
Spiritual Nature of Psychological Problems – 8 Part Series

In this series, Drs. Cloud and Townsend explain why they believe all of our emotional and relational problems are spiritual issues at their core. They discuss why symptoms such as depression, anxiety, compulsive behavior, and addictions are a result of our broken relationship with God, and give you helpful information to begin healing these areas of your life.

Real Self/False Self Issues: Finding the Real You

All of our spiritual issues are connected to issues of relatedness or relationships; first our relationship to God, then our relationship with others and ourselves. In the beginning when Adam and Eve lost relationship with God, they began to hide. We have continued to find a variety of ways to hide our real selves from others, and even from our selves. Our false self is the mask we often wear to hide our imperfections. Join Dr. Cloud as he helps understand the ways we hide and the effects this has on our lives.

Small group discussion questions:

1) Why would we create a false self? Can you share some of the false selves you have created?

2) We all need to let go of the different parts of the false self, and bring the true self into a relationship with God and others. Where can you go and be your “real self” without fearing rejection or criticism?

3) Explain why it is so important to have that safe place?