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# Finding The I In We

**OVER-SCHEDULED LIFESTYLES**, which are also a family sacrifice, may not be a problem for everyone; but, for most, this is a huge concern.

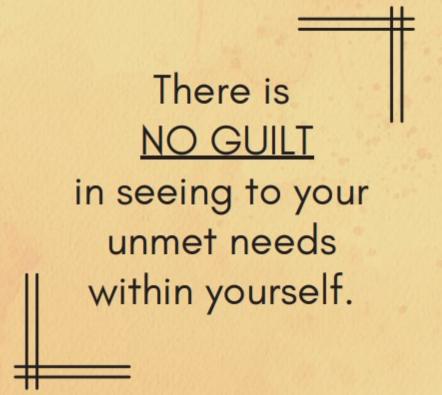
Enjoying yourself and accomplishing goals you had as an individual, but were pushed to the back burner when you became part of the "We," notwithstanding those you are responsible for, does not always mean that it will have a serious impact on your children and how they are raised.

The heaviness put a strain on you as the individual person by making you feel guilty for being an individual outside of whom you've become, when in fact it is false guilt.

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#### **GUILT**

There are two components to Guilt: there's True GUILT and there's False GUILT.

Let's deal with that word GUILT -

GUILT is one of the major components that are keeping you from forgiving yourself.

GUILT is the result of having violated a specific rule or law.

"When we cross a moral, ethical, or legal line, we are guilty.

This is true even if we did not know a line was crossed.

GUILT is primarily a state or condition, not a feeling.

We must distinguish the difference between false guilt and true guilt.

"It's normal to have feelings of Guilt when we do something wrong - this is true guilt.

"But, it is possible to be innocent of something, and yet feel guilty about it- this is false guilt.

lournal. How does this evolunation of GIIII T hit home for you?

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Finding The I In We

## **GUILT EXPERIENCE**

We all have experienced True GUILT and False GUILT in our lives. Just to reiterate the stated definitions, list two to three examples when you encountered and/or witnessed True GUILT and False GUILT.		
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# SPECIAL NOTE

GUILT in and of itself is not a bad thing; it's a fact of our fallen existence.

# **GUILT ACTIVITY**

When it comes to feeling guilty, the major difference between false guilt and true guilt is their respective origins (own root).

The mistake we make is we allow ourselves to become so deep in our regret or guilt until we cannot simply profess what is already ours, and end up blocking the blessings God wants to give to us.
Journal: Destroy guilt's grip by professing what is already yours.
Guilt will make you feel so unworthy until you believe that hoping for less will protect you from more guilt. Have you diminished your hope because of GUILT? How? About what?

#### **GUILT IMPACT**

In about a years' time, a pattern of conforming to others develops and new norms are established. Then, over time, we build up guilt, resentment and anger that's often silent. We blame ourselves.

Journal: What pattern of conforming ho new norms have you established as a res	
	The state of the s

GUILT is just a thief in disguise, aiming to steal every bit of closeness in you in getting to know the real you and your purpose.

#### **GUILT TRAITS**

Here are some clear signs that let you know that GUILT is manipulating you:

- "inhibited mobility
- " not moving forward in the things you were created to do
- ~ stagnated
- ~ complacent in stagnation
- excuses of why you can't do what you were created to do

Journal: Identify GUILT TRAITS that are operating in your life.

How will you recover yourself from the snare of GUILT? (The answer is definitely within you!)

As I moved up a ladder, creating more hats for myself, the responsibility became greater and overwhelming.

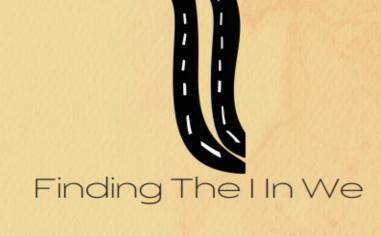
### **NEWNESS EFFECTS**

Coming into you, finding the "/" in "WE," discovering the new in the old you, and learning a different and potentially more fulfilling you can lead to conflict at home within the family; especially if the family is not supportive to this newness.

How can you eliminate contlict in the tamily as you tind the "f" in your "We"?	

# REFLECT

There are many who may wear the hats you wear, but your needs may be different from theirs. Everyone's needs are not the same
What does "belonging to yourself" really mean?
Are you accepted for who you are as an individual outside of the hats that you wear?
Do you feel the need to put up a facade to keep from facing the conflict within yourself?



# **PUNISHMENT**

#### **PUNISHMENT**

As a child my grandmother would discipline (punish) me hoping to curb undesired behaviors and to force a level of respect for authority.

But, punishment tends to lose its effectiveness if it's repeated too often, and rarely brings a permanent change.

I became immune to the punishment.

Overcome the punishment you're holding yourself to. How long will you mourn it, whatever it is?

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## Forms of Self Punishment

- Negative self-talk
- self-harm
- · excessive exercise
- · skipping meals
- · withholding a reward
- lecturing yourself mentally
- continuing to dredge up bad feelings long after a regrettable decision

been practicing? List all that apply. How have these practices affected you physically? Emotionally?		

All forms of self-punishment can have lasting effects on your emotional and physical health:
migranes; strokes; chronic asthma; hypertension; crying spells; bipolarism; pschysophrenia

#### SPECIAL NOTE

If you are experiencing any of these effects in your emotional or physical health, please consult a physician and/or therapist.

#### **MEET THE AUTHOR**

Finding The I In We by Lakisha P Hunter

> Chef. Entrepreneur. Author. Lakisha P. Hunter

is known around the culinary and restaurant industry as "Chef K." With 30 years in the culinary industry, it is safe to say that cooking is not only her business – it is also her passion. But, her passions are not just about cooking, but about life in general.



**Chef K** is also a licensed and ordained elder in her church and has obtained a BA in Christian Ministries and a MA in Urban Ministries.

**Chef K** is the founder and owner of *That Jerk Spot LLC*, a catering service and mobile food truck business, and has worked throughout Chicago public high schools teaching culinary arts, in addition to her experience as a restaurant and hotel manager.

Born and raised in the inner city of Chicago, **Chef K** has faced many challenges and obstacles as a young gang leader on the south side of Chicago. Cooking has been Chef K's lifeline, from surviving in the underserved community to thriving today.

**Chef K** is committed to giving back to youth and young adults who face similar challenges. Therefore, she founded a mentorship program called "Rise Above the Ordinary" (a 4-week apprenticeship program) created to inspire and equip the next generation of chefs and future entrepreneurs through training and work readiness.

**Chef K** wears many hats and holds many titles, but she's most proud of being called "Mom" by her two loving boys – Kaden, and Christian – as well as her bonus son – Jalen, and her brother – Dontate. Together, they fuel her passion, work, and commitment to all of her work.

**Chef K's** prime endeavor can be summed up as "Inspiring the next generation of chefs and business owners of Chicago"









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