



Example CHEW Question for Struggling with Shame

If I Really Believed God Forgives Me Completely, How Would That Change How I See My Past?

- I would stop replaying past mistakes in my mind, knowing they are truly forgiven.
- The constant self-criticism and regret would lose their power over my daily thoughts.
- I'd feel a weight lifted, no longer haunted by "what ifs" and "if onlys."
- My identity would no longer be tied to my worst moments.
- I'd see myself as someone who is cleansed, not defined by past failures.
- I could talk about my story without fear of judgment or condemnation.
- I'd believe that my past doesn't disqualify me from God's love or His plans.
- I'd feel more hopeful about new beginnings, trusting that God can use even my failures for good.
- I'd be more willing to take risks or try again, knowing my worth isn't based on a perfect record.
- I'd be more understanding and less judgmental of others' struggles, remembering how much I've been forgiven.
- I could offer empathy and encouragement to those weighed down by their own shame.
- My relationships would deepen, built on grace rather than performance.
- I'd approach God with confidence, not fear, knowing He sees me as clean and beloved.
- My prayers would be more honest and open, less guarded by shame.
- I'd worship with gratitude, moved by the reality of His mercy.
- The inner voice of accusation would be replaced with reminders of God's forgiveness.
- Instead of "I'll never be good enough," I'd hear, "I am forgiven and free."



- My self-worth would be anchored in God's grace, not my ability to make up for the past.
- I'd be quicker to forgive myself and let go of perfectionism.
- I'd model forgiveness in my relationships, breaking cycles of resentment.
- I'd pursue healing and growth, believing I'm not stuck in old patterns.