

False Beliefs

- I'm In Control
- I'm All Alone
- If they really knew our story, we'd be judged and rejected
- I've just made it worse
- Love is enough
- I'm not good enough
- My child's behavior reflects my success or failure
- Once my kid is better, I'll be better
- I can't help others until I have it all figured out myself
- I don't have time to invest in authentic community



Refreshing Truths

- I need to share my story
- I'm not alone
- Let go of cares, false expectations, heavy burdens
- I'm anchored in Christ, regardless of circumstances
- I'm called. God equips the called to love like He does
- There are tools to help me parent kids from hard places
- I need authentic community
- I am Stronger Than I Think
- I can stop and help others even if I don't have it all figured out myself
- I need to share my story