

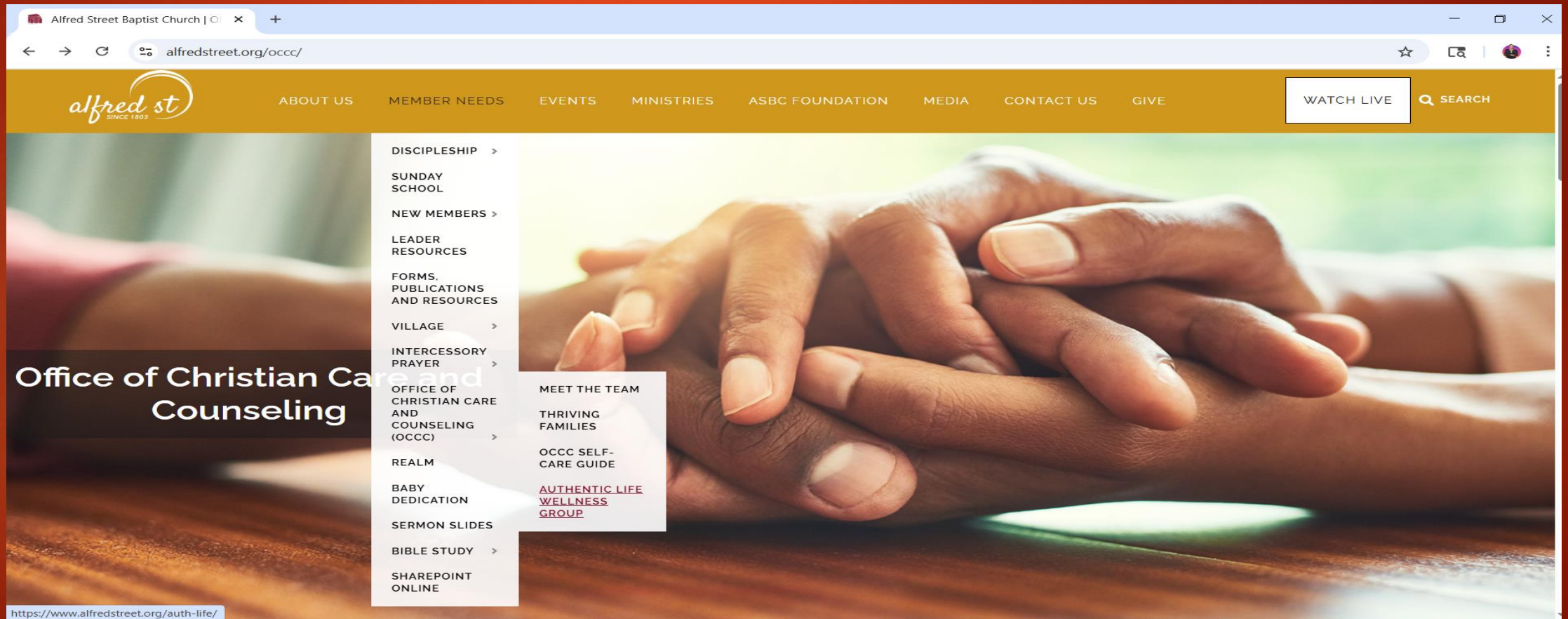
An Authentic Life Series w/
Dr. LaTasha Morgan ©2025

-A 10 Week Wellness Group-

A journey to self-discovery, courage and
authenticity to be who God PURPOSED you to
be!

Alfred Street Baptist Church
Office of Christian Care and Counseling
Rev. Dr. Howard-John Wesley- Senior Pastor

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Chapter 9

Week 7 Lesson 6

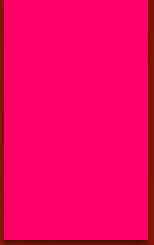
Relationship Beliefs: Shifting Your Mindset

Lesson Leader: Sis. Regina Scruggs



Congratulations on healing your
relationship with yourself and
others!

A key way to this healing is
shifting your mindset.



In this chapter we will
uncover 5 unhealthy beliefs
and tools to help shift our
mindset about them.



Unhealthy Relationship Belief #1:

Loving someone will just result in
getting hurt...



Unhealthy Relationship Belief #2:

It's my job to fix my or control
my partner...



Unhealthy Relationship Belief #3:

Unless I have a particular body type, I will not be desirable...



Unhealthy Relationship Belief #4:

All relationships are hard, so it's
better to stick with what I have
now...



Unhealthy Relationship Belief #5:

If my relationship ends, I'm a failure...

Bonus Exercise:

Rewrite your love story- the story you tell about yourself in love. Reflect on how you might end these sentences using Tina Lifford's framing: "Up until now, but from this point forward." p. 116

Example: "Up until now, I have been emotionally distant in relationships, but from this point moving forward I ...

Your turn: "Up until now, I have _____ in relationships, but from this point moving forward I will _____.

Homework:

Select the belief that most connected with you and journal about the roots of the belief, how it has protected you, how it has cost you and how you want to shift to healthier beliefs.

Affirmation: If it aligns with you, place one hand on your heart and affirm that “Healthy, nourishing, respectful love is possible for me”