

LEVEL
UP 

3 Types of Trial

1

Natural

2

Social

3

Moral/Spiritual

Frame Types:	Core Storyline / Default Thought	Interpretation	Emotional Response
Victim	“Bad things always happen to me.” / “I’m cursed.”	Assumes self or fate is permanently defective.	Helplessness, resentment, despair.
Scarcity	“I don’t have enough for this.” / “This is too much.” / “I can’t handle it.”	Assumes circumstances are fixed and overwhelming.	Anxiety, self-pity, paralysis.
Performance	“If I were better, this wouldn’t happen.”	Equates trial with personal failure.	Shame, striving, exhaustion.
Entitlement	“This shouldn’t happen to me.” / “I can buy or reason my way out.”	Blames others or assumes immunity from hardship.	Anger, pride, frustration.
Chance / Luck	“Just my luck.” / “Everything always happens to me.”	Interprets events as random misfortune.	Cynicism, detachment, loss of meaning.
Control / Privilege	“I can fix this.” / “I shouldn’t have to deal with this.” / “This is someone else’s problem.”	Assumes total control or avoidance is possible.	Superficial calm, eventual burnout.

Level Up Challenge ↗

1

**Notice
the Default**

2

**Name
the Frame**

3

**Nurture
Jesus' Narrative**