

Checklist of Cognitive Distortions

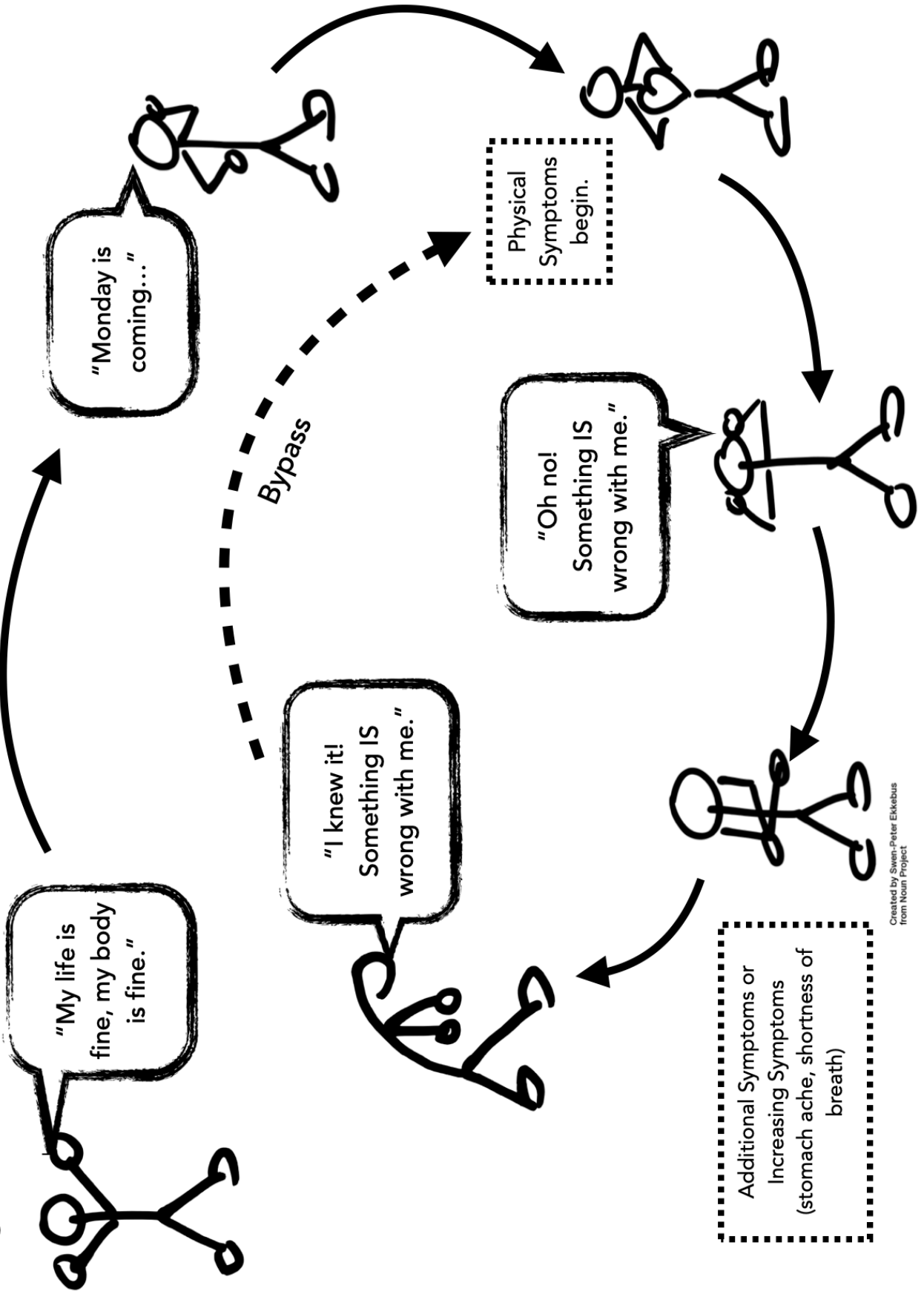
- All-or-nothing thinking:** You look at things in absolute, black-and-white categories.
- Over generalization:** You view a negative as a never-ending pattern of defeat.
- Mental filter:** You dwell on the negatives.
- Discounting the positives:** You insist that your accomplishments or positive qualities don't count.
- Jumping to conclusions:**
 - Mind-reading** - you assume that people are reacting negatively to you when there is not definite evidence.
 - Fortune-telling** - you arbitrarily predict that things will turn out badly.
- Magnification or minimization:** You blow things way out of proportion or you shrink from their importance.
- Emotional reasoning:** You reason from how you feel. *"I feel like an idiot, so I really must be one."*
- "Should statements":** You criticize yourself (or other people) with *shoulds, oughts, musts, and have tos.*
- Labeling:** Instead of saying *"I made a mistake,"* you tell yourself, *"I'm a jerk,"* or *"a fool,"* or *"a loser."*
- Personalization and blame:** You blame yourself for something you weren't entirely responsible for, or you blame other people and deny your role in the problem.

God's Positive Answers

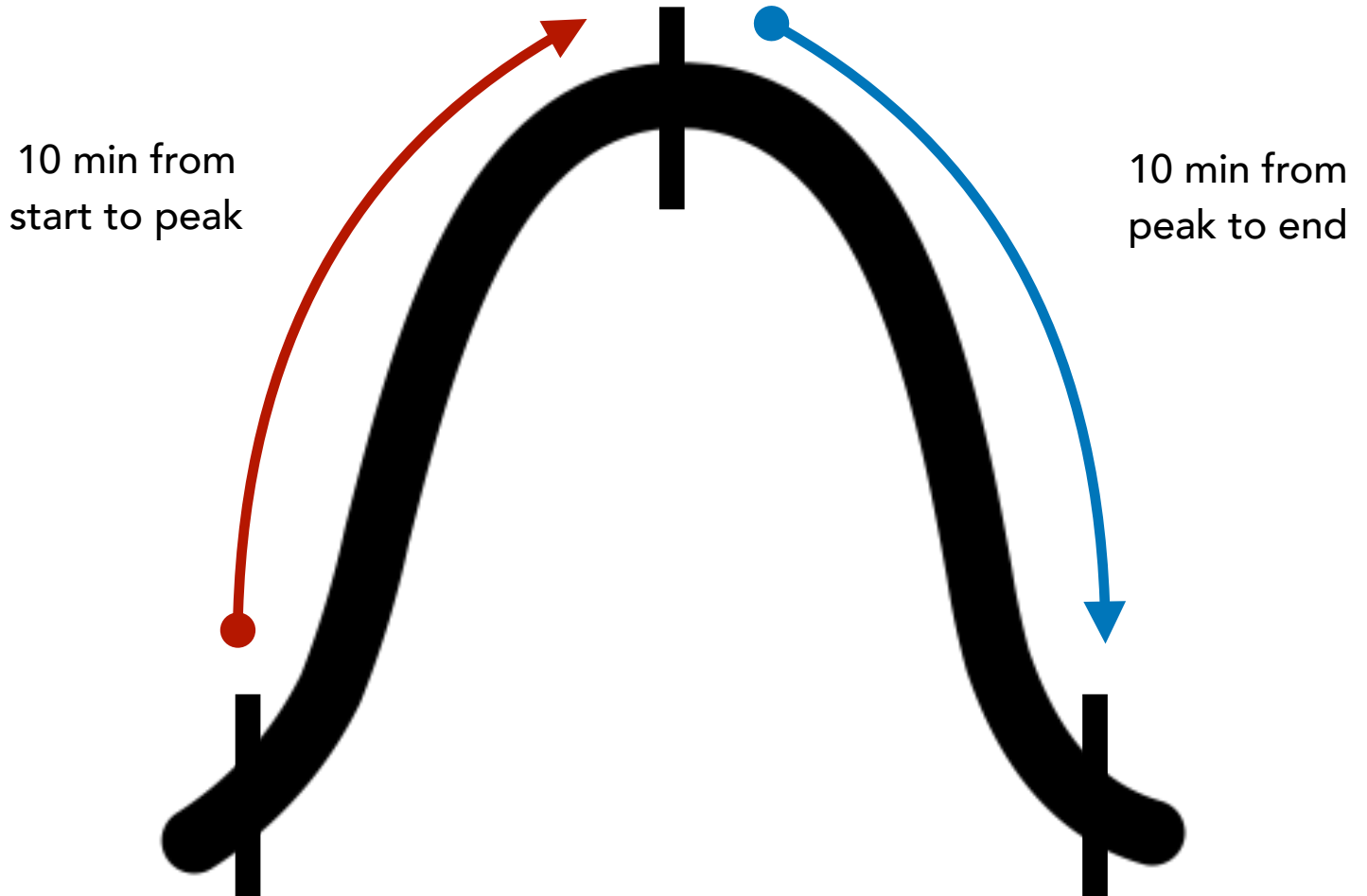
You Say:	God Says:	Show me the verse!
It's impossible.	ALL THINGS ARE POSSIBLE.	But he said, "What is impossible with man is possible with God." - Luke 18:27
I'm too tired	I WILL GIVE YOU REST.	Come to me, all who labor and are heavy laden, and I will give you rest. Take my yoke upon you, and learn from me, for I am gentle and lowly in heart, and you will find rest for your souls. For my yoke is easy, and my burden is light." - Matthew 11:28-30
Nobody really loves me.	I LOVE YOU.	For God so loved the world, that he gave his only Son, that whoever believes in him should not perish but have eternal life. John 3:16
I can't go on.	MY GRACE IS SUFFICIENT.	"My grace is sufficient for you, for my power is made perfect in weakness." Therefore I will boast all the more gladly of my weaknesses, so that the power of Christ may rest upon me. - 2 Corinthians 12:9 When he calls to me, I will answer him; I will be with him in trouble; I will rescue him and honor him. - Psalm 91:15
I can't figure things out.	I WILL DIRECT YOUR STEPS.	Trust in the LORD with all your heart, and do not lean on your own understanding. In all your ways acknowledge him, and he will make straight your paths. - Proverbs 3:5-6
I can't do it.	YOU CAN DO ALL THINGS.	I can do all things through him who strengthens me. - Philippians 4:13
I'm not able.	I AM ABLE.	And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work. - 2 Corinthians 9:8
It's not worth it.	IT WILL BE WORTH IT.	And God is able to make all grace abound to you, so that having all sufficiency in all things at all times, you may abound in every good work. - 2 Corinthians 9:8
I can't forgive myself.	I FORGIVE YOU.	If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness. - 1 John 1:9 There is therefore now no condemnation for those who are in Christ Jesus. - Romans 8:1
I can't manage.	I WILL SUPPLY ALL YOUR NEEDS.	And my God will supply every need of yours according to his riches in glory in Christ Jesus. - Philippians 4:19
I'm afraid.	I HAVE NOT GIVEN YOU A SPIRIT OF FEAR.	. . .for God gave us a spirit not of fear but of power and love and self-control. - 2 Timothy 1:7
I'm always worried and frustrated.	CAST ALL YOUR CARES ON ME.	...casting all your anxieties on him, because he cares for you. - 1 Peter 5:7
I'm not smart enough.	I GIVE YOU WISDOM.	And because of him you are in Christ Jesus, who became to us wisdom from God, righteousness and sanctification and redemption, - 1 Corinthians 1:30
I feel all alone.	I WILL NEVER LEAVE YOU OR FORSAKE YOU.	Be strong and courageous. Do not fear or be in dread of them, for it is the LORD your God who goes with you. He will not leave you or forsake you." - Deuteronomy 31:6

The Oh No! Cycle (ON Cycle)

Begins Here



Panic Attack 101



Strategies for Panic Attacks:

Goal - force the brain to halt by distracting it from the cycle.

Ice - (touch)

Cold air (open freezer and lean head in)

Cold shower (touch)

Hot bath (touch)

Exercise - running

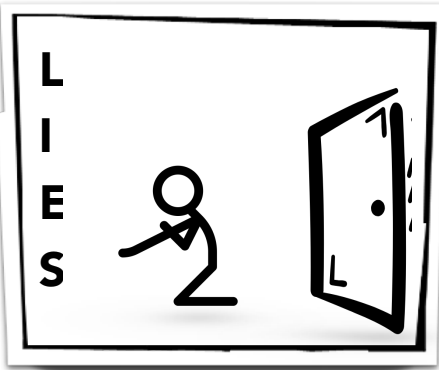
Scents - ie. Essential oils (smell)

Grounding Activity

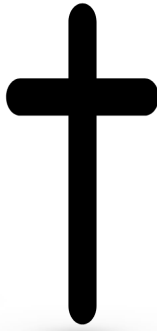
Magnetic rocks (sound, touch)

Smooth stones (touch)

Snap rubber band on wrist (touch)

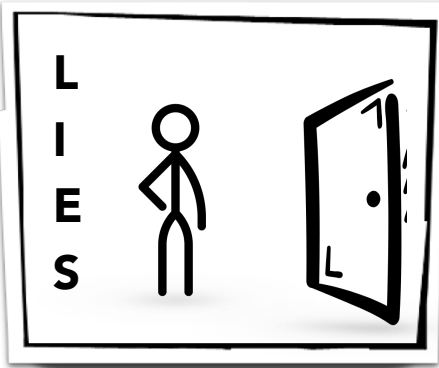


T
H
O
U
G
H
T
S

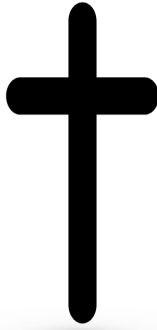


Recognize the Captor

Recognize that you are a captive to false thoughts or unforgiveness.

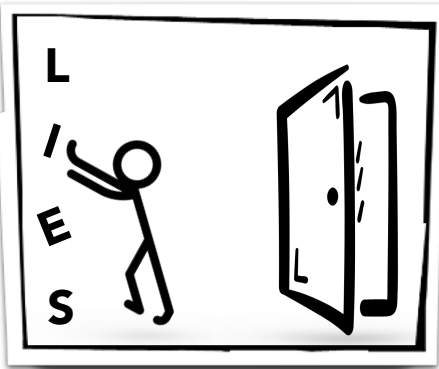


T
H
O
U
G
H
T
S

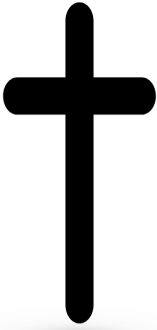


Stand in Agreement with God

Confess the unforgiveness and/or false thoughts to God and agree that that thinking was sin. Ask for help with thoughts and with forgiving.

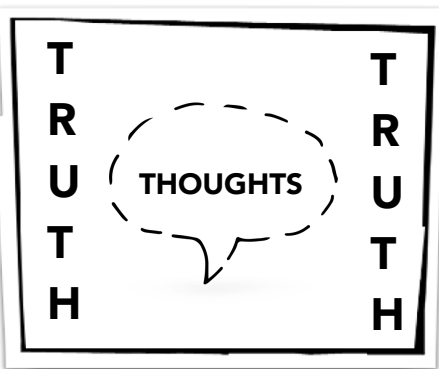


T
H
O
U
G
H
T
S



Tear Down the Lies

Recognize the lies, such as "They never should have done that to me." "I didn't deserve it." "They don't deserve my forgiveness." Ask for God's help in tearing down the lies.



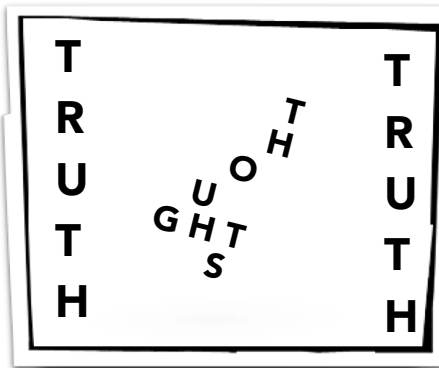
T
H
O
U
G
H
T
S



Put Up the Truth

Seek Scripture that speaks to forgiveness. Memorize, meditate, read, and live those passages.

- ◆ Ephesians 4:32 - Be kind and compassionate, forgiving one another.
- ◆ Matthew 6:14 - Forgive men and God will forgive you.
- ◆ Colossians 3:13 - Forgive as the Lord forgave you...
- ◆ Galatians 5:22 - Fruit of the Spirit
- ◆ 1 Corinthians 16:14 - Do everything in LOVE.



T
H
O
U
G
H
T
S



Bow Thoughts to the Truth

Be on constant watch for lies. Stay in the WORD and make all thoughts bow to the TRUTH. Recognize each time you are unwilling to forgive and confess it to the Lord quickly.

Working on our thought lives is the only thing that will keep them from working on us. Either our thoughts have control of us through the power of the enemy or we have control of them through the power of God. Neutral does not exist in mental gears. Staying at work on our thought lives is the very essence of godliness. The mind is the last frontier.

Philippians 4:8

Finally, brothers, whatever is **true**, whatever is **honorable**, whatever is **just**, whatever is **pure**, whatever is **lovely**, whatever is **commendable**, if there is any **excellence**, if there is anything **worthy of praise**, think about these things.

Romans 8:5-8

For those who live according to the flesh set their minds on the things of the flesh, but those who live according to the Spirit **set their minds on the things of the Spirit**. For to set the mind on the flesh is death, but **to set the mind on the Spirit is life and peace**. For the mind that is set on the flesh is hostile to God, for it does not submit to God's law; indeed, it cannot. Those who are in the flesh cannot please God.

Matthew 12:34-35

You brood of vipers! How can you speak good, when you are evil? For out of the abundance of the heart the mouth speaks. The **good person out of his good treasure brings forth good**, and the evil person out of his evil treasure brings forth evil.

2 Corinthians 10:4

For the weapons of our warfare are not of the flesh but have **divine power** to destroy strongholds.

Emergency Numbers...

Situation	Number
When you are sad	John 14
When you have sinned	Psalms 51
When you are facing danger	Psalms 91
When people have failed you	Psalms 27
When it feels like God is far from you	Psalms 139
When your faith needs inspiration	Hebrews 11
When you are alone and scared	Psalms 23
When you are worried	Matthew 8:19-34
When you are hurt and critical	1 Corinthians 13
When you wonder about christianity	2 Corinthians 5:15-18
When you feel like an outcast	Romans 8:31-39
When you need Christ	Romans 8:1-30
When you are leaving home for a trip	Psalms 121
When you are praying for yourself	Psalms 87
When you need courage for a task	Joshua 1
When inflation and investments reign in your mind	Mark 10:17-31
When you are depressive	Psalms 27
When you don't have enough in the bank	Psalms 37
When you lose faith in mankind	1 Corinthians 13
When people are not kind	John 15:12-17
When you are losing hope	Psalms 126
When you want to bear fruit	John 15:1-8
When you want to know happiness	Colossians 3:12-17
When you want to get along with others	Romans 12
When you are dealing with fear	Psalms 47
When you are insecure	Psalms 121
When you need assurance	Mark 8:35
When you need to be reassured	Psalms 145:18