



Myth Debunker

The sensitivity myth I'm struggling with says:

As I pray-cess this myth, I'm asking:

1. What's them? _____

2. What's me? _____

3. What's True? _____

4. What's new? _____

My prayer as I continue to pray-cess this myth:



Instructions

1. What's them?

Define "them":

- ☐ *society in general*
- ☐ *a specific organization:* _____
- ☐ *a particular person:* _____
- ☐ *other:* _____

Use these specific questions to prompt your pray-cessing:

- ☐ *What does the fact that they believe this myth tell me about them?*
- ☐ *What do I already know about them?*
- ☐ *What do I need/want from them?*

2. What's me?

Use these specific questions to prompt your pray-cessing:

- ☐ *What's my self-talk right now — what am I saying about myself?*
- ☐ *What do I already know about me?*
- ☐ *What am I learning about me as an HSP?*

3. What's True?

Use these specific questions to prompt your pray-cessing:

- ☐ *What does God's Word say about me?*
- ☐ *How does Jesus respond to women?*
- ☐ *What is God teaching me about who He is?*

4. What's new?

Use these specific questions to prompt your pray-cessing:

- ☐ *What is the Holy Spirit inviting me to do differently?*
- ☐ *What is Holy Spirit convicting me to stop doing?*
- ☐ *What is Holy Spirit convicting me to start doing?*