

1 **Codependence Workshop**

Chapter 10: Embracing Authentic Identity

2 **Embracing Authentic Identity**

- Closing the doors of the past – we can enter into the new as we properly address the old
- Understand the systemic changes in our life are necessary. We cannot merely focus on “adding some good” into areas of our life that are broken
- When we look at identity, we need may need to see ourselves through an entirely new filter

3 **Reviewing Healing**

1. Facing the original wounds – the ability to see our life and circumstances as they without anything blocking truth
2. Understanding how we have adapted and coped with unmet needs, trauma, abuse. The original wounds lead to a multitude of layering as they create new and different problem that cause of wrongly medicate the original pain.
3. Understanding the enormity of the presence of shame in our life.
4. Receiving Forgiveness – applying grace. Learning how to abide in the overwhelming reality of being set free from our own defaults, sin and character defects.
5. Offering Forgiveness – face, feel, grieve, forgive – learn to see the perpetrator how God sees them. Learn to embrace forgiving other as an opportunity to be free ourselves.

4 **Growth**

- Wherever we stopped growing in a healthy way and had to turn to coping and survival mechanisms, is where we need to start growing once again
- If we never went through a healthy stage of finding our abilities, seeing who we are, and finding a sense of purpose, we may be beginning a journey for the first time ever.

5 **Embracing Authentic Identity**

Identity Theft – where we place our value and sense of self:

- Family roles
- Relationships
- Appearance/Sexuality
- Material possession
- Reputation
- Work

6 **Embracing Authentic Identity**

- Identity is a core issue. It is the very “essence” of our being - the intricate and detailed things that make us who we are
- True identity can only be found by the One who Created us and knows every part
- Recovery can be summed up in one way: God separates and removes the things that prevent us from walking out our authentic identity.

7 **Embracing Authentic Identity**

Who God Says We Are

- Claiming God’s promises (Who we are in Christ)

- We must first have faith in order for the seed of that promise to have the “soil” where it can be planted into our hearts. (Hebrews 11:1)
- We must speak that truth into our personal situation, even if we “feel” differently.
- We must hang on to that promise and claim it, even when things don’t “appear” externally to align with God says. (This allows the promise to take root)
- We must wait and see the faithfulness of God translate this promise into a reality. This produces the actual fruit of that promise. (Gal 6:9)

8 **Embracing Authentic Identity**

Seeking Identity:

- Spiritual Gifts
- Life Gifts
- Personality

WARNING: CHARACTER DEFECTS WILL CONTINUE TO ARISE. BROKENNESS WILL CONTINUE TO EMERGE. WE MUST LEARN TO VIEW IT AS AN OUTSIDE THREAT TO OUR AUTHENTIC SELF RATHER THAN AN INWARD REALITY OF WHO WE ARE! READ ROMANS !

9 **Embracing Authentic Identity**

Seeking Vision:

- A vision from God is always planted in the truth of God’s word. Therefore, if our “vision” has anything in opposition to God’s Word, we know it’s not from Him.
- A vision from God will provide generalities, not necessarily details. We need to wait and let God provide each detail as we need it.
- A vision may be for the future, not right now. In others words, God may place a calling or fulfill a desire that will take time to complete. This will test our faith, just as Abraham and Sarah were tested.
- God can’t deny His own vision and plan for our life, therefore, we never have to fear that it won’t be fulfilled.