

SPEARS WORKSHEET

STIMULI:

PERCEPTION:

	Deconstruction	Reconstruction
	OLD WAY= Me-centered	NEW WAY= God-centered and God-directed
Rubik's Cube		
Greatest Perceived Need		
Greatest Perceived Threat		
Life Depends On		
Confidence		
Motivation		

EMOTIONS:

Volume E = T =	Volume E = T =
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ASSESSMENT: Use GPN, GPT, LDO, C, M to assess options and pros/cons; also effects on Spirit, Mind, Body

Decon
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Recon

Options	Pros	Cons
1.	1.	1.
2.	2.	2.
3. _____	3. _____	3. _____
1.	1.	1.
2.	2.	2.
3.	3.	3.

RESPONSE:

Deconstruction	Reconstruction

SUMMARY THOUGHT:

Deconstruction	Reconstruction

PAIN:

Old Beliefs	New Beliefs

Some tips for filling out the SPEARS Worksheet

Some Important Tips:

1. Whatever item on the sheet you identify first, fill in that box then branch out from there.
2. The worksheet is very flexible, you can start with any box you want and work up or down, left or right.
3. For me, starting with my mistaken response, putting that in the Deconstruction Response, then working back up the page is easiest.
4. Others identify the emotion first, and sometimes it is easy to identify the situation (stimuli) first, that is okay.
5. Deconstruction boxes – be very honest. Honesty will allow you to see deep inside yourself and make significant lasting life change.
6. Reconstruction boxes – if you are unsure, ask some trusted people who are Godly and good decision-makers.
7. Assessment - instead of “Decon” on left and “Recon” on right, we put “Deco” options first 1-3, “Recon” options below that.
8. Pain – really dig to assess what emotional or relational discomfort surfaced in the situation, and what you believe about the duration and “power” of that pain.

Using this sheet often and you will be amazed at how great a Decision-Maker, and fulfilled person you will become!