# FOUNDATIONS

*Section Three*
*Loving Myself: Beauty and Brokenness*

## *LESSON 7: Compensating Behaviors*

### Key Points:

- Moving out of faulty beliefs and behaviors.
- "The Compensation Cycle."
- Insanity: "Doing things the same way and expecting different results."
- "Shattering the Image of Perfection."

### Hints for the material:

- Highlight major themes in the section "Our Compensating Behaviors," including faulty beliefs and behaviors, our attempts to compensate for our insecurities and low self-esteem, and the need to admit to ourselves, God and others the sin in our lives.
- Read the "Childish Misperceptions and Behaviors," including the scripture, in the Appendix. Everyone can check the behaviors which they feel apply to them. Contrast these with the "Adult Behaviors and Attitudes." Our goal is to move out of our childish behaviors and into our adult behaviors.
- Take turns reading through the list of "Compensating Behaviors" and then have each member share one or two issues he or she identifies with.
- Discussion of the "Compensation Cycle" helps us realize how we compensate with our sin behaviors to make up for feelings of inadequacy and low self-esteem. Also we begin the process of confession.
- Perfectionism is about trying to manage what we want others to think about us.

### Extra Insight:

- So far, we have focused on the positive aspects of our lives. We still are all the positive things we listed in the last few weeks. But we do have some attitudes/actions/ and habits we need to change. It is these growth areas of our lives we will be examining in the rest of the material.
- This section can be painful as we begin dealing with the aspects of our lives which may not be working as well. As a leader, it is important to encourage your group to experience their emotions and continue pushing through the material so they can heal.

### Homework:

- Encourage group members to allow enough time to thoughtfully and prayerfully complete next week's lesson.