

Personal Freedom Toolkit (credit: Geri Scazzero, adapted by Becky Crow!)

Tool	Explanation	Reflect
The Fence of Separateness	God brought order out of chaos and created us with boundaries. Our identities as separate individuals are crucial for healthy togetherness. Our personal boundaries that set us apart include our thoughts, feelings, hopes, dreams, fears, values and beliefs, as well as our skin. We need to take responsibility for our unique, separate identity and the personal boundaries associated with it.	Where do I allow my boundaries to be crossed, be they thoughts, beliefs, values, skin or feelings?
The Voice of Declaration	The ability to speak up on our own behalf and express what we think/feel. No one is an expert on you but you! When you speak on your own behalf, you are not speaking against others but for yourself. Rather than shrink back out of fear/guilt, let us find greater personal freedom by declaring what we actually think/feel but not with anger or defensive tone, but a deep respect for ourselves and others.	When do I have difficulty speaking up?
The Yes/No Medallion	Jesus had no fear of disappointing people! If he had said yes to everybody's requests/suggestions he would not have fulfilled his mission! If we say yes when we would rather say no we erode our integrity and hurt both ourselves and the others. Remember that when I (or others) say "no" it does not have to be intended to be against someone but simply for the person who says it (ie for their own good). "A healthy yes comes from a sincere heart that both desires and is able to do something. It is infused with delight, without strings attached and absent of any resentment".	When or to whom do I find it difficult to say no/yes to when that's what I want to say?
The Heart of Feelings	Pay attention to the feelings going on inside! They are God-given important indicators: eg. of when personal boundaries are being crossed, what brings us joy, when we have said yes when we should have said no! Journalling can help us process these emotions and see what they, and God might be telling us.	What are my feelings telling me or pointing out? Are there feelings I ignore/try to avoid? Is this healthy?
The Oxygen Mask of Self-Care	As on a plane regarding oxygen masks, I must first take care of myself if I want to provide care to others. "She who is not happy cannot help very many people". Do things that refresh you and give you life. "This means being in touch with your wishes and dreams". Think about committing to a Sabbath rhythm – it's God-given in the instructions! Do you have a weekly one? A longer, annual one? Consider setting aside one day a week when you eliminate all should and "have to's" in order to rest and delight in God's gifts to you and around you.	What is my self-care like? Where am I failing to look after myself as God calls me to?

The Mirror of Self-confrontation	We need this tool to protect us from self-deception. It means to look at ourselves honestly and humbly acknowledge our own shortcomings and the ways in which we are responsible for our own failures and disappointments rather than leaping to blame others. (Matthew 7:1-5). Equally, we are not seeking to “blame” ourselves either – Jesus never came to condemn!	What are my shortcomings? Is there an area where I am skimming on the truth/seeking to blame others for something that I actually am more responsible for than I care to admit?
The Key of Hope	Hope is built into the very fabric of Nature by God and supremely evident in the life, death and resurrection of Jesus. The Key of Hope points us to look at what we want and what the future can hold rather than getting stuck in regrets, resentment and blame. With Christ, and the Holy Spirit, the past does not have to be the future. We can look to scripture for keys of hope to a situation/pattern of behavior. Sometimes it helps to have a mature, trusted person who can encourage us with honest, hope-full feedback.	Is there part of my life where I have assumed things will/can never change? What does scripture say? Is there someone I could talk to who could bring me some honest, Biblical hope?
The Hat of Wisdom	God gives us the ability to live wisely and not foolishly (as we looked at in Proverbs, at Oasis recently!). Let’s seek God’s wisdom and make considered, informed decisions that carefully take into account the short and long-range implications.	Is there an area of my life where I am being impulsive and not asking difficult questions/seeking godly wisdom?
The Badge of Courage	This tool is powerful because it is forged in flames of God’s love for us. We can be courageous because we don’t have to prove our worth to earn God’s love. As a result we can take risks and do the sometimes uncomfortable and difficult things required to grow up into emotionally and spiritually mature adults. Choosing an authentic life does not mean choosing an easy life; these decisions are difficult and involve pain. The question is whether the pain you choose will be redemptive or destructive.	Where in my life do I particularly need courage right now, perhaps to use one of the other tools?