

Victory Worksheet

The victory worksheet is a practical way to work through the aftermath of acting out while on a journey of healing. With God, no pain is wasted but instead it is used for our redemption story. It is critical, therefore, that we take our thoughts captive to Christ and return to right relationship with Him. The exercise below will aid you in effectively taking those steps to submit your sin to God and put in place appropriate healing practices to guide you in the future. While we certainly don't ever want to act out or excuse acting out, we accept that we are fallen people who often fall short and return to old ways. This sheet is one active way we can fight back against our addiction and make every moment count.

Accept your identity in Christ: Take your time and find a peaceful spirit before moving on. Include prayer, calling a friend to receive grace, and affirming the truth of how God sees you. (These are not magic words, but you are welcome to use them as a healthy reminder of God's great love for you!)

I am a child of God. Jesus has already paid for these sins. In repentance I receive the gift of God's love and grace, knowing that my behaviors cannot separate me from the salvation of Christ. Thank you Jesus for my place in your family, and guide me now into clear understanding about myself.

Fill out a Matrix of Addiction:

(Top line: behaviors. Bottom line: thoughts and feelings. Start wherever you want in the relapse process and work your way out to the end and backwards to behaviors that are healthy.)



Were any boundaries crossed? Which ones? Be Specific.



Take whatever time you need to confess to God. This step is critical and cannot be skipped if we are to come into victory. You have already affirmed that God loves you so much, now go to that God of love with your sin and let Him forgive you. Take the time. Find reunion with God! Write any critical thoughts or revelations in the notes section at the end of this worksheet.

What new boundaries should be considered? If none, explain.

Are there any topics of confusion or curiosity that you want to find answers to? What learning needs to be done? If none, explain.

Finally, how will acting out effect you in the coming days? (Be specific, particularly in the short term)

Who are you going to call to review this sheet with and when?

_____ / ____/____ @_____ PM/AM

Now... celebrate!

God has walked you through this process!
You are more prepared than before!
Jesus has paid the price for your sin!
You have submitted your sin to God!
The Holy Spirit is ready to guide!
You can be used for good works in joy!

Critical Thoughts, Revelations, and Notes:
