disciplined. Anything we are accustomed to having, we want. If we don't get it, we feel discomfort until we get used to doing without it.

Jenny will have to endure some difficulty for a period of time. At times her difficulty will seem to be more than she can stand, but if she refuses to go back to being controlled by her mother, eventually she will be free, and Jenny and her mother hopefully will be able to begin developing a new and healthy relationship. If Jenny and her mother are both willing, they can indeed start afresh.

BREAKING THE CYCLE OF ADDICTION

I want to encourage you to replace one addiction with another one. You are probably thinking, "What sense does that make?" Actually, I want you to replace all addictions with one other addiction. I want you to become addicted to Jesus! You should need Him more than you need anything else.

I mentioned that for Jenny there might be times when she will feel that her pain and discomfort are more than she can stand. What is she to do during those times? She needs to run quickly to the Lord—to His Word and promises. If she will study select portions of Scripture that strengthen and encourage her, she will be enabled to do the right thing.

God's Word has inherent power in it. When we release our faith in His Word, that power is released into our lives and situations to help us.

Jenny should also pray during these times. She should pray specifically for strength not to give in to her mother's demands but rather to stand firm in the will of God. She should not only pray during these times, she should also pray ahead of time in these areas.

I have learned to pray regularly in areas that I know to be weaknesses for me. Too often we wait until we are in the midst of a temptation and find the pressure of it to be more than we can resist. Jesus said that we are to pray that we come not into temptation (Luke 22:40). We will be tempted, but if we pray regularly and prior to the times of

temptation as well as in them, we will find ourselves **enjoying** more victory. Prayer releases power into our lives.

Determination and discipline are important in breaking the yoke of addictions, but receiving supernatural strength from God **is** the real key to success. Learn to run

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to Him instead of running to the substance or wrong behavior to which you are addicted. I have spent so many years seeking God every morning that now just don't feel right unless I have my daily time with Him. I actually get grouchy and act impatiently throughout the day if I don't feed on His Word and spend time in His presence. In the 1970s **when** I began developing a habit of spending daily time with God, was hard to do. Other things always came up. I could not concentrate. I even got bored. But, after years of giving God a place of priority in my time, I am addicted to it. Now I am uncomfortable if I don't have it.

Every unhealthy addiction can be broken in your life. You can live a balanced, joy-filled, peaceful life if you will lean on God in everything and for everything. He is your Strength. You cannot defeat your "**Goliaths**" without His help. When David went against the giant Goliath he knew he had to go in the name of the Lord. He told **Goliath**, "This day the Lord will deliver you into my hand" (1 Samuel 17:46). David knew he could not deliver himself, so he put his trust in God. That is what you must do, especially when faced with the giant of your addiction.

SET YOUR MIND AND KEEP IT SET

The Bible says we are to set our minds, and keep them set, on things above, not on things on the earth (See **Colossians** 3:2). Having been addicted to approval, I know how difficult it is not to think about it when we feel someone is not pleased with us. Thoughts of that person's anger and rejection seem to fill our every waking moment.

Instead of trying not to think wrong thoughts, choose right ones. Fill your mind with positive thoughts. Meditate on God's Word and His will for you. Then wrong thoughts will find no place of entry.

We have all had the experience of being terribly worried about something, of having our minds rotating around and around a problem endlessly. If we get involved in something else that interests us, we stop worrying for a period of time. When it is quiet and we are alone, or when we have nothing else to do, we begin to worry again. I have found that one of the best allies against wrong thinking is to stay busy doing something for someone else. I don't have time to think about "me" when I am occupied with someone **else's** need. In this way I set my mind on what above, not on earthly things. I set my mind on God's instruction to me to walk in love (See **Ephesians** 5:2)

We must be armed with right thinking, or we will give up during hard times:

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So, since Christ **suffered** in the flesh for us, for you, arm yourselves with the same thought and purpose [patiently to suffer rather than fail to please God]. For whoever has suffered in the flesh [having the mind of Christ] is done with [intentional] sin [has stopped pleasing himself and the world, and pleases God]. (1 Peter 4:1)

Realize (set your mind) and be fully aware that moving from being a victim to being a victor will not be a quick process. It will take time, but the investment will be worth it in the end. Remember, you can either go through the pain of deliverance that is temporary, or keep the pain of bondage that never ends unless it is confronted.

DO IT AFRAID

Fear is involved in approval addiction: the fear of rejection, abandonment, being alone, and of what people will think or say about us. Fear is not from God:

For God did not give us a spirit of timidity {of cowardice, of craven and cringing and fawning fear), but [He has given us a spirit] of Power and of love and of calm and well-balanced mind and discipline and self-control. (2 Timothy 1:7)

Fear means to run away from something. God does not want us to run from things. He wants us to confront things, knowing that He has promised to be with us, never to leave us nor forsake us (See Hebrews 13:5).

There are times in life when we must do things afraid. In other words, we must do what we know we should do even though we feel fear. Fear is a spirit that produces feelings and creates physiological changes. Fear can make the heart beat faster and harder. It can cause sweating, shaking, irrational thinking, and other physical manifestations. The Bible never tells us that we are not to feel any of those things connected with fear; it simply tells us not to fear. When God said to people "fear not," He meant for them to keep going forward, taking steps of obedience to carry out His instructions to them. He was in essence telling them, "This is not going to be easy, but don't run away from it." Mark Twain said, "Courage is resistance to fear, mastery of fear, not absence of fear." In other words, there are too many people praying for mountains of difficulty to be removed when what they really need to be praying for is the courage to climb them. Courage is being the only one who knows you are afraid.

Running from hard things is one of our biggest problems. We try to avoid the pain and discomfort of fear. Fear has torment (See 1 John 4:18 **Kjv**), and it is a painful thing. We must press past the pain and do what fear demands that we run from.

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As French author **Michel de** Montaigne once said, "He who fears he shall suffer, already suffers what he fears."

Approval addicts are afraid of the pain of rejection. They will spend their lives keeping other people happy and fixed while **forfeiting** their own joy unless they make a decision to break the cycle of addiction. They will have to "do it afraid." They will have to follow the leading of the Holy Spirit and their own heart rather than **I** following the will and desires of other people."

When I became aware of this principle that I call "Do it afraid," it was life changing for me. I always wanted the feelings of fear to go away, but my desire was unrealistic. Satan regularly uses fear to prevent us from making progress. He will not stop attacking us with feelings of fear, but we can "fear not." We can "do it afraid." The only way out is through!

The time came in my journey of healing for me to confront my father about the years of abuse I had endured at his hands. I was so afraid I felt as if I might actually faint or my legs might buckle underneath me, but I knew I had to be obedient to God's instruction to confront. Nobody had ever confronted the abuse in our family. We had all just

pretended that we were a normal, well-adjusted, loving family. Nobody ever talked about it; we just hid from the truth, and it was destroying all of us.

Feelings buried alive never die; they just eat away at our mental, emotional, physical, and spiritual health. They also have a devastating effect on the development of healthy relationships. We may hide painful memories, but they are still somewhere doing their dirty work.

As I stood in front of my father and began trying to talk to him about what he had done to me in my childhood, the fear I felt was absolutely horrible. He began reacting in anger and denial. He even started blaming me. At the same time my mother was yelling, crying, and having a major anxiety attack.

I thank God that He gave me the strength to press on rather than run away and hide again. Many years have passed since that day, but it opened the door for true healing. It was a process that involved many stages. The final stage was my father's salvation. He caused me a lot of pain in my life, but I had the joy of baptizing him after leading him into a personal relationship with Christ. If I had not "done it afraid" when God instructed me to confront him, we would still be where we were then. We cannot make progress without confrontation.

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I knew a man who was having major chest pains. He was afraid that if he went to the doctor he would find out he had heart trouble, so he ignored the pain, hoping it would go away. He died a short time later! The thing he feared came upon him.

God's Word tells us that we can have what we believe (See Mark 11:22-24), but we can also have what we fear.

THE PAIN OF LONELINESS

The pain of rejection is connected to the pain of being lonely. Loneliness is one of the biggest problems in people's lives today. It is the root cause of many suicides as well as a great deal of personal agony.

Being with people does not guarantee we will not be lonely. We can be with people and still feel lonely because we feel we are misunderstood, that we are not making a connection with those around us. We may be inside a room with people, but we can still feel outside the group.

We must press past the pain of being lonely and feeling misunderstood. We must trust God for right relationships and not make emotional decisions that only end up making our problem worse. The fear of being lonely can turn us into **people-pleasers**, and we can end up with no life of our own, bitter and feeling all used up by other people.

Being alone does not constitute being lonely. If you know who you are in Christ, and you like yourself, you can enjoy being alone. I like to spend time with myself because I like myself. Some people have been critical of me for saying, "I like myself." They think I am full of pride. That is not the case at all. I don't like myself because I think I am wonderful. I like myself because Jesus loves me, and He is wonderful! I like myself because I made a decision to do so, not because I always feel likeable or lovable. As we discussed in chapter 5, I finally decided if Jesus loved me enough to die for me, the very least I could do was stop hating and rejecting myself.

When I made this decision, I started enjoying my time alone. Prior to that decision, it seemed I felt lonely no matter how many people I was with. I think loneliness is a result of not liking ourselves more than it is of not having people around us.

Any of us who want to be with people can be. All we have to do is go find others who need help and help them. Hurting people are everywhere. All of us can find someone to do something for, if we really want to. It is not a lack of people that

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causes loneliness; it is our fears about ourselves as well as our fear of disapproval and rejection.

We frequently spend more time trying to avoid rejection than we do trying to build good relationships. We may be so afraid of being hurt that we keep all of our walls up in an effort to protect ourselves and avoid emotional pain. Some people isolate themselves. They think they cannot get hurt if they don't get involved, but the result is that they are lonely. Many people are afraid to trust. They are afraid to be honest and vulnerable, afraid that people will judge and criticize them or tell their secrets if they share anything of a private or personal nature. All of these fears and concerns only add to the feelings of loneliness that many people experience. In fact, these fears are the root cause of loneliness.

As human beings, we have a deep need to be understood. When we don't receive it, we feel lonely. In listening to people share their hurt and pain, I find that the words "I understand" have a very soothing effect. I have told my husband, "Even if you don't have a clue about what I am talking about, just tell me you understand, and it will make me feel a lot better." A man could not possibly understand PMS, but it is better for him if he appears to have understanding of his wife's plight. She needs to be understood. She does not want to feel alone in her pain and struggle.

One day my husband came in from trying to play golf. He had not had a good experience because his leg was hurting and swollen. He was not too happy about it. His golf game is really important to him, so I said, "I understand how you feel." I offered him whatever help I could give physically, but my understanding seemed to help more than anything.

There have been times in the past when my attitude has been, "What's the big deal? It's only one round of golf. After all, you play all the time." That attitude has started arguments and driven a wedge between us. He wants me to understand his needs, and I want him to understand mine.

One of my favorite Scriptures in the Bible is Hebrews 4:15, which teaches that Jesus is a High Priest Who understands our weaknesses and infirmities because He has been tempted in every respect just as we have, yet He never sinned. Just knowing that Jesus understands makes me feel closer to Him. It helps me be vulnerable and trust Him. It helps me feel connected rather than lonely.

Press past your pain to victory. Be determined! Stop just wishing things were different and do your part to make them different. There are two types of people in the world: those who wait for something to happen, and those who make something happen. We cannot do anything apart from God, but we can decide to

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cooperate with Him. We can face the truth. We can stop feeding our addictions and endure the pain of letting them die from lack of nourishment.

It is time for a change! Get excited about your future and realize that when you are going through something, the good news is "you're going through," and that means ultimately you will come out on the other side with a victory that cannot be taken away

from you. Your experience will make you stronger and enable you to help others who are facing similar battles.

Now let's take a look at what it means to let go of any shame in our past that feeds our approval addiction.