

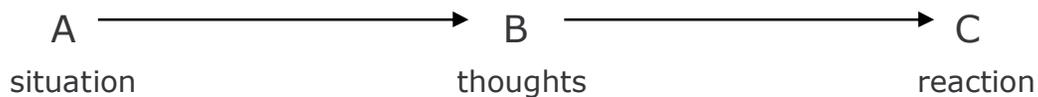
Do You HEAR What You're THINKING?

The Art of Talking to Yourself

Do not conform any longer to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is - his good, pleasing and perfect will. (Romans 12:2)

Every person carries on INNER CONVERSATIONS, referred to as SELF TALK. From our inner conversations come our feelings, reactions, perceptions, and even behaviors.

Your RESPONSES to conflict, ways of showing love, your EXPRESSIONS of anger, are all motivated by subconscious self-talk. Some of these subliminal thoughts are constructive and helpful and positive behaviors result from them. But other subconscious self-talk motivates us to engage in self-destructive and other destructive behavior.



What goes through our MINDS notably affects how we FEEL and what we DO. We interpret and think about sensations *before* we develop feelings about them.

Change what you say to yourself

1. discover what undesirable thoughts are lurking beneath the surface
2. utilize methods for getting rid of these automatic beliefs
3. replace these mental distortions with eternal truths

Through this 3-step process you can help lift yourself out of depression. Perfectionism, destructive guilt, rehabilitating stress, and feelings of worthlessness can be dramatically decreased.

Discovering Your Automatic Thoughts

1. In a very tense situation, write down all your automatic thoughts, whatever goes through your head about the situation.
2. As you look at your automatic thoughts on paper, ask yourself three questions
 - a) Which of these thoughts are true?
 - b) How do I now whether they are true or false?
 - c) What are some alternative ways of thinking?
3. Write answers to the last three questions
4. Save this analysis and refer to it weekly to remind yourself of the truth.

The Mind and Anger

DISTORTIONS that add fuel to our anger: labeling, mental filter, disqualifying the positive, mind reading, magnification, should and shouldn't statements

One good strategy for nipping "should" statements in the bud involves substituting the phrase "IT WOULD BE NICE IF"

SELF-WORTH: the Bottom Line

3 sources of self-esteem: competence, belongingness, and worthiness

So what's the bottom line? It's what God has done for us. (*Christ-esteem vs. self-esteem*)

Finally, brothers, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable - if anything is excellent or praiseworthy - think about such things. (Philippians 4:8)

The Structure Of Human Personality

