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Worthy: Exercise and Step book {all in one}
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Introduction

Welcome to the *Worthy Workbook*—and work is what it will be. You will be writing, thinking, and feeling; and you will be challenged. If the lies of worthlessness have sneaked into your soul and started to grow, then it means that worthlessness has roots somewhere in your life.

In the following pages, I will be asking you to do yourself a very large favor: *do the work!* It will not only change your life but it also has the potential to change the many lives you influence.

As you move into your worthy position in Christ, you will inspire others to be free and feel worthy as well. This battle is not only worth fighting for yourself and for those you love, it's also worth winning!

This workbook is laid out by sections, exercises, and Steps. The Steps section in the back is for those of you who believe your feelings of worthlessness are similar to an addiction. You can go through this workbook at your own pace or, if you are in a Worthy Group, go at the group's pace.

This workbook has been a labor of love. I have seen countless people move from worthlessness to worthy, and their lives have inspired me to write this. What you have here is a path that anyone can take. And that includes *you*. Follow this path, and you too will make the journey from worthless to worthy, just as others have.

We have created a Worthy Leaders Guide, for those walking through this journey together.

Download this free resource at: www.drdougweiss.com/worthy-leaders-guide

 This symbol throughout the workbook is for suggested group discussion.

Douglas Weiss, Ph.D.



WEEK ONE

The Journey (Refer to Disc One, Chapter One)

FILL OUT DURING DVD SESSION:

1. The voice of worthlessness is in your h_____.
2. Worthy is a j_____.
3. W_____ affects the way you think, feel, or behave.
4. Worthless is a l_____.
5. Worthless disagrees with the h_____ of God.
6. You are worthy because H_____ said so.
7. This process is w_____.
8. You are worthy r_____ of what has happened to you.

NOTES:

DAY ONE

HOW I GOT HERE

The voice of worthless can cripple you, even if you have a good community around you. Once worthless has come into your life, it can infiltrate every area. You will begin to question everything.

QUOTE

**YOU ARE WORTHY
YOU ARE A CHILD OF GOD
YOU ARE WORTHY SPIRITUALLY
YOU ARE WORTHY EMOTIONALLY
YOU ARE WORTHY FINANCIALLY
YOU ARE WORTHY SEXUALLY
YOU ARE WORTHY AS A PARENT
YOU ARE WORTHY AS A SPOUSE
YOU ARE WORTHY AS A CHILD
YOU ARE WORTHY, BECAUSE YOU
ARE, BECAUSE HE SAYS SO.**

You will need to recognize that the worthless voice has been speaking lies over you. Start to take a journey towards worthy and begin to believe and walk in the truth that you are worthy.

 What does your spirit say when you feel worthy?

You're worthy to:

Write down your own story.

What were the events that led you to generalize that you were worthless?

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

MY STORY

MY STORY TOWARDS WORTHY, IS NOT WHAT YOU MIGHT THINK, I DIDN'T HAVE THE "PERFECT" PARENTS THAT TOLD ME I WAS LOVED EVERY DAY. I WAS CONCEIVED IN ADULTERY, NOT EXACTLY THE MOST "WORTHY" PLACE TO START. THIS CAUSED THE END OF MY MOTHERS FIRST MARRIAGE, THE GUY THAT GOT HER PREGNANT ABANDONED HER. I HAVE NEVER MET MY BIOLOGICAL FATHER. I WAS PUT IN FOSTER HOMES, ABANDONED BY MY MOM. I WAS SEXUALLY ABUSE AND ADDICTED TO DRUGS, ALCOHOL AND SEX. I WAS OUT OF CONTROL UNTIL CHRIST CAME INTO MY LIFE AND I BEGIN TO BREAK FREE FROM THE ADDICTIONS AND I'VE BEEN FREE NOW FOR OVER THIRTY YEARS.


Write about your family of origin experienced.

Write about any abuse experience(s).


Write about any sexual abuse experience(s).

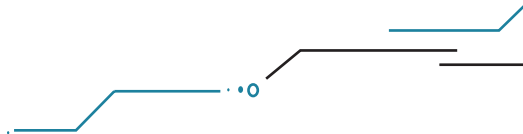
Write about any abortion experience(s).

Write about your first sexual encounter.

 Write about bad choices you've made.

Write about your sexual secrets.

 If you are married, write about your marriage and how its affected you in believing you are worthless.



DAY TWO

IN THE BEGINNING

I always wanted to start a book with the words, "In the beginning," so this is it! In the beginning God made all of us worthy. But sin stole that gift and continues to steal it from so many believers.

As we take the journey toward worthy together, I think we should start with defining it, but not the way a dictionary defines it; rather, I want you to define worthy how you have defined it in the past.

Write the first thing that comes to your mind, without thinking much about it, in the spaces provided.

In the past, I believed someone was worthy if:

1. _____
2. _____
3. _____
4. _____
5. _____

WHAT WOULD HAPPEN IF YOU BELIEVED YOU WERE WORTHY?

HOW WOULD YOU LIVE DIFFERENTLY IF YOU BELIEVED YOU WERE WORTHY?

NEXT

After completing the five items in the previous exercise, check the boxes below that indicate what you learned about your personal definition of worthy.

Was it any of the below? (Check)

- Attractiveness
- If I was told this by the opposite sex
- Body Image
- If I had sex with someone
- Finances
- My abilities
- Possessions
- If I was liked

3. Sometimes we must acknowledge the lies we believe before we can walk in the truth. What has been the message in your past that you have either been taught or believed about your worth? Write it here:
