

# Five Steps to Transformation: *From Overwhelmed to Overjoyed*

Write your own thoughts, feelings and declarations in the spaces below. Write on the back or use additional sheets as necessary.

1

## ASSESS

Take an honest look at the facts of your situation and what you are struggling with.

*Example: I am caring for my mother with dementia and my daughter with autism. We are nearly broke and our marriage is on the rocks. I have taken so much time off from work that I am about to get fired. My house is a wreck and there is no one to help.*

2

## ACKNOWLEDGE

Recognize the facts and how they make you feel.

*Example: I am exhausted and lonely. I feel sad and overwhelmed most days. I'm mad that my spouse won't help. I'm mad at God for letting this happen. I cry a lot. I feel so guilty at how angry I get with my mom.*

3

## ALIGN

Arrange your thoughts so that they line up with God's Truth.

*Example: There is a better way to look at this. I have heard promises from God that seem unrealistic right now, but I want the help and the hope they offer. I want to believe. Lord, help my unbelief. I want to know that You are real and in control, because I am losing it.*

4

## AFFIRM

Testify, declare or assert that Truth.

*Example: God loves me and the person I am caring for. He is in control, not me. Nothing is impossible with God. Trials can make me stronger. I am not alone.*

5

## ACT

Do something in or through that Truth.

*Example: I will stop talking about all the things that are discouraging and start giving thanks for all that I am learning. I will take time to stop each day and realize that I am not alone, that God loves me. I will welcome the awkward help of well-meaning friends and neighbors. I will forgive.*

