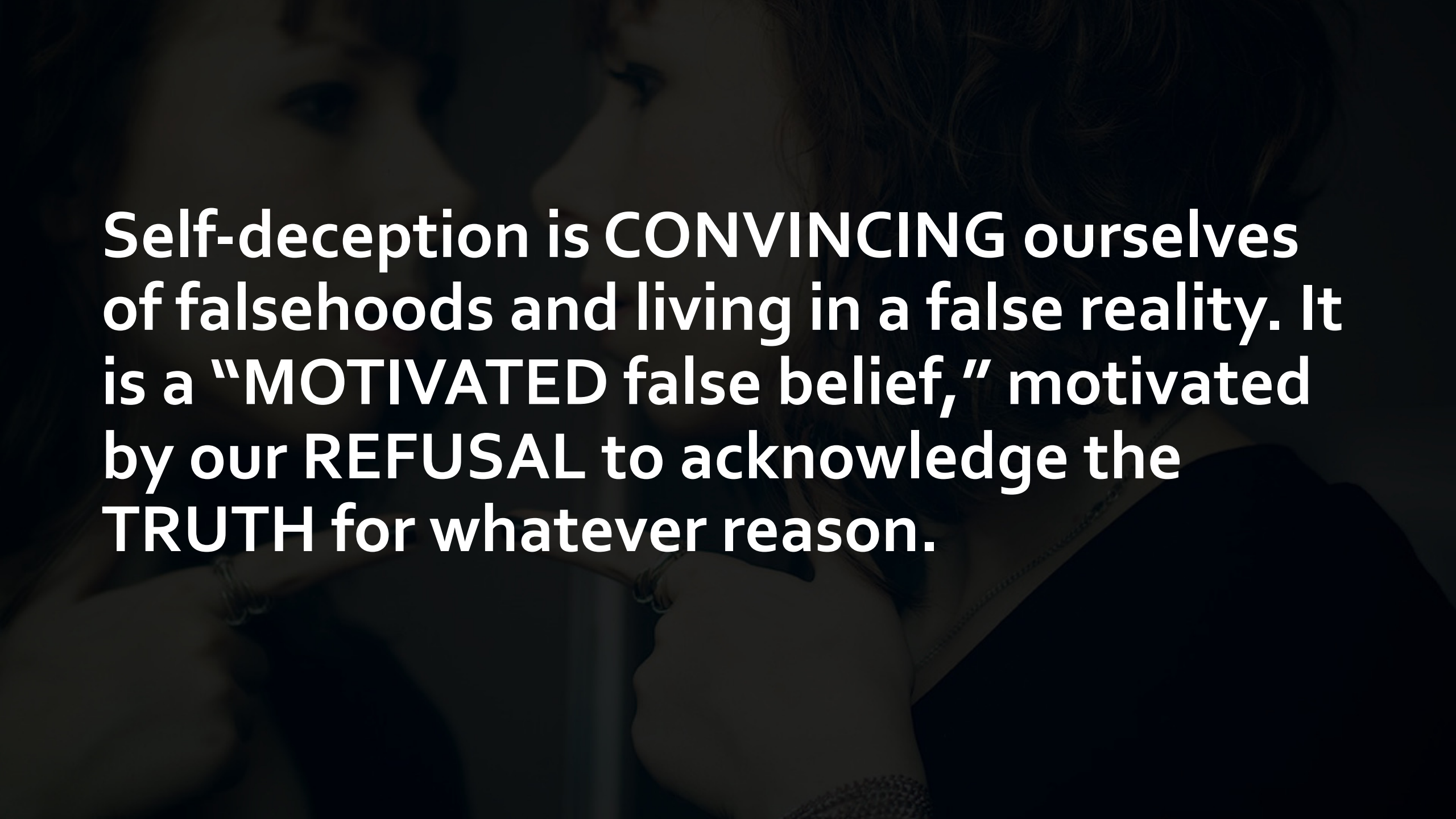




**STOP
LYING
TO
YOUR
SELF**



**Let no one, including
YOURSELF, deceive you
with EMPTY words**



Self-deception is **CONVINCING** ourselves of falsehoods and living in a false reality. It is a “**MOTIVATED** false belief,” motivated by our **REFUSAL** to acknowledge the **TRUTH** for whatever reason.



What does self-deception look like?

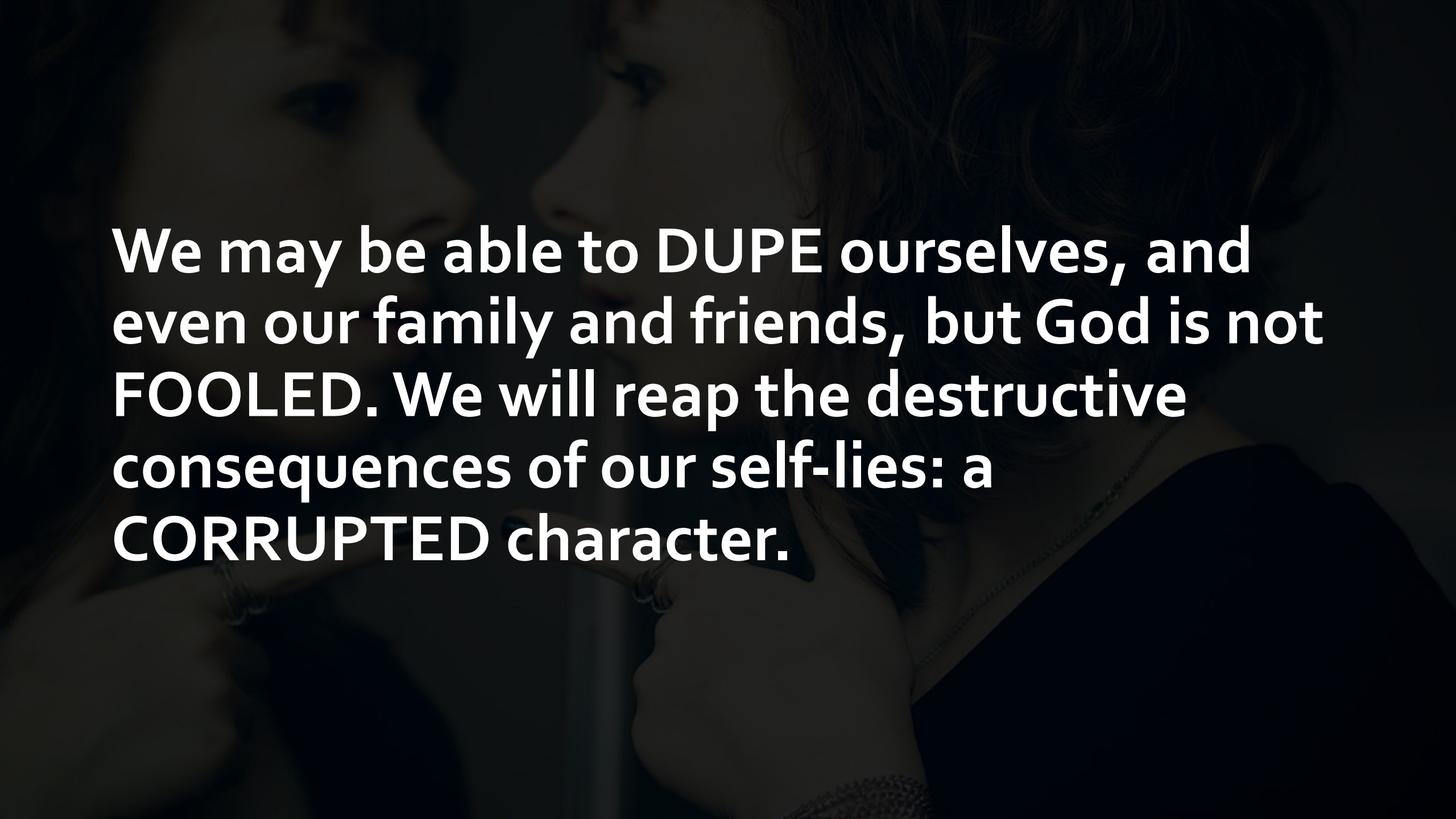
Don't FOOL Yourself!

We deceive ourselves because we don't want to face REALITY—the truth HURTS, and so do the consequences. Therefore, we SUPPRESS the truth in our minds to the point that we live in DENIAL of the real problem.



Don't FOOL Yourself!

We deceive ourselves because we don't want to face personal RESPONSIBILITY—which means we will never GROW and will always be in a miserable, destructive STATE.



We may be able to DUPE ourselves, and even our family and friends, but God is not FOOLED. We will reap the destructive consequences of our self-lies: a CORRUPTED character.