



ONLINE COURSE | Mate Matching 201
WEEK 3: THE TRUST FACTOR

CONFESSIONS

- I'm going to be honest with myself and stay committed to reality throughout this process. I won't sugarcoat or make things look better than they are.
- I will not take responsibility for or attempt to fix other people. I will own only what is mine to own.
- I will be compassionate toward myself, realizing that when you know better, you do better.
- Instead of shaming myself for not picking up on the red flags in previous relationships sooner, I'm going to choose to feel appropriately convicted to make better choices in the future. I'm not going to believe the lie that it's too late to change.
- I will acknowledge I'm a victim of hurt, but I'm not going to live as a victim. I am now going to be empowered to take charge of my own healing.
- I still believe there's a beautiful world with wonderful people to connect with, to laugh with, dance with, to explore with, to live with, and to have purpose and make a difference with.
- I am willing to learn how to trust my own discernment again, how to appropriately trust the right people, and how to trust God even when I don't understand what He's doing.

This kind of compassionate processing gives you the freedom to acknowledge what you can work on without beating yourself up for trust mistakes you've made in the past. It also gives you the courage to see yourself as someone who will rise up and keep going.

