

The Two-Column Truth

Column A: What I Think the Problem Is (My Perception / Complaint)	Column B: What the Problem Actually Is (Factual / Root Cause / My Responsibility / God's Truth)
Examples: "My boss is unfair."	Example: "I don't set clear boundaries with my boss or communicate my needs effectively."
Example: "I'm always broke."	Example: "I mismanage my money/spend impulsively/don't budget/don't trust God's provision."
Example: "My kids never listen;"	Example: "I don't communicate clearly with my kids/don't follow through on consequences consistently."
1.	1.
2.	2.
3.	3.
4.	4.
5.	5.
6.	6.
7.	7.
8.	8.
9.	9.
10.	10.