

LAST YEAR SINGLE®

WEEK 1 WORKSHEETS

SUPERNATURAL SURRENDER

Release the outcome. Take responsibility for your part.

THIS WEEK'S QUESTION

What would change about the way I approach love if I truly believed I didn't have to control the outcome?

Name: _____

Date: _____

WORKSHEET 1

THE CONTROL AUDIT

What are you trying to control in your love story?

Control doesn't always look controlling. Sometimes it looks like overthinking, needing certainty, excessive discernment, perfectionism, checking, testing, chasing, planning, withdrawing - or refusing to do anything until you feel completely safe.

Sometimes control even dresses itself up in healthy or spiritual language. This exercise is about becoming aware of where fear has convinced you that control will keep you safe.

PART 1 - WHAT AM I TRYING TO CONTROL?

- | | |
|--|--|
| ■ When I will get married | ■ How quickly a relationship should progress |
| ■ Whether someone likes me | ■ How often someone communicates with me |
| ■ Getting reassurance about where I stand | ■ Knowing someone's intentions very early |
| ■ Whether someone chooses me | ■ Avoiding rejection |
| ■ Avoiding heartbreak | ■ Avoiding 'wasting time' |
| ■ Finding the 'right' person | ■ Knowing whether someone is 'the one' |
| ■ Getting certainty from God before moving forward | ■ Making sure I don't choose incorrectly |
| ■ How someone pursues/responds to me | ■ How I'm perceived |
| ■ My biological/family timeline | ■ A specific person or relationship outcome |
| ■ Something else: _____ | |

PART 2 - HOW DOES MY NEED FOR CONTROL SHOW UP?

- | | |
|--|--|
| ■ Overthink | ■ Overanalyze communication |
| ■ Future-trip | ■ Seek reassurance |
| ■ Ask others what they think repeatedly | ■ Look for signs |
| ■ Look for red flags | ■ Test someone's interest |
| ■ Chase | ■ Over-pursue |
| ■ Over-function | ■ Try to fix the person/situation |
| ■ Become hyper-independent | ■ Pull away first |
| ■ Find reasons the person isn't right | ■ Demand clarity prematurely |
| ■ Become passive and 'leave it all to God' | ■ Avoid dating altogether |
| ■ Stay too long because I need it to work | ■ Leave too quickly because uncertainty feels unsafe |
| ■ Other: _____ | |

What area of your love life are you trying hardest to control right now?

What are you trying to make happen - or prevent from happening?

If you stopped trying to control this, what are you afraid might happen?

Finish this sentence without overthinking it: If I cannot control this, then I might have to face...

What does trying to control this temporarily give you? Certainty? Safety? Relief? Power? Protection? Hope?

What has trying to control your love life COST you?

Where might something you've called discernment, standards, wisdom, guarding your heart, or waiting on God actually contain fear or a need for control?

WORKSHEET 2

THE SUPERNATURAL SURRENDER INVENTORY

Surrender does **not** mean you stop wanting marriage, lower your standards, tolerate bad behavior, or become passive.

Surrender means releasing your demand to control the outcome while taking full responsibility for your part.

WHAT DO YOU NEED TO SURRENDER?

Rate each from **0-10**. 0 = I can release this. 10 = I am having a very hard time letting this go.

AREA	0-10
My timeline	
My age	
Fear I'm running out of time	
A specific person	
How I think I'll meet my spouse	
What my spouse should look like	
My picture of how my love story 'should' happen	
Fear of rejection	
Fear of heartbreak	
Fear of choosing wrong	
Fear of being alone	
Fear of divorce/failure	
Fear of vulnerability	
Anger/disappointment about my past	
Disappointment with God	
Comparing my timeline to other people's	
Needing certainty	
Needing guarantees	

YOUR TOP THREE

1. _____ Score: _____

Why is this difficult for me to release? What am I afraid surrendering it would mean? How is holding onto it affecting the way I date - or keeping me from dating?

2. _____ Score: _____

Why is this difficult for me to release? What am I afraid surrendering it would mean? How is holding onto it affecting the way I date - or keeping me from dating?

3. _____ Score: _____

Why is this difficult for me to release? What am I afraid surrendering it would mean? How is holding onto it affecting the way I date - or keeping me from dating?

THE QUESTION UNDER THE QUESTION

If God doesn't write my love story exactly the way I've imagined it, can I still trust Him? Why or why not?

Where have disappointment, delay, or unanswered prayers changed the way you see God?

Have you ever interpreted being single as evidence that God has forgotten you, is withholding something from you, is punishing you, or favors other people more? Explain.

What are you asking marriage to prove?

**That you're lovable? Desirable? That God heard you? That you're not behind? That somebody finally chose you?
That your past didn't ruin you? That you're worthy?**

WORKSHEET 3

SURRENDER IS A VERB

What will you do differently?

If nothing changes behaviorally, we don't yet know whether anything changed. This worksheet turns surrender into action.

PART 1 - WHAT IS MINE?

You cannot control: whether someone chooses you, texts back, is attracted to you, is ready, or whether a date becomes a relationship or marriage.

You are responsible for:

- | | |
|---|--|
| ■ Showing up | ■ Making myself available for love |
| ■ Meeting people | ■ Being honest |
| ■ Communicating clearly | ■ Setting healthy boundaries |
| ■ Becoming emotionally available | ■ Taking care of myself |
| ■ Building community | ■ Healing what needs healing |
| ■ Recognizing my counterfeit | ■ Interrupting self-sabotage |
| ■ Practicing wisdom | ■ Gathering information |
| ■ Choosing well | ■ Walking away when necessary |
| ■ Remaining open when I don't have enough information | ■ Asking for coaching when I get stuck |

PART 2 - CONTROL VS. SURRENDER

Instead of trying to control _____,

I will take responsibility for _____.

Instead of demanding certainty about _____,

I will allow myself to _____.

Instead of protecting myself from _____,

I am willing to risk _____.

Instead of waiting for _____,

I will take action by _____.

PART 3 - THE BEHAVIOR TEST

THE SITUATION:

What the part of me that wants control would do:

What I'm afraid will happen if I don't try to control it:

What I actually control:

What I do NOT control:

What surrender looks like spiritually:

What surrender looks like behaviorally:

MY ACTION THIS WEEK - Within the next seven days, because I am choosing surrender, I will:

MY SUPERNATURAL SURRENDER DECLARATION

Write this in your own words. This is not about pretending you don't care. It is about deeply desiring love without desperately controlling it.

I deeply desire...

I acknowledge that I cannot control...

I am releasing...

I am no longer willing to let fear make me...

I trust God with...

I take responsibility for...

The courageous action I will take is...

**I CAN DEEPLY DESIRE LOVE
WITHOUT DESPERATELY CONTROLLING IT.**

Signed: _____ **Date:** _____

BRING THIS TO THURSDAY COACHING

The thing this week's work exposed that I most need coaching on is:
