

The  
Emotionally  
Healthy  
Woman

WORKBOOK

EIGHT THINGS  
YOU HAVE TO QUIT TO  
CHANGE YOUR LIFE

Gerri Scazzero

WITH PETER SCAZZERO

## A NOTE FROM GERI

---

Dear Friend;

As I speak with women from different parts of the world, they routinely share the same struggles:

- guilt and confusion about what it means to be a godly woman,
- exasperation with the expectations of their families and cultures,
- fear of “rocking the boat” or upsetting people,
- unsatisfying marriages and relationships,
- powerlessness in the face of painful circumstances,
- sadness regarding a future that promises to be more of the same.

However, I also hear a deep yearning for the freedom to blossom in their love for God, self, and others.

The Emotionally Healthy Woman was birthed out of a long journey to identify and quit behaviors that, while socially acceptable in the church, are lethal to the soul. These habits do not belong to Christ’s kingdom. The “quits,” the choice to do something different, emerged over a fifteen-year period. Each one was very hard-won, but in time they transformed me, my marriage, my parenting skills, our church, and many others around the world.

Choosing to do something different is not just a one-time decision; it is a lifestyle change that requires the grace and courage to quit certain unconscious ways of living. I remain more convinced than ever that the solution rests with rediscovering biblical truths that have been misconstrued or neglected.

Transformation requires intentionality, prayer, and a healthy community. My desire is that these studies and resources will provide that structure for you. The Emotionally Healthy Woman addresses a large, and often missing, component of our spiritual formation and discipleship today—the integration of emotional health and spiritual maturity.

Each session addresses one of the eight “quits.” Each one can stand alone, but together they are a formidable force for change in your life.

Your discussions around *The Emotionally Healthy Woman* and the eight “quits” will go beyond a “tip of the iceberg” spirituality and into the depths of your being. My prayer is that, as you courageously open that space up to Jesus Christ, the Holy Spirit will enable you to experience the liberating process of receiving God’s love more profoundly and becoming that love for others.

Blessings to you,

Geri

# Session 1

QUIT BEING AFRAID OF WHAT  
OTHERS THINK

# 1 | QUIT BEING AFRAID OF WHAT OTHERS THINK

## QUIT BEING AFRAID OF WHAT OTHERS THINK

95 MINUTES

We are so glad that you have decided to be a part of this group. We will be exploring themes that are rarely talked about in most Christian discipleship settings, but which significantly impact our ability to love God, ourselves, and others well.

The following questions touch on some of the topics covered in this course, and will give you an idea of the journey you are about to embark on in becoming a more emotionally healthy woman.

- Do you need the approval of others to feel good about yourself?
- When you are angry, sad, or disappointed, do you feel guilty about it?
- Do you believe you don't have choices?
- Do you do for others what they can and should be doing for themselves?
- Do you rarely consider your own hopes and dreams because you are so focused on others?
- Do you say yes when you would rather say no?
- Do you have difficulty speaking up when you disagree or would prefer something different?
- Are you becoming a less loving instead of a more loving person?
- Are you resentful and tired because you regularly try to do it all?
- Are you afraid to admit your weaknesses and flaws?