

Change the Way You Think About Yourself

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[music]

Mark Savage: So many of us would say that we don't really think about ourselves.

Jill Savage: But the truth is we do.

MS: All the time.

JS: Yeah, we always have a script in our head as it relates to what we think about ourselves.

MS: And honestly that script has been forming since childhood. And it was additionally built like in the teen years or in the 20s.

JS: Yeah, exactly. And most of it is unconscious.

MS: Yeah.

JS: Like we don't even really understand that we are thinking these thoughts because they're so much a part of our life it's like, okay when they first entered, they knocked on the door, and we let them in. But now we serve them lunch, and desert and they're like...

MS: We're hanging out with our own thoughts. That's scary for me.

JS: They're like a member of our family.

MS: Yeah. I know. Oh my gosh. You know, some of the things that we wrote down are like, "I'm stupid or I'm smart. I never get things right."

JS: Yeah, they can, especially those negative thoughts man...

MS: Or I can figure anything out.

JS: Which can be absolutely secure and confident but it can also sometimes more end up in the area of pride.

MS: Yeah.

JS: And we don't even realize it.

MS: Right.

JS: Especially when we tend to think that we're always right...

MS: Right, yeah.

JS: Is what that can do. We were thinking the other day about love styles and if you've taken our No More Perfect Marriages seminar, we talk about love styles, and we were thinking about what is some of the thinking that probably is common for love styles? So like one for avoiders, okay now my... I describe myself as a recovering avoider, and a recovering avoider it probably the thoughts about themselves is, "I have to be strong. I can't show emotions, if I show emotion I would be considered weak."

MS: Yep. A pleaser which is my second highest is, what I need or what I think doesn't matter, I have to work to make you happy, or to make everybody else happy, but me.

JS: Mm-hmm. And then, a vacillator.

MS: They're the other extreme.

JS: Like, "I want my happiness, like my happiness is what matters."

MS: Yeah. Yeah. And then I think about the victim, and the victim, just really lives in that place of thinking that nothing they want or nothing that they think or need matters because all they're trying to do is survive.

JS: Yeah. And then the controller, the controller is like, "I'm in charge, because if I'm not in charge people will run over me, so I have to make sure that I'm in charge, and I maybe even going as far as I'm the best person to be in charge."

MS: You know I think about the scripts that I have run through my mind and that I've lived with, have been, "I'm not enough. I'm never enough." And then you partner that with, "I'm worthless. I am a failure," and man that's just a cesspool of bad thinking.

JS: And where did those thoughts get planted for you? Who told you that?

MS: Well, they started in my home of origin. Those were messages that I heard, and then also I fueled those with my own perceptions.

JS: Right. And then, but it can be also the other way. So, I haven't struggled with shame-based thoughts, like when Mark says, "I'm not enough, or I'm never enough," I don't even understand what that feels like.

MS: And so that's an example of shame-based thinking.

JS: But pride-based thinking is, "I'm the best. I know what's best." And that's equally...

MS: My way is the right way.

JS: Yes. My way is the right way and that's equally damaging. And so what we often have is we either have shame-based thinking or we have pride-based thinking and what we need is Christ based thinking.

MS: Yeah.

JS: Because what others have said about us, is not what we need to be listening to. Where we have gotten off-track off track in our thinking, we need to take a look and say, "Does that line up with what God says about me?" And I know particularly for you, you actually keep a list on your phone.

MS: Yeah, I sure do. So when I'm leaning, or running towards that shame-based thinking, I want to drag myself out of that. And so I keep a list on my phone.

JS: So here's here are some of the things that are actually on the list and these match up with who God says...

MS: Right.

JS: That you are.

MS: The first one is because of Him; I can be stable and steady. Because my shame-based way of thinking, says that I can't be stable or steady. And I want to be stable and steady, and...

JS: He's the rock.

MS: Yeah.

JS: He's the rock and you're standing on that rock, but before that happened... Before you changed your thinking on that, there was no rock and it felt like you were on life... Because you're so emotional and you're so emotion-driven you're just naturally a feeler, it would feel like you are in this shifting sand.

MS: Yeah.

JS: And you would go along with that shifting sand.

MS: Right, yeah, yeah.

JS: And that's been huge.

MS: Yeah.

JS: Okay, here's another one that's on the list, you are created on purpose for a purpose. I am created on purpose for a purpose, I mean God knit us together in our mother's womb, that's a verse in Psalms that is important for us to understand that we were created on purpose for a purpose.

MS: Yeah, that we weren't, and we aren't a mistake. Another one is that you are loved and...

JS: And you personalize that on yours, I am loved.

MS: I am loved. And that so often in shame-based thinking, I'm not lovable. Who would love me?

JS: Right, because I'm a screw up and because I...

MS: Right.

JS: Yeah. And this is unconditional love.

MS: Right.

JS: I am loved unconditionally.

MS: You mean it's not based upon performance?

JS: Right.

MS: Yeah.

JS: So that's huge, yeah. I have a Father who loves me more than I'll ever understand. And this one is huge. Particularly, in fact, part of what we have to understand is that we often view God through the lens of our own father. And so if that wasn't a positive experience, then we sometimes struggle with that relationship.

MS: I totally... I did that. My step-dad and my real dad, I viewed God... Their face was on God's face, and it wasn't until I really began to work that I have a Father who loves me.

JS: And I don't even know what a father looks like to understand that, so you really had to dig in.

MS: Right.

JS: Yep.

MS: Yeah.

JS: I'm God's child. I'm God's child, and he's my daddy God. And that in the same way that we love our children, our God loves us because we are his child.

MS: Yep. Another one is, we're ruled by love and not by fear.

JS: So you're led by love and not by fear.

MS: Yeah. And that's huge.

JS: Yeah, I'm forgiven. All of us need this. Those of us that struggle...

MS: But you don't know what I've been... What I've done, or all the mistakes I've made, but I'm

forgiven.

JS: I'm forgiven. And those of us that struggle on the pride side of what we think of ourselves often struggle with perfectionism.

MS: Oh yeah.

JS: And that's tough, 'cause we don't even know how to forgive ourselves, so just to know I am forgiven.

MS: Well, and I think the shame-based person, he also, he or she also struggles with perfectionism, but they wallow in the failure of not accomplishing the task or the responsibility.

JS: Right, right. I'm not alone, and I have instant access to wisdom and discernment through the Holy Spirit and God's word. Just knowing I'm not alone. Because the whispers of what's happening inside of our head and inside of our heart, usually, especially when they are demeaning to ourselves or shame-based or even pride-based, it's the enemy whispering lies. And one of those lies is, you're on your own. Nobody's gonna take care of you. So that is not truth, you're not alone.

MS: Yeah. Another thought is that, "I'm redeemed." And what am I redeemed from? I'm redeemed from myself that I've managed to make huge messes, but not to wallow in those. I'm set free from them.

JS: Right, right. And to be redeemed is for God to... One of my favorite verses is Joel 2:25, and it is, "The Lord will redeem what the locusts have eaten." So it's when there's been damage in our relationship and we've all experienced damage, broken trust, hard seasons, but that we can trust that God will redeem those in some way. He will exchange them for something good.

MS: Oh, yeah, yeah.

JS: And just us being here and having the opportunity to share with you hard earned wisdom is one way God's redeemed us and he... And so it's a reminder of how we are redeemed. Another one is, you belong.

MS: And that one's huge because...

JS: We all long to belong.

MS: We long to belong, and some of us believe that there's nothing that we could ever do right in order to belong. And what God says is, "You belong."

JS: Yeah, all you have to do is say yes to me. Once you say, "You belong."

MS: Yeah.

JS: Now here's the deal. Why does our thinking about ourselves even matter in marriage?

MS: I think that's a huge question. And it's an important question.

JS: It is. And I think this is what we really need to understand is the reason that this makes a difference is because whatever is inside of me leaks out all over other people.

MS: Totally, yeah.

JS: Yeah. And so if we're not aware of this, then it is affecting our relationships, that shame-based. It keeps, often keeps that partner passive. Pride-based, makes a partner more aggressive, and there's no balance in that. What we want is we want confidence. And I like to call it God-fidence, because that God-fidence is based upon these things that we just talked about. The truth of who God says that we are. And so instead of thinking of the things that have been a part of your thinking about yourself for years and years and years, based on what others have said about you, based upon your experiences, based upon your perceptions, what we have to do is we have to... We need to change those thinking based upon what God says about us, and that's because you are who God says that you are.