



# TELLING YOURSELF THE TRUTH

*Find Your Way Out of Depression, Anxiety, Fear, Anger, and Other  
Common Problems by Applying the Principles of Mind-Body Therapy*

WILLIAM MARIE  
BACKUS CHAPMAN

# Telling Yourself The Truth

**William Backus**



## **Telling Yourself The Truth:**

**Telling Yourself the Truth** Marie Chapien, William Backus, 2000-02-01 Find your way out of depression anxiety fear anger and more by applying the principles of Misbelief Therapy Learn how to handle emotions properly **Telling Yourself the Truth**, 2014 This perennially popular book continues to help people find their way out of depression anxiety fear anger and other common problems Includes a study guide **Telling Yourself the Truth** William Backus, Marie Chapien, 2000-02-01 Most of What Happens in Your Life Happens Because of the Way You Think Wrong thinking produces wrong emotions wrong reactions wrong behavior and unhappiness Learning to deal with your thoughts is the first step on the road to healthy thinking How to handle one's thoughts properly is what this book is all about It explains the life changing method the authors call Misbelief Therapy and it can work for you In your home In your own circumstances In your own problems In your own adverse environment In your own thinking Based on the Bible this book has helped thousands of people for many years and it can help you Telling Yourself the Truth can show you how to identify your own misbeliefs and replace them with the truth Also available the corresponding Telling Yourself the Truth study guide Winner of the Gold Book Award 500 000 copies sold Winner of the Gold Medallion Award ECPA which recognizes excellence in evangelical Christian literature **Learning to Tell Myself the Truth** William Backus, 1994-11-01 A 6 WEEK PROGRAM Designed to Bring Immediate and Long lasting Results to the Way a Person Thinks Feels and Acts What Is Truth Therapy With over half a million copies of Telling Yourself the Truth sold tens of thousands of people have benefited from author William Backus's life changing principles of truth therapy Utilizing the resources of the Christian faith the power of the truth and the Spirit of truth truth therapy has already empowered people to break from the tyranny of anger depression anxiety perfectionism and other emotional difficulties Why a Workbook Learning to Tell Myself the Truth is a stand alone workbook designed to provide readers with the directive tools to implement truth therapy into their lives Through self evaluation growth exercises and the spiritual discipleship unique to a workbook readers will be enabled to identify their own misbeliefs and replace them with the truth Based on the premise that people feel and act the way they think freedom from emotional anguish and behavioral paralysis is possible if true thoughts replace the lies a person believes Who Is Helped by Truth Therapy Anyone who has difficulty controlling inappropriate emotions and or actions depressed people anxious people habitually irritated or angry people people who want to break tough habits and people who would like to feel better or establish better control over some aspect of their behavior Will It Work for Me *Telling Yourself the Truth* William D. Backus, Marie Chapien, 1991 **Learning to Tell Myself the Truth** William Backus, 1994-11 A six week guide to freedom from anger anxiety perfectionism and more that utilizes the principles of truth therapy Workbook format **Telling Each Other the Truth** William Backus, 2006-02 A guide to the art of true communication knowing what to say how to say it and when the time is right *Telling the Truth to Troubled People* William Backus, 1985-03-01 A clinical psychologist and associate pastor in a large suburban church author William Backus here

provides background information counseling techniques terminology and scriptural basis for bringing counseling back into the Church Integrating both biblical and psychological facts he shows the reader how to use Misbelief Therapy as presented in the bestseller Telling Yourself the Truth in helping Christian counselors show their patients how to overcome their psychological and emotional problems Chapters include issues such as Why counseling belongs in the Church The limits of counseling Truth the core of counseling Anxiety disorders when fear moves in Schizophrenia departure from reality Sexual deviation Dr Backus gives the counselor many case histories and dialogue exchanges to help amplify and apply the counseling techniques Review questions at the end of each chapter make it an ideal group study book for a lay counseling class

**Discover Peace Through Self-Honesty: Tell The Truth And Be Set Free** Onyeka Godfrey,2025-08-05

Sometimes peace is one honest conversation away especially the one you have with yourself This book helps you gently uncover the truths you ve been afraid to say out loud The ones hidden under coping The ones masked as fine Through radical self honesty you ll unlock clarity relief and peace that denial could never offer You ll explore how to face your patterns name your needs and release what pretending was holding together The truth may sting but it heals deeper And this book helps you tell it safely

Truth Talk William Backus,Marie Chapien,1995-03-01 A compilation of two best sellers Telling Yourself the Truth and Telling Each Other the Truth explains how to replace wrong thoughts with true thoughts to overcome inner pain and strengthen interpersonal relationships

The Lies We Tell Ourselves Dr. Chris Thurman,1999-03-05 Dr Chris Thurman brings understanding to the lies we tell ourselves in our daily lives How do they damage us why are we telling them what can we do about them In The Lies We Tell Ourselves Dr Thurman not only answers the questions he brings about the freedom that can only come from believing the truth

**What to Do When College is Not the Best Time of Your Life**

David Leibow,2010-07-22 David Leibow s Book Is Well And Engagingly Written Speaking Directly To students and later to Parents His Comments are wise and Appropriately Reassuring and he Normalizes Students Problems Gently Confronts shame and Places their Difficulties in Perspective Paul Grayson Coeditor Of College Mental Health Practice and Coauthor Of Beating The College Blues Book Jacket

**The Open Court** ,1894

**New Thought, Its Lights and Shadows** John Benjamin Anderson,1911

**Twentieth Century** ,1889

**A Year of Living Consciously** Gay Hendricks,2009-06-06 From the New York Times bestsellingauthor of Five Wishes self reflection exercises to help you create a satisfying life and fulfilling relationships Embrace Each Day We all want to live authentic self aware and successful lives How do we go about it Where do we begin In a daily map full of wisdom inspirational quotes and transformational exercises bestselling author and psychotherapist Gay Hendricks sets us on a fantastic journey to personal and relationship success In bite size portions Hendricks encourages understanding self awareness and honesty all vital elements in a conscious life A Year of Living Consciously teaches us to relish the journey that results in greater self esteem and emotional literacy achievements that can only come from leading an examined life Quotes from historical and literary figures reinforce the timeless importance of

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A Year of Living Consciously brings us into accord to create clearer understanding genuine change and self realization

**Creating Equity-Centered Communities** Teresa G. Perkins,2025-10-02 Creating Equity Centered Communities  
Belonging Bold Hope and You is a practical toolkit and companion for the heart and hard work of self reflection The concepts and strategies offered meet each reader in the moment Meeting in the moment is sometimes complicated raw and unsteady because we are humans The human experience may be messy and trying The human experience is also joyful It turns out the road to joy is complicated and the journey is worth it Your future self is counting on you to forge pathways of possibility built with hope not just for yourself but for the people with you today and those who come after Throughout the book recurring features keep you in the work of growing as a reflective thinker and processor Exploring pieces of individual daily interactions with the systematic processes identified in this book brings the tensions and testaments of individual human experiences to the surface Hope filled purpose driven people keep showing up Self reflection is the connective tissue binding people together who choose to build inclusive communities of belonging and hope      *The Psychic Uplift* Mazetta Lairy,1914

**The Cause and Cure of Speech Disorders** James Sonnett Greene,Emilie J. Wells,1927      Character, Conduct and  
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