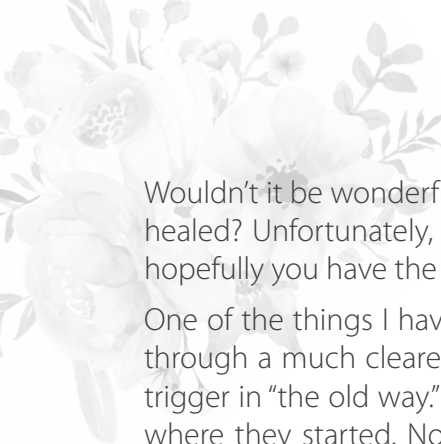


Chapter Fourteen

THE NEW YOU

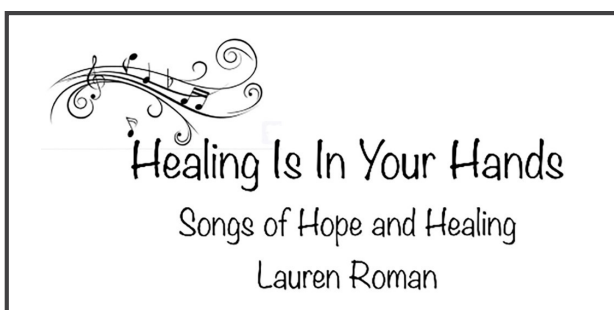




Wouldn't it be wonderful if, after going through this workbook, your life is transformed and you are totally healed? Unfortunately, that falls under "magical thinking." But you have begun an incredible journey and hopefully you have the tools to move forward, determine the truth, and remap your brain in the process.

One of the things I have encountered with young women who make it to this point is that they see life through a much clearer lens. They are excited to move forward. But occasionally they react to a specific trigger in "the old way." This so discourages them that they throw up their hands and think they are back where they started. Nothing could be further from the truth. This, in fact, is a lie of the enemy, who is desperately trying to draw you back into shame. The truth is that whatever was triggered is simply something God wants you to deal with. It is a specific circumstance that came into your life, and it is another chance for you to apply what you learned. In other words, even these events indicate progress!

As you continue your journey, don't stop learning. Don't stop seeking Truth and surrendering the lies at the foot of the cross. The following are some books that will help you with some specific areas I have addressed in this workbook.





First and foremost: the Bible

Boundaries

Boundaries by Dr. Cloud and Dr. Townsend (I highly recommend this book!)

Teaching Boundaries to Your Children

Boundaries for Kids by Dr. Cloud and Dr. Townsend

Figuring Out Your Past and Your Actions

Hurt People Hurt People by Dr. Sandra Wilson

Rejection

Uninvited: Living Loved When You Feel Less Than, Left Out, and Lonely by Lisa TerKeurst

Sexual Addiction

No Stones: Women Redeemed from Sexual Addiction by Marnie C. Ferree

Shame

Shame Interrupted: *How God Lifts the Pain of Worthlessness and Rejection by Edward T. Welch*

Released from Shame *by Dr. Sandra Wilson*

Shame and Grace: Healing the Shame We Don't Deserve *by Lewis B. Smede*

Not Passing Shame on to Your Children

Shame-Free Parenting by Dr. Sandra Wilson (This book is out of print but available in workbook form through www.hh76.com.)

Childhood Sexual Abuse

The Courage to Heal by Ellen Bass and Laura Davis (This is a very extensive workbook, but very healing.)

Abusive Relationships

Is It My Fault? *by Justin and Lindsey Holcomb*

Hypercritical Childhoods

Wounded by Words: Healing the Invisible Scars of Emotional Abuse by Susan Osborn, Karen Kosman, and Jennie Gordon

Healing from Abortion

Surrendering the Secret: Healing the Heartbreak of Abortion

www.surrenderingthesecret.com

Becoming Thankful and Mindful

One Thousand Gifts by Ann Voskamp

Spiritual Growth

Brokenness, Surrender, Holiness by Nancy Leigh DeMoss

Into ABBA's Arms by Sandra Wilson

Learning to Communicate a Better Way

The Love Approach by Peggy Hartshorn, PhD

Devotionals


Gracelaced: Discovering Timeless Truths Through Seasons of the Heart by Ruth Chou Simons (beautifully illustrated as well as written)

One Thousand Gifts Devotional: Reflections on Finding Everyday Graces by Ann Voskamp

Journal

Gracelaced Journal (perfect for journaling your thoughts and prayers and beautiful to look at)





Copies of this book may be obtained through
Robin's Nest Ministry,
1360 South Sierra Park Trail
Show Low, AZ 85901

This book can be obtained through Psalm 51 Ministries at www.psalmfifty.one

Copyright 2019 by Dinah Monahan
All rights reserved

Copying this workbook in part or whole is illegal without permission.

Unless otherwise indicated, all Scripture quotations in this workbook are taken from the New American Standard Bible® (NASB), Copyright © 1960, 1962, 1963, 1968, 1971, 1972, 1973, 1975, 1977, 1995 by The Lockman Foundation. Used by permission. www.Lockman.org.

Scripture quotations marked NIV are taken from the Holy Bible, New International Version®, NIV®. Copyright © 1973, 1978, 1984, 2011 by Biblica, Inc.™ Used by permission of Zondervan. All rights reserved worldwide. www.zondervan.com. The "NIV" and "New International Version" are trademarks registered in the United States Patent and Trademark Office by Biblica, Inc.™ Scripture quotations marked NKJV are taken from the New King James Version®. Copyright © 1982 by Thomas Nelson. Used by permission. All rights reserved. Scripture quotations marked NLT are taken from the Holy Bible, New Living Translation, copyright © 1996, 2004, 2015 by Tyndale House Foundation. Used by permission of Tyndale House Publishers, Inc., Carol Stream, Illinois 60188. All rights reserved.



Updated 01/07/2021

