In this exercise, we identify our deep, dark secrets; secrets that cause us extreme embarrassment, shame, or were traumatic in nature. After identifying them, we provide some reflections regarding the secrets and we find scriptures to help us combat each secret.

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| **#** | **Deep, Dark Secret** | **General details about why I have this secret/fantasy and how I feel about it/myself.** | **Scripture I can use to combat the uncomfortable emotions arising from my deep dark secret** |
| 1 |  |  |  |
| 2 |  |  |  |
| 3 |  |  |  |
| 4 |  |  |  |
| 5 |  |  |  |
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