

MYTHS IN THE JOURNEY TO MATURITY & PERSONAL DEVELOPMENT

(A Summary from *Beyond the Myths: The Journey to Adulthood*, Daniel G. Bagby, Smyth & Helwys)

Myth # 1: Spending time on me is selfish

Myth # 2: Most of my needs are unimportant

Myth # 3: Looking into the past is useless

Myth # 4: Setting boundaries with loved ones is cold and unloving

Myth # 5: If I have faith, my prayers will be answered immediately

Myth #6: Doubt is an enemy to faith

Myth # 7: Other people are responsible for my behavior

Myth # 8: Everybody knows what they want to do in life but me

Myth # 9: There is only one vocation God has equipped me to do

Myth # 10: If people really knew me, they wouldn't like me

Myth # 11: My friends are happier with themselves than I am

Myth # 12: If I had any skills, they would have shown up by now

Myth # 13: If I know and understand something, it will change me

Myth # 14: Everything that happens has a purpose

Myth # 15: If I'm following God's will, I will not suffer

Myth # 16: Love is surging passion

Myth # 17: If people really love me, they will guess what I need

Myth # 18: I cannot make it without the support (love) of (_____)

Myth # 19: If I work hard at it, I can control other people