

# CHARM

A young girl with long brown hair, wearing a dark patterned top, is looking out a window with a white frame. She has a serious, somewhat angry expression. The window is set against a background of horizontal blinds, with the top half being red and the bottom half being blue.

FOR YOUR  
INNER MEAN  
GIRL

# SCHOOL

## THE MEAN GIRL TAUNTS ME

“She is SO mean to me! I just can't take any more of her sabotage, ridicule, rejection and lies! Every time I listen to her, she leaves me angry, exhausted, frustrated and emotionally spent. I wish there were some way to avoid her, but it's impossible. Why won't she leave me alone!?”

MEAN  
GIRL



## THE MEAN GIRL COMPARES ME TO EVERYONE

“She compares me every time I look in the mirror. She's the one looking back at me with those harsh, fault-finding eyes! She's the one that sees every flaw, every wrinkle, every gray hair, every extra ounce of weight. She's the one who tells me to give up because I'll never be enough.”

GIRL



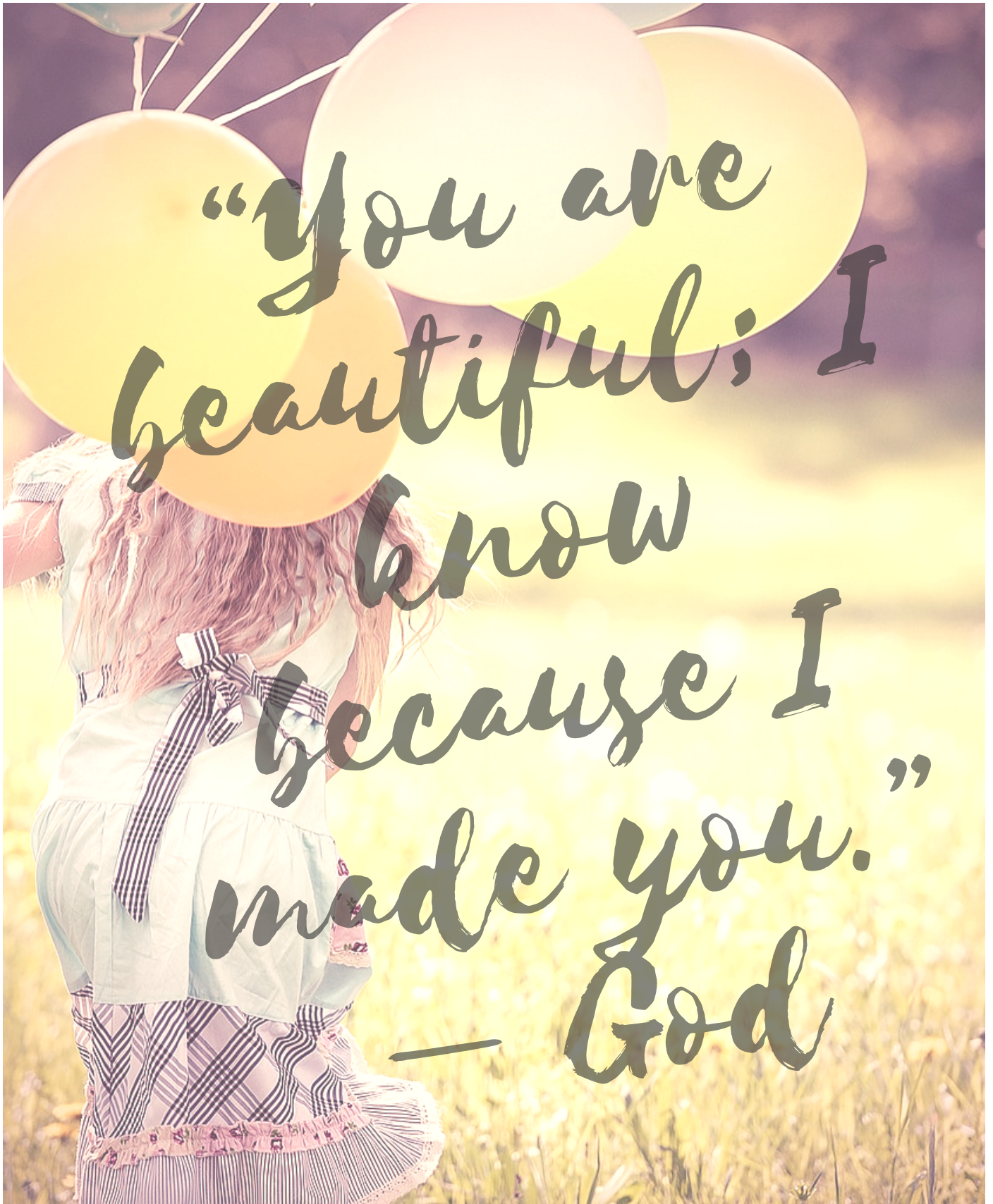
# GET REAL



## *CONFRONTING THE MEAN GIRL*

Our mean girl plants negative thoughts that we're not enough, not strong enough, not smart enough and not good enough. She suggests that we are a failure at parenting, marriage, and our careers.

She tells us we aren't getting everything done each day because we are not working hard enough. She says we'll never reach our goals. She says we are alone. But guess what? We are not alone so it's time to GET REAL & confront this mean girl!



For God so loved the world, that he gave his only begotten Son, that whosoever believeth in him should not perish, but have everlasting life. ~ John 3:16

## A GLIMPSE OF HOPE IN SPITE OF THE MEAN GIRL

Our inner mean girl says we have failed to live up to her idealized image of who we should be. She whispers that "after numerous attempts at change, it's hopeless!"

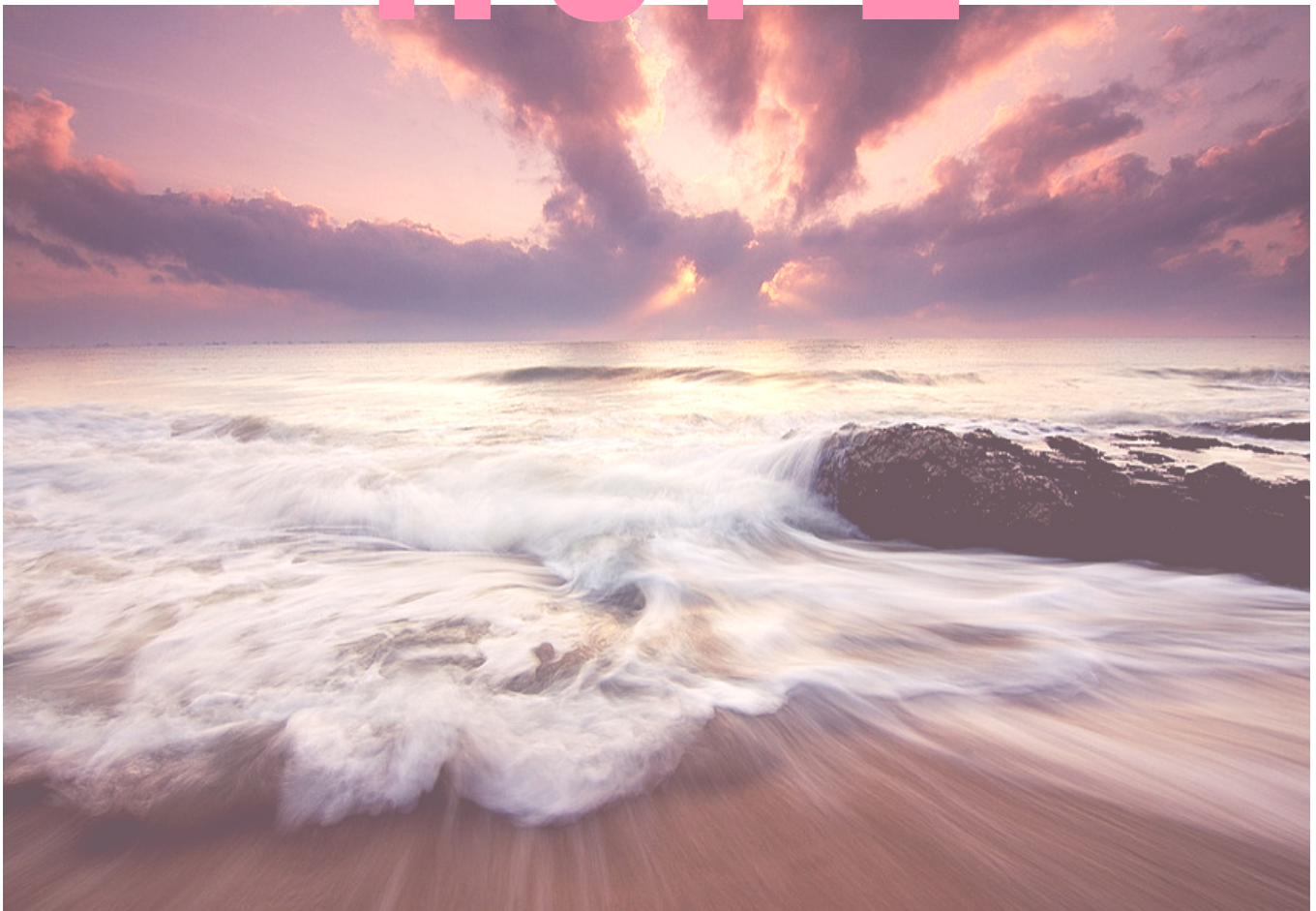
Our mean girl is a cruel perfectionist. Though we may not need perfection in every area of our lives, she craves it!

When we fail to meet our mean girl's standards she whispers thoughts of shame, self-hatred, and self-reproach over and over.

The inner mean girl reminds us our perfect moments are unsustainable.

*But there is hope! Remember,  
\* "God loves each of us as if there  
were only one of us." ~ Augustine*

 **HOPE**



If your mean girl tells you that you should be better than you are, then you need to accept The Gift.

Friend, you can never do enough, be good enough, or love others enough to earn God's love or forgiveness. It is a gift. Accept it! When we perceive God's love, when we genuinely know He loves us, we no longer need to focus on loving ourselves. The more we encounter God's forgiveness and love, the more we think of Him and the less we think about ourselves.

When we are delighted and confident in His love for us, the less important the idea of finding significance through loving ourselves will be.

# THE GIFT



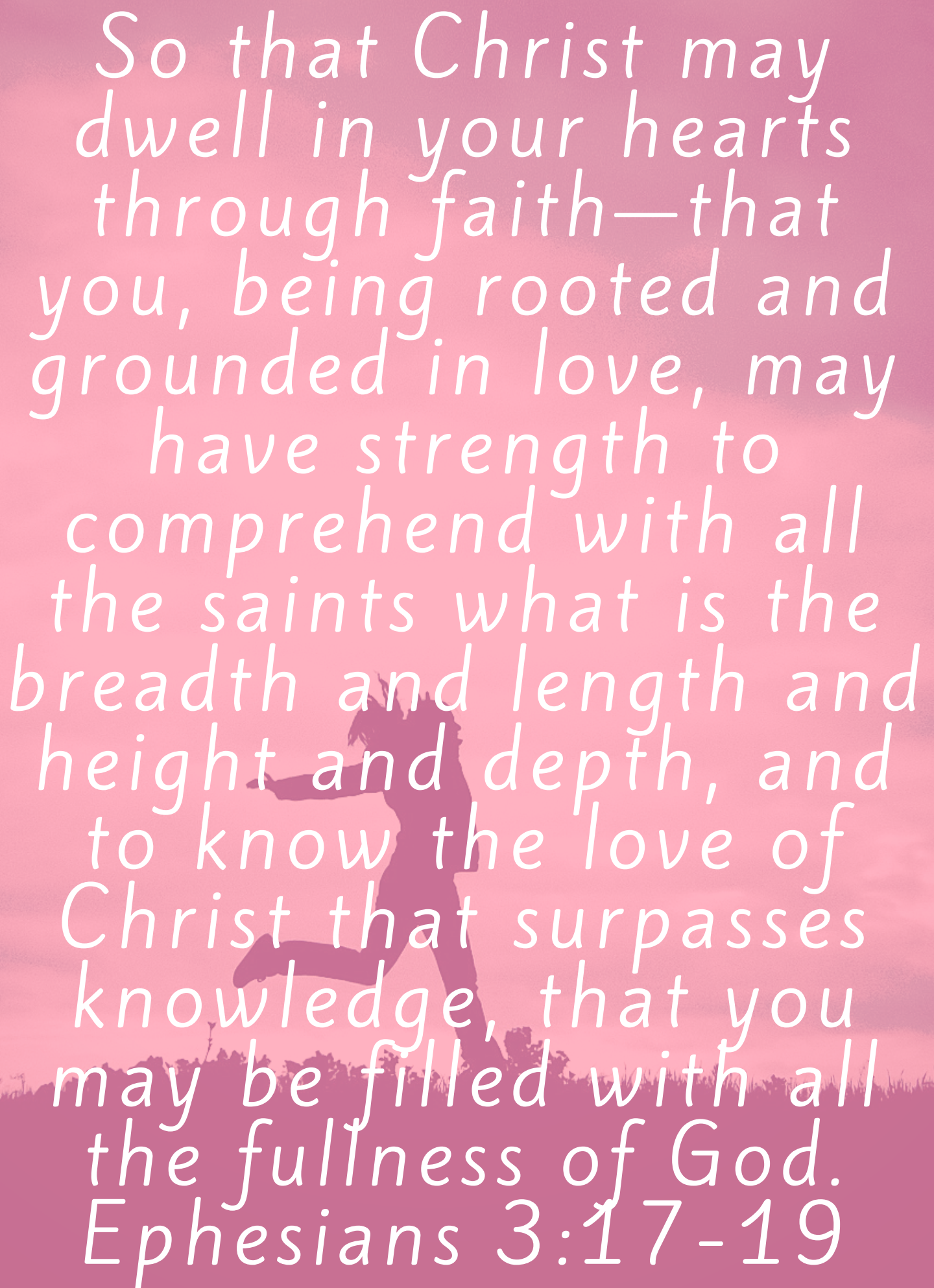
# TRUE LOVE



## THE SECRET TO SILENCING THE MEAN GIRL

Most people won't tell you, but the secret to silencing the mean girl is True Love. I have studied numerous self-help books, talked to therapists, and more but I am convinced the way to silence her is to accept and focus on His love for you.

*God, being rich in mercy,  
because of the great love  
with which he loved us,  
even when we were dead in  
our trespasses, made us  
alive together with Christ  
—by grace you have been  
saved  
Ephesians 2:4-5*



So that Christ may dwell in your hearts through faith—that you, being rooted and grounded in love, may have strength to comprehend with all the saints what is the breadth and length and height and depth, and to know the love of Christ that surpasses knowledge, that you may be filled with all the fullness of God.  
Ephesians 3:17-19



# FIRST LOVE



DOES GOD WANT YOU TO HATE YOURSELF OR  
FEEL BAD ABOUT YOURSELF?

*1 John 4:19 We love because God first loved us.*

*Write down the truth regarding how your Father would want you to  
feel about yourself based on scripture.*

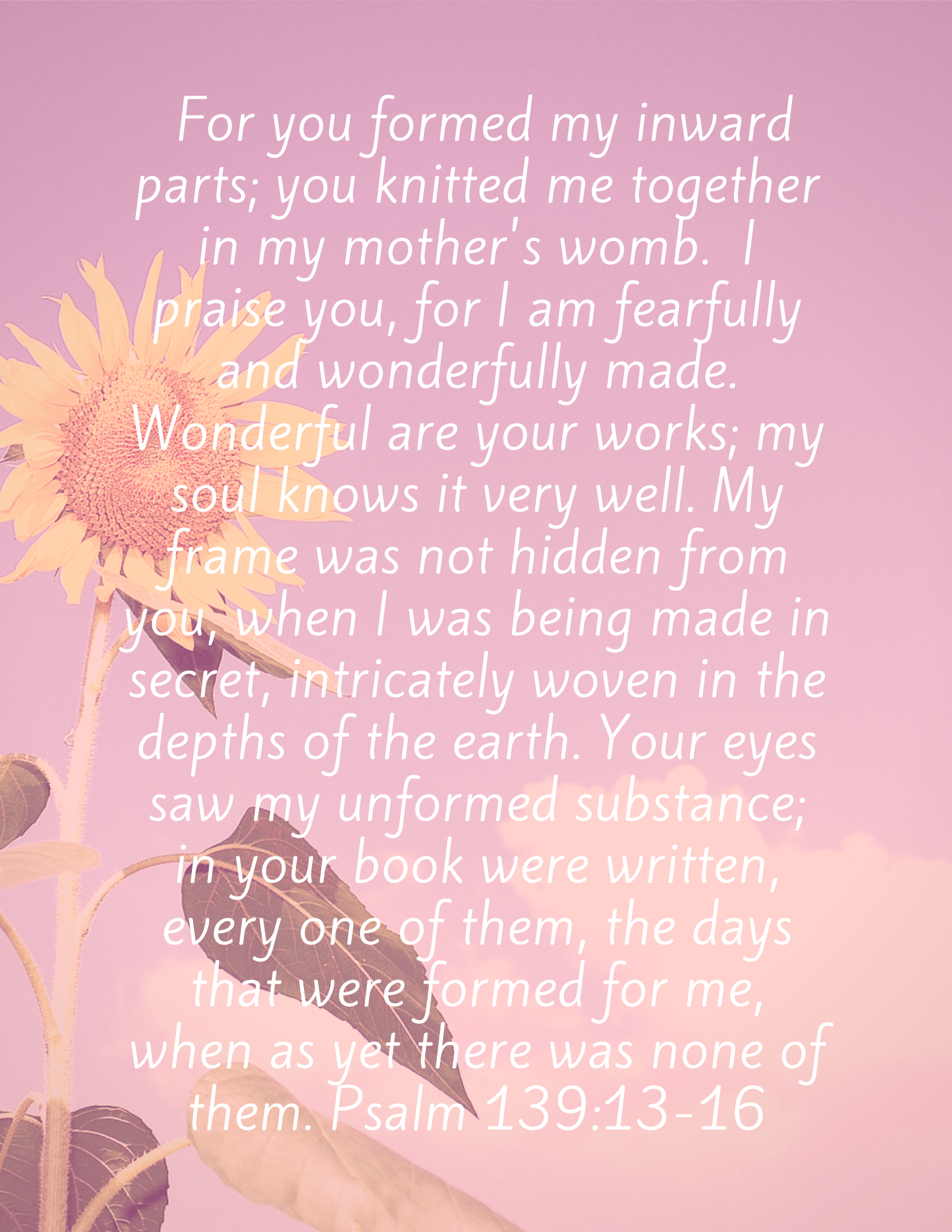
---

---

---

---

---



For you formed my inward parts; you knitted me together in my mother's womb. I praise you, for I am fearfully and wonderfully made.

Wonderful are your works; my soul knows it very well. My frame was not hidden from you, when I was being made in secret, intricately woven in the depths of the earth. Your eyes saw my unformed substance; in your book were written, every one of them, the days that were formed for me, when as yet there was none of them. Psalm 139:13-16

# LOVE LIFE



## *HIS LOVE CONQUERS SHAME AND SELF-HATRED*

To permanently silence the mean girl we have to live a life of love. That means walking in the light of His love on a daily basis. Hiding His word in our heart, memorizing and meditating on it.

*Your love, O Lord,  
reaches to the  
heavens, your  
faithfulness to the  
skies.*

*Psalm 36:5*

## SACRIFICIAL LOVE

When we are concerned about self, even if it is just focusing on how much we dislike ourselves, we will struggle to have this type of love.

God's agape love is in believers. We should do everything with the love of God, expecting nothing in return.

AGAPE




LOVE

## GRASPING GODS LOVE FOR YOU

Make it a priority to grasp how much God loves you. Read these Bible verses slowly and prayerfully, asking God to make His true love real to you in a special way. Write them on slips of paper and leave them around your home, in your car, and at your desk.

# VANQUISH THE MEAN GIRL WITH GODS LOVE

- *The LORD appeared to us in the past, saying: "I have loved you with an everlasting love; I have drawn you with loving-kindness." ~ Jeremiah 31:3*
- *How priceless is your unfailing love! Both high and low among men find refuge in the shadow of your wings. ~Psalm 36:7*
- *Your love, O LORD, reaches to the heavens, your faithfulness to the skies. ~ Psalm 36:5*
- *Give thanks to the God of heaven. His love endures forever. ~Psalm 136:26*
- *Greater love has no one than this, that he lay down his life for his friends. ~ John 15:13*
- *As the Father has loved me, so have I loved you. Now remain in my love. ~ John 15:9*
- *The LORD your God is with you, he is mighty to save. He will take great delight in you, he will quiet you with his love, he will rejoice over you with singing. ~ Zephaniah 3:17*
- *For God gave us a spirit not of fear but of power and love and self-control. ~ 2 Timothy 1:7*
- *I will rejoice and be glad in your steadfast love, because you have seen my affliction; you have known the distress of my soul ~ Psalm 31:7*



*The enemy loves to use deception to help us beat up on ourselves.*


*In Isaiah 43:25 we read "I, even I, am he that blotteth out thy transgressions for mine own sake, and will not remember thy sins." You see, God's Word is telling us that*


*He has completely removed our sins from us! In light of this passage, if we are always beating up on ourselves, it's known as "false guilt" which is a tool of the enemy to pull us down. If we continue to associate ourselves with our sinful past, then it is necessary to change how we see things so that the way we are thinking can begin to line up with what God's Word has to say.*

*Our sins have been so far removed from us! As it states in Psalms 103:12, "As far as the east is from the west, so far hath he removed our transgressions from us." our past mistakes and failures are removed.*

*If you think that your shortcomings are so bad that they couldn't possibly be removed, then you are not believing what God's word says. It's important to align our thinking with His and take Him for His word. It's time to believe what His Word says.*

*Empower yourself by taking an honest look at your situation and praying often.*





*You may think you are hard to love. God's word says you are His uniquely crafted artwork! "For we are his workmanship, created in Christ Jesus unto good works, which God hath before ordained that we should walk in them." Ephesians 2:10.*


*So every day, when you wake up, ask Him to help you see yourself through His eyes. It's time to work on treating yourself the way God treats people. Commit to praying each morning asking God to move in your life to help you love yourself the way He loves you, imperfections and all.*

*Analyze what actions lead to the Mean Girl thought patterns and modify those actions!*

*Stop letting the Mean Girl encourage you to talk bad about yourself to your friends. Hopefully, you forgive others, so now it's time to learn to forgive yourself.*

*Replace negativity from the Mean Girl with positive truth from God's Word! Where is the balance? We must find a middleground by loving who we are in Christ, just the way God made us. This means being thankful that God made you who you are and how you are.*

*Find balance and love who you are in Christ.*



# FINDING BALANCE & LOVING WHO WE ARE IN CHRIST

- *Accepting that I am the righteousness of God in Jesus Christ as stated in 2 Corinthians 5:21*
- *Accepting that God has blotted out our sins and removed our transgressions as far as the east from the west.*
- *Acknowledging that every good gift and every perfect gift is from above*
- *Knowing that God created me in His image, and the enemy uses deception to create strongholds which sway our emotions and our minds!*
- *Acknowledging Revelation 12:10 says that our enemy is the accuser. He constantly reminds us of our past mistakes hoping we will forget that our past sins have been taken care of on the cross.*
- *Correcting false thinking patterns that are based on lies from the enemy*
- *Knowing that the blood of Jesus washed away our sins.*
- *Believing that God is good and we can trust Him with our life.*

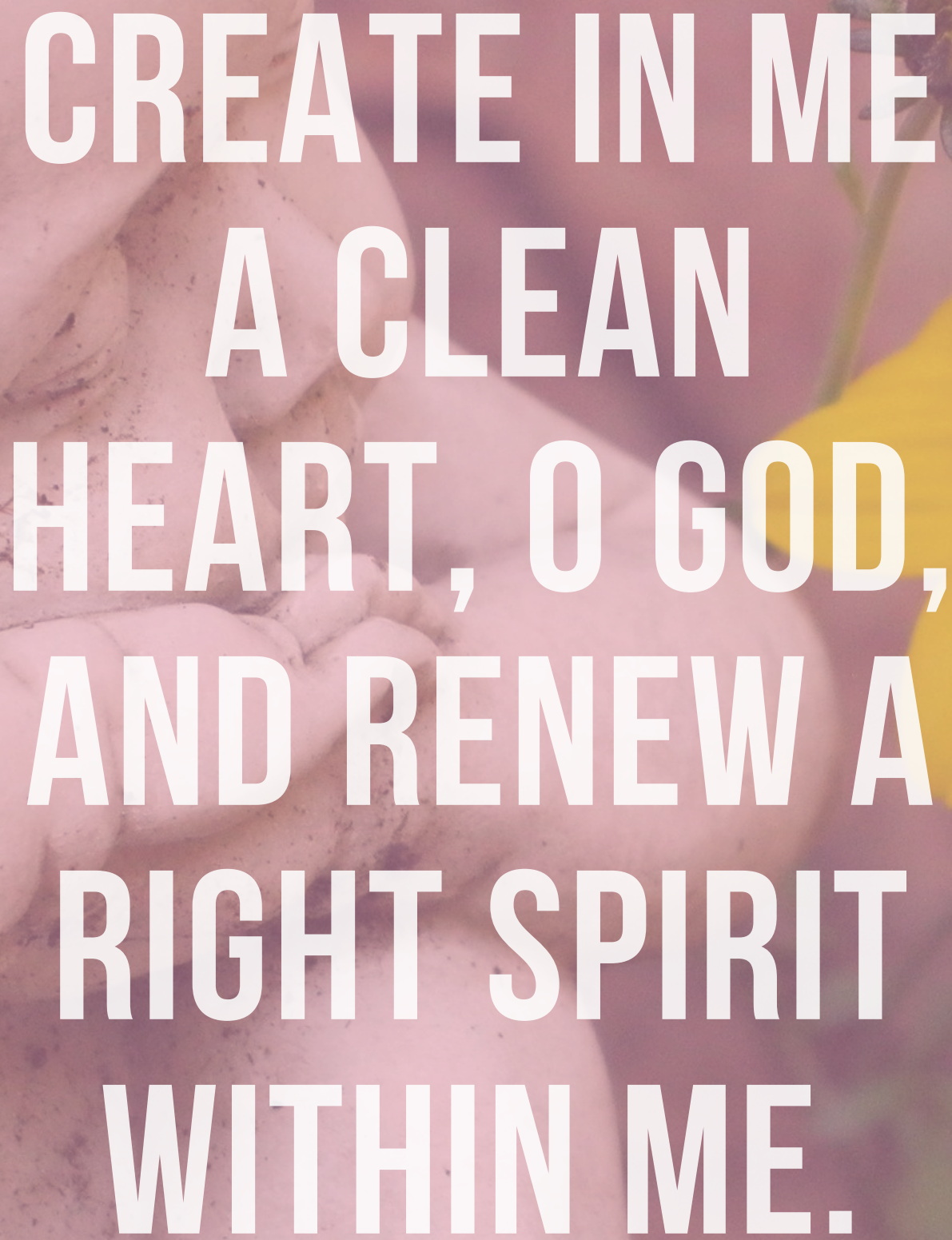
## SELF HATRED VS. SELF WORSHIP

*Not accepting oneself  
Unforgiving towards oneself  
Bitter about one's life  
Considering oneself stupid, ugly or  
any other derogatory thoughts  
Low Self Esteem  
Seeing oneself as a failure  
Ashamed of oneself  
Seeing oneself as worthless  
Beating oneself up all the time  
Speaking negativity over one's life*



*Being prideful about oneself  
Never accepting blame for one's  
faults  
Entitled to everything  
Being vain, pompous or putting down  
others in favor of yourself  
Thinking too highly of oneself  
Seeing oneself as a one-person  
success story  
Prideful of oneself  
Thinking others can't survive without  
you, putting too much self worth to  
the point of being prideful.  
Exalting oneself above others.  
Bragging about oneself.*





**CREATE IN ME  
A CLEAN  
HEART, O GOD,  
AND RENEW A  
RIGHT SPIRIT  
WITHIN ME.**

*Ephesians 2:10*



## WHAT MY MEAN GIRL SAYS ABOUT ME:

---

---

---

---

*It is important to recognize that the ugly, hateful, mean, sarcastic, rude things that our inner mean girl is saying to us are not the truth about who we are. When we pull the lies out of the darkness and bring them into the light of God's truth we can see them for what they truly are. Tricks of the enemy to keep us from walking in God's perfect love for us.*

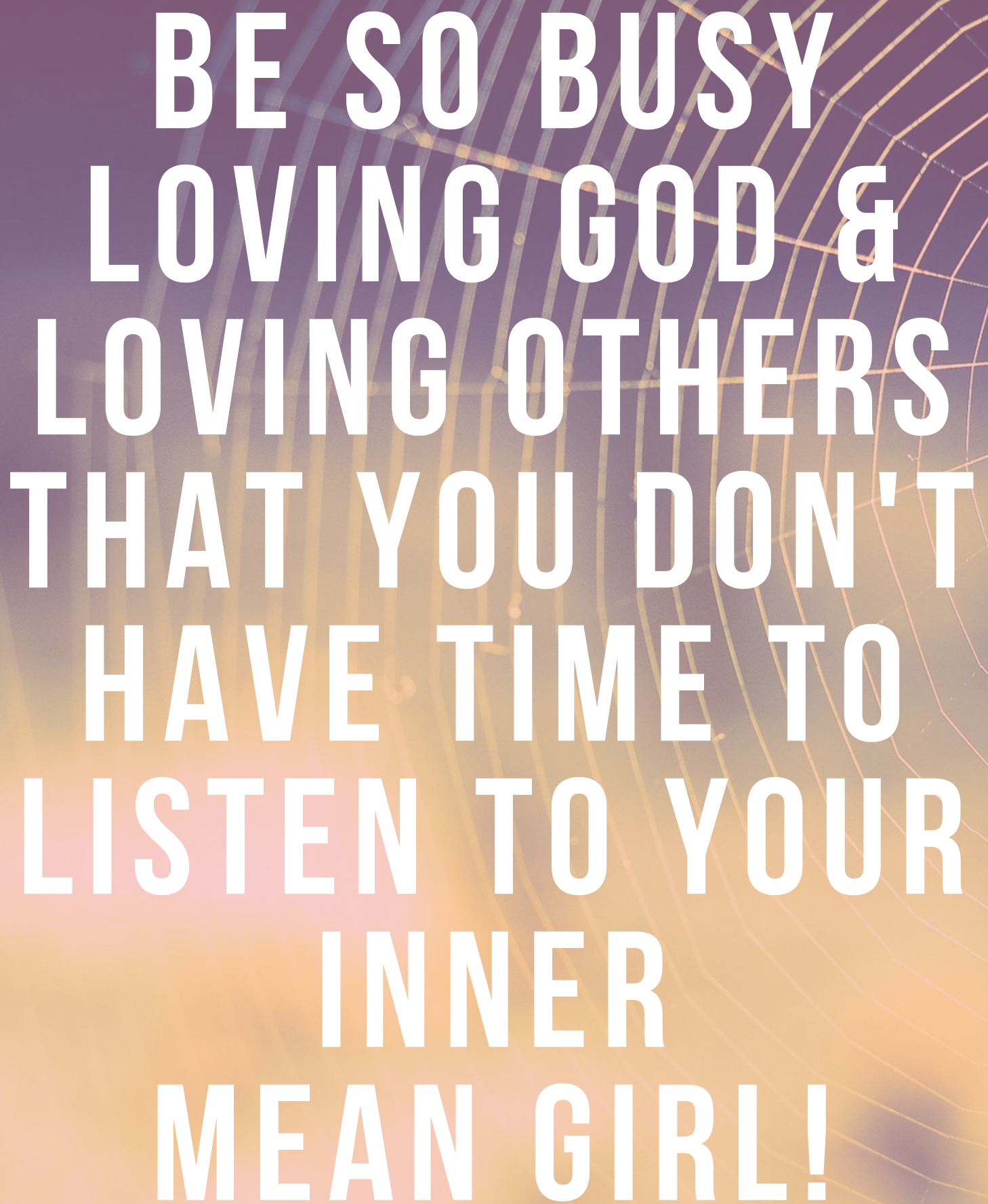
## THE TRUTH ABOUT ME ACCORDING TO GOD'S WORD:

---

---

---

---



**BE SO BUSY  
LOVING GOD &  
LOVING OTHERS  
THAT YOU DON'T  
HAVE TIME TO  
LISTEN TO YOUR  
INNER  
MEAN GIRL!**

# CHARM SCHOOL GRADUATE



*Now that you have completed  
Charm School for you Inner  
Mean Girl share this  
information with another girl  
who needs it!*