

Following are examples of strategies, followed by blank tables to print and complete.  
 You can create your own strategies and find what works for you.

DAILY HEALTH ROUTINE (MONDAY TO FRIDAY)			
TIME	HEALTH ROUTINE	LAWS OF HEALTH	COMMENTS
5 am	Read the Bible and pray.	Spiritual	Choose your own waking time.
6 am	Exercise. Drink 750 ml water up to 7:30 am.	Exercise Water	Choose your own exercise schedule (morning/evening). Consult your doctor before starting an exercise program.
7 am			
8 am	Healthy Breakfast.	Nutrition	
9 am			
10 am	Drink 750 ml water up to 12:30 pm.	Water	
11 am			
12 pm			
1 pm	Healthy lunch. Sit in the sun for 5 minutes during break.	Nutrition, Sunshine, Fresh air	Speak to your doctor before exposing your skin to the sun, especially if you have a skin problem (e.g. skin cancer).
2 pm			
3 pm	Drink 500 ml water up to 5:30 pm.	Water	Remember to drink water between meals, not with meals.
4 pm			
5 pm			
6 pm	Light dinner.	Nutrition	
7 pm			
8 pm	Read the Bible and pray.	Spiritual	
9 pm	Listen to calming music or nature sounds. Sleep by 10 pm.	Tranquility Sleep	Switch all lights off, including your phone, television and laptop, so that melatonin can be released.

## CHANGING NEURAL PATHWAYS (HABITS)

OLD HABIT	REMINDERES	SPRITUAL HABIT (option 1)	DISTRACTION HABIT (option 2)	OUTLET HABIT (option 3)	RELAXATION HABIT (option 4)
Chocolate craving.	I want to be in control of what I put into my body.  I will be healthier and happier if I resist this temptation.	Read the Bible and pray.	Drink a glass of water.	Play a game with someone.	Ask someone to give you a massage.
Depressing thoughts.	I am in control of my emotions. They don't control me.	Watch a Biblical video online.	Create something.	Write a song, letter, poem or journal to express and release your depressing thoughts.	Have a relaxing bath.

## MANAGING TRIGGERS

**(STEP 1) ~ TO TAKE THE EDGE OFF DESIRES/URGES TO BE IMPULSIVE, SELF-DESTRUCTIVE OR DESTRUCTIVE**

TRIGGER	HABITUAL REACTION	REMINDEES	SPIRITUAL STRATEGY	DISTRACTION STRATEGY	OUTLET STRATEGY	RELAXATION STRATEGY
Loneliness.	Love hunting.	It is true that love is scarce, but I can make myself happy.	Pray and read the Bible.	Do something for someone else.	Go to the animal welfare and show love to a little soul.	Go for a massage.
Bad memories.	Reckless driving.	I will put others and myself in danger.  I could get speeding fines.	Listen to spiritually uplifting audio books or music.	Park your car, go to a restaurant and have a relaxing herbal tea.	Park your car and go for a walk.	Park your car and listen to the birds or crickets outside. (or downloaded nature sounds)
Boredom.	Temptation for immoral acts.	I will be separated from God.  I will have guilt.	Watch a Biblical video online.	Write down your life goals. Create a short-term and long term goal.	Go to the gym.	Go camping in a wildlife resort.
Arguments.	Self-harm, mania, impulsiveness.	I don't have to act on my feelings.  Feelings change. It will pass.	Write a letter to God, or create a spiritual goal.	Work in the garden.	Write your thoughts in a diary.	Have a relaxing aromatherapy bath.
Loss.	Drinking alcohol.	Loss of self-control causes anxiety the following day.	Pray and read the Bible.	Engage in a hobby. If you don't have one, think of one.	Go cycling in a safe and relaxing area.	Walk on the beach.
Criticism.	Using drugs.	I don't want the downer.	Listen to spiritually uplifting audio books or music.	Bake a healthy bread or apple pie.	Take the dog for a walk.	Sit by a river in a safe area. Put your feet in the water. Listen to sounds.

## RESOLVING EMOTIONS WITH CBT

### (STEP 2) ~ TO RESOLVE THE TRIGGER THAT CREATED THE DESIRES/URGES AND UNCOMFORTABLE EMOTIONS

SITUATION	BELIEFS	THOUGHTS	FEELINGS	BODY	IMPULSES	BEHAVIOUR	HEALTHIER PERCEPTION	ACTION
Loneliness.	I am unloved.	I need someone right now. I can't take this anymore.	Anxious, desperate, needy, empty.	Over-energized with urges.	I had an urge to go love hunting at bars, but I used my "loneliness" strategy instead.	Instead of love hunting I went for a massage for healing, human touch, and relaxation.	It is true that love is scarce but looking for love in the wrong place will only bring me into trouble and add guilt and shame into the mix. I should rather find a healthier way to solve my loneliness.	I'm going to join an activity club so that I can meet people with similar interests. I will start by joining the art club in town, and also enquire about the hiking club I heard about.
I heard the rumours people have been spreading about me, saying I'm crazy after witnessing a paranoia episode.	Now, no one will respect me, like me or love me ever again.	I wish I could disappear.	Worthless, hated, stupid, embarrassed.	Stressed, over-energized from cravings.	I had an urge to use drugs but I used my strategy for "criticism" instead.	Instead of using drugs I took the dog for a walk, as an outlet.	People who make rumours about me after witnessing a paranoia episode I had lack emotional insight, experience and knowledge in relation to the human mind. Therefore, I don't need to be affected by such opinions.	I'm going to write a list of all the positive memories I have of myself, as well as my positive qualities, and surround myself with people who build me up instead of breaking me down.

## CORRECTING FAULTY BELIEFS

AGE, LOCATION, CIRCUMSTANCE	WHAT HAPPENED HERE?	IN AN IDEAL WORLD WHAT SHOULD HAVE HAPPENED?	THE FAULTY BELIEF IT CREATED	I WOULD TELL MY CHILD SELF / YOUNGER SELF	MY NEW BELIEF
Age 9. Primary school. I walked past a group of boys on the playground.	As I walked past the group of boys with my friend, a boy said out loud that a certain boy's bum looked better than my face.	In an ideal world they would have greeted me in a normal way when walking past.	I have an ugly face.	You are not ugly. A boy who says something like that has personal issues. A boy without issues would never think of hurting someone else like that. In fact, do you remember when you were five years old, and your older brother was eight, you and him went to a birthday party together in the neighbourhood. At the end of the party your brother won the prize for the most well-behaved boy, and you won the prize for the prettiest girl. Besides, beauty is seen with the heart, not with the eyes.	I am not ugly. Besides, life is a miracle and we shouldn't be concentrating on looks. We should be concentrating on the inner person. That is where beauty lies.
Age 13. At a friend's house. I was talking to a boy.	I was at a friend's house talking alone to a boy, who I had a crush on. The boy pretended to like me and leaned closer. Just as I believed him, he laughed in my face and said, "Did you really think I would have gone for you? Maybe if you sawed some of your nose off, I would have gone for you."	In an ideal world, he would have been kind to me, even if he only liked me as a friend.	I have an ugly nose. No one will ever love me because of it.	Birth is special, and your nose is your unique feature that no other baby was born with. We are brainwashed by the media regarding what an acceptable or beautiful nose should look like, but a natural, imperfect nose gives character. We are not dolls. We are human, and our differences create variety in this world. If we all had the same noses, how boring would that be?	Having a bigger than average nose does not make me ugly or unlovable. It makes me unique. No one has ever seen a nose exactly like mine. I am the only one in the world with my nose.

# MANAGING SYMPTOMS

CONDITION	SYMPTOM	STRATEGY
<p>Borderline Personality Disorder.</p>	<p>Chronic Feelings of Emptiness.</p> <p>(one of the nine symptoms)</p>	<p>Have you ever considered that, although chronic feelings of emptiness can make a person very ill, your emptiness may not come from an illness itself, but rather as a result of living in a world lacking in love, meaning, connection and depth? “And because iniquity shall abound, the love of many shall wax cold.” Matthew 24:12. In a world where love has become frozen, like ice, it’s no surprise if some of us feel this way. Realizing where my emptiness and pain really came from, was a turning point for me.</p> <p>Strategies:</p> <ol style="list-style-type: none"> <li>1. When we can’t change something, acceptance heals. The world is the way it is because this is supposed to happen before the return of Jesus, when the world will be made new. See it as a good thing, the pain will soon be over for good. “But understand this: In the last days terrible times will come. For men will be lovers of themselves, lovers of money, boastful, arrogant, abusive, disobedient to their parents, ungrateful, unholy, unloving, unforgiving, slanderous, without self-control, brutal, without love of good, traitorous, reckless, conceited, lovers of pleasure rather than lovers of God, having a form of godliness but denying its power.” 2 Timothy 3:1-5. Can this not cause emptiness?</li> <li>2. Find something to fill your soul. Animals are soothing creatures. Keep a pet or spend time with animals in need.</li> <li>3. Use your creativity to express your mind, and to find meaning and fulfilment to take away the emptiness.</li> <li>4. Connect with God. “God is love.” 1 John 4:8. Fill your mind with spiritual topics. Pray. This drives emptiness away, and brings meaning and strength to the soul. Watch Biblical videos, and read the Bible (the New Testament is encouraging).</li> <li>5. Find a purpose. Even if it’s small (e.g. to make others, or pets, happy).</li> </ol>
<p>Bipolar Disorder.</p>	<p>Mania.</p> <p>(one of the symptoms)</p>	<p>“You cannot control your impulses, your emotions, as you may desire, but you can control the will, and you can make an entire change in your life. By yielding up your will to Christ, your life will be hid with Christ in God and allied to the power which is above all principalities and powers. You will have strength from God that will hold you fast to His strength; and a new light, even the light of living faith, will be possible to you....There will be in you a power, an earnestness, and a simplicity that will make you a polished instrument in the hands of God.”—Testimonies for the Church 5:514, 515 (1889).</p> <p>Strategies:</p> <ol style="list-style-type: none"> <li>1. What would you do if your dog was restless and out of control? You would probably take him for a run or walk. Daily exercise is one of the best remedies for calming a restless mind and body.</li> <li>2. Avoid stimulants such as coffee, energy drinks, tea, chocolates, sugar, refined foods, monosodium glutamate, food colourants, preservatives, artificial sweeteners (e.g. aspartame), and artificial flavours.</li> <li>3. Avoid alcohol, smoking and drugs. Some pharmaceutical drugs can also trigger mania. Consult your doctor.</li> <li>4. Avoid music with unhealthy rhythms. Not only can it trigger mania, but it also invites the wrong spirits who, themselves, can trigger mania. Television and videogames can do the same.</li> <li>5. Stick to a regular sleep/wake cycle, to keep the body in a good rhythm.</li> <li>6. Use the spiritual, distraction, outlet and relaxation strategies during manic episodes.</li> <li>7. Close the doors to bad spirits, and invite God in, by living right, reading the Bible, praying and watching Biblical videos.</li> </ol>
<p>Obsessive Compulsive Disorder.</p>	<p>Repetitive checking, perfectionism, intrusive thoughts.</p>	<p>“The unsubdued heart has not within itself the elements of rest and contentment. The mind and heart must be disciplined and brought under proper restraint in order for the character to harmonize with the wise laws that govern our being... The soil of the heart, like that of a garden, will produce weeds and brambles unless the seeds of precious flowers are planted there and receive care and cultivation. As in visible nature, so is it with the human soul.”—Testimonies for the Church 4:202, 203 (1876).</p> <p>Compulsive behaviours have roots. Apart from epigenetics and neurotransmitters, the mind can become entangled as a result of our experiences. My compulsions manifested as “repetitive checking”, resulting from an intense fear of losing what I loved, since I have lost many things in life. I developed compulsions to repeatedly check that every possible danger was removed. Even after checking again, and again, and again, I was still not convinced that the danger was gone. I just couldn’t trust my mind.</p> <p>Strategies (These are just examples that worked for me. Each person must find what works for them):</p> <ol style="list-style-type: none"> <li>1. To help my repetitive checking, I created a strategy. I have a kitten and I have a few rules and checks to ensure that she is safe whenever I am away. So, each time I leave the house, I do something different to help me remember that I did all my checks, so that it will stick in my head. One day I might sing a silly song about each check, while focusing intensely on them, making sure to take in and store the information thoroughly in my mind that I have done each check (with my conscious mind (PFC) switched on and alert). Next time, I might have a conversation with my kitten and tell her about each safety precaution, while I do the checks. Since I started focusing properly on whatever I am doing, making sure that my mind is very alert, with no distractions, I haven’t had the urge to turn around and check again, and again, and again. Speaking out loud also helps me to remember. It is when I do the checks in a stressed out state, or with my subconscious mind, that I feel the urge to check multiple times. The trick is to make sure everything is done with the conscious mind, with proper concentration, and to take more time on each check, without rushing them.</li> <li>2. Another one of my symptoms is perfectionism, manifesting only in certain areas, mostly those that are connected to my capabilities and self-esteem. For example, I had a brand new sewing machine and as I was working with it, I accidentally made a scratch on it with the corner of my metal ruler. I immediately felt enraged because its perfection was ruined forever. I was group bullied in school, and made to believe that it was due to my imperfections, which created a need for things to be perfect. When I saw the scratch on my sewing machine, thoughts raced through my</li> </ol>

# MANAGING SYMPTOMS

CONDITION	SYMPTOM	STRATEGY
		<p>mind: "I'm going to throw it away and get a new one, even if I make debt." Then I stopped and analysed the situation, and decided to change my view on it. Since acceptance was the only thing I could do, I decided to see the mark as a memory of the work I have done with the machine, and told myself that more memories will be added to it, in years to come, giving it more sentimental value than it had when it was perfect and out of the box.</p> <p>3. Intrusive thoughts are probably one of the most difficult symptoms to train the mind away from. I have found a way to quickly change my thoughts whenever these thoughts or images barge in, by interrupting the neural pathway as soon as they appear, sometimes even before I have fully seen the thought or image in my mind. It does take quite a lot of effort in the beginning, but over time, it becomes easier. There is a children's song called, I am a C-H-R-I-S-T-I-A-N. It is a good song to use, since it requires concentration, and has a catchy tune. I used to sing this song the moment I became aware of intrusive thoughts (out loud is better), until I had driven them out of my head. Nowadays it's not necessary for me to always use that song. I have trained my mind to be quick and disciplined enough, and a simple word such as, "whatever," while immediately changing my focus onto something else, gets rid of the thoughts. There are intrusive thoughts that should be resolved by analysing their roots, and ones that have no reason for being there. The latter are the ones that I block and immediately forget. They have no right in my mind. "We take captive every thought to make it obedient to Christ." 2 Corinthians 10:5. Jesus used Bible verses to get rid of Satan's thoughts.</p>
Depression.	Sadness, lack of hope, lack of energy.	<p>"The relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces... Courage, hope, faith, sympathy, love, promote health and prolong life. A contented mind, a cheerful spirit, is health to the body and strength to the soul. "A merry [rejoicing] heart doeth good like a medicine." Proverbs 17:22.</p> <p>Strategies:</p> <ol style="list-style-type: none"> <li>1. The roots of the depression must be analysed. What happened in the past? Trauma, stress, relationships, childhood?</li> <li>2. Thought patterns must be addressed.</li> <li>3. Is something needed? A change? Problem-solving? Acceptance? Forgiveness? Counselling? Love? A purpose? A goal?</li> <li>4. Avoid television, unhealthy music and videogames.</li> <li>5. Healthy nutrition, as close to nature as possible, is what the brain needs to recover.</li> <li>6. Avoid alcohol, smoking, drugs and unhealthy foods (e.g. coffee, tea, chocolate, energy drinks, food additives, refined carbohydrates and sugar). They deplete neurotransmitters.</li> <li>7. Exercise releases endorphins (happy hormones), lowers cortisol (stress hormones) and increases energy.</li> <li>8. The spiritual factors must not be forgotten. All doors must be closed so that fallen angels have no access to the mind. The mind must be filled with Biblical topics (e.g. watching Biblical videos, reading the Bible and praying).</li> </ol>
Anxiety.	Excessive fears and worries.	<p>"God has not given us a spirit of fear; but of power, and of love, and of a sound mind." 2 Timothy 1:7.          "There is no fear in love, but perfect love drives out fear." 1 John 4:18</p> <p>Strategies:</p> <ol style="list-style-type: none"> <li>1. Worst case scenarios are frightening, but we need to reassure ourselves that we have the ability to cope with them: "If I lose this person, God will help me through the grieving process and heal my pain." "If I lose my job, I will 'walk through the valley of the shadow of death, I will fear no evil, for You are with me; Your rod and Your staff, they comfort me.'" Psalm 23:4. Having a plan of acceptance in mind, for whatever comes our way, can make all anxieties disappear.</li> <li>2. Avoid alcohol, smoking, drugs, coffee, tea, chocolate, energy drinks, food additives, refined carbohydrates and sugar. They trigger the stress response and deplete neurotransmitters. Strengthen the PFC and use CBT.</li> <li>3. Trust in God. Pray for protection. And if something bad does happen, trust that "all things work together for good to them that love God, to them who are the called according to his purpose." Romans 8:28</li> </ol>
Psycho-logical Trauma.	Upsetting emotions, memories, and anxiety.	<p>Trauma is unnatural, and was never meant to be part of the human experience. God created a perfect earth. It was sin that brought this on us. Fortunately, we have built in survival mechanisms, and a brain that is neuroplastic, enabling us to recover and adapt to these circumstances. Desensitization can be used for evil or good. Repeatedly watching horror films on television numbs the emotions in a negative sense, damaging sensitivity and empathy, for example. On the other hand, desensitization can be used to our advantage, to overcome our traumas (e.g. abuse). Telling our story to a counsellor, to relive the events, as many times as needed, desensitizes us to the shock and pain, allowing us to reshape our thoughts about the events, and even gain the ability to forgive, by understanding the condition of mankind and Satan's controlling powers. Abusers are also victims, under the abuse of Satan. This mental exercise must be done slowly, in small steps, and with caution, as it can be traumatizing. It must be done under the guidance of someone who knows how to help the person process the trauma in a healthy way.</p>

**ALL MENTAL STRATEGIES WILL WORK BETTER IF THE PHYSICAL BRAIN IS CLEANSED AND RESTORED THROUGH HEALTHY LIVING AND EATING!  
 Consult your doctor before starting an exercise program, or making dietary or lifestyle changes, in case there may be contraindications.**

## EXPRESSIONS OF LOVE

PERSON Family, friend, colleague	WORDS Verbal words, letter, song, poem	PHYSICAL AFFECTION Hugs, kisses, massage, brush hair	QUALITY TIME conversation / activities undivided attention	ACTS OF SERVICE Errands, cooking, cleaning, helping	GIVING GIFTS Souvenirs, self-made, bought gift, flowers
<b>WEEK 1</b>					
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>DATE: 3 June 2019</b>	<b>DATE: 4 June 2019</b>	<b>DATE: 5 June 2019</b>	<b>DATE: 6 June 2019</b>	<b>DATE: 7 June 2019</b>
Mother	Write her a letter to tell her what she means to me and post it tomorrow. <hr/> 8 pm tonight				
Friend				Visit him/her and help him/her with painting the house. <hr/> 11 am	
Daughter	Write her a poem and place it in a separate sandwich bag in her lunch box tomorrow. <hr/> 8:30 pm tonight		Take her to the animal park after school. <hr/> 3 pm, after school		
Partner		Give him/her a foot massage before he/she goes to sleep. <hr/> 9 pm		Post his/her parcel in the morning on the way to my friend. <hr/> 10 am	Make a little box with a message for each day of the month, to keep in his/her office. <hr/> 2 pm
Neighbour					
<b>WEEK 2</b>					
PERSON Family, friend, colleague	WORDS Verbal words, letter, song, poem	PHYSICAL AFFECTION Hugs, kisses, massage, brush hair	QUALITY TIME conversation / activities undivided attention	ACTS OF SERVICE Errands, cooking, cleaning, helping	GIVING GIFTS Souvenirs, self-made, bought gifts, flowers
	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
	<b>DATE: 10 June 2019</b>	<b>DATE: 11 June 2019</b>	<b>DATE: 12 June 2019</b>	<b>DATE: 13 June 2019</b>	<b>DATE: 14 June 2019</b>
Mother				Buy groceries for her and bring it to her. <hr/> 10 am	
Friend					
Daughter		Sit with her in her room, brush and plat her hair, and tell her a story. <hr/> 7 pm		Help her with her homework in the afternoon. <hr/> 3 pm, after school	Give her a treasure hunt will little gifts to find. <hr/> 3 pm, after school
Partner	Write a love note and put it in his/her lunch box in a separate sandwich bag in the morning. <hr/> 8 pm		Dinner date. <hr/> 6:00 pm		
Neighbour					Bring her home grown tomatoes and healthy apple pie in a basket. <hr/> 1 pm

## POSITIVE THINKING

NEGATIVE THOUGHTS	POSITIVE THOUGHTS
I am not good enough.	I am good at many things.
I am ugly.	Beauty is seen with the heart, not the eyes.
I am not strong enough.	"I can do all things through Christ." Philippians 4:13.
There is no point in living.	The world is full of opportunities. I have to embrace them.
I can never do anything right.	I have achieved many things.
I am tired of fighting.	Look at how much I have overcome.
I am such a loser.	I have my own personal successes.
I hate myself.	Why do I hate what God made?
He / she doesn't want me anymore.	Someone else will want me.
I have lost everything.	I will gain new things.
It didn't work out.	When one door closes another door opens.
I hate exercising.	I can teach myself to like it.
I am worth nothing.	I have a purpose that I need to discover.

## SUPPORT

SITUATION	HOW YOU CAN HELP ME	WHAT I WILL DO FOR YOU, IN RETURN
When I feel depressed. (partner)	Show compassion. Say encouraging things such as, "You have my support." Help me figure out the cause.	I will cook your favourite meal when I feel better.
When I feel anxious. (sister)	A massage could help to distract my mind.	I will give you a massage when I feel better.
When I have a panic attack. (colleague)	Give me a paper bag to breathe into (not plastic) if I am hyperventilating to prevent me from fainting. If I can't breathe, open a window or take me outside. Encourage me to take slower, deeper breaths.	I will look after your cats when you go away on your next business trip.
When I have a fit of rage. (partner)	Encourage me to follow my anger strategy. Pray for me.	I will run an errand for you.
When I crave alcohol. (friend)	Play a game of badminton with me at the gym.	I will bake you a healthy cake.
When I crave love. (partner)	Please give me undivided attention. Read the book, "The Five Love Languages: How to Express Heartfelt Commitment to Your Mate," by Gary Chapman with me, so we can learn to speak each other's love languages.	I will wash your car.

## CHECKLIST FOR TRIGGERS

MENTAL TRIGGERS	PHYSICAL TRIGGERS	SPIRITUAL TRIGGERS
Loneliness / isolation / abandonment / neglect	Refined sugar / refined carbohydrates	Unhealthy television / video games
Lack of love / connection / depth from others	Caffeine, or theine (coffee or tea)	Unhealthy books / music
Lack of support	Chocolate / cocoa	Lack of prayer
Unmet needs (lack of interest, love, etc. from people)	Sodium benzoate (or other preservatives)	Lack of Bible reading
Criticism / rejection	MSG (or other flavour enhancers)	Lack of faith
Conflicts / arguments / control	Aspartame (or other sweeteners)	Spiritual attack
Unresolved feelings	Tartrazine (or other colourants)	Spiritualism / healings that involved spirits
Current abuse / trauma (verbal or physical)	Recreational drugs	Pride / arrogance / rebellion
Past, unresolved abuse / trauma (verbal or physical)	Alcohol	Hatred
Loss	Smoking	Revenge
Fears	Lack of exercise	Guilt / unconfessed sins
Lack of problem-solving	Lack of sleep	Lack of agape love (not close enough to God)
Lack of goals / purpose / motivation / ambition	Lack of water	Covetousness / envy / jealousy
Lack of recreation	Lack of sunshine	Dishonouring parents / unloving towards them
Boredom	Lack of fresh air	Adultery (in heart or action)
Unhealthy living environment / work environment	Lack of temperance	Fornication / other sexual sins
Too much work / not enough work	Not enough time in nature, or with pets/animals	Theft
Lack of stress / time / financial management	Seasonal changes (spring, summer, autumn, winter)	Telling lies / dishonesty
Recent changes: job, move, birth, graduate, breakup	Hypoglycemia	Idols / putting other things above God
Stuck in a rut / need a change	Food intolerances, allergies, IBS, leaky gut	Using God's name in vain
Too dependent on others	Vitamin or mineral deficiency / unhealthy diet	Forgetting God's Sabbath Day
Lack of assertiveness / creating boundaries	Autointoxication (constipation)	Doubts about God / disappointed in God
Obsessiveness	Mercury, lead or fluoride toxicity	Refusing to forgive / grudges
Negative thoughts	Parasites	Refusing to apologise / admit sins / denial
Cognitive distortions / believing lies	Neurotransmitter imbalance (serotonin, etc.)	Bad spirits / fallen angels (invited by others / us)
Euphoric recall (drug memories), addiction, cravings	Hormone or thyroid imbalance, physical illness, side effects of medication or hormone treatments.	Angry with God / rejecting God





# MANAGING TRIGGERS

**(STEP 1) ~ TO TAKE THE EDGE OFF URGES TO BE IMPULSIVE, SELF-DESTRUCTIVE OR DESTRUCTIVE**

TRIGGER	HABITUAL REACTION	REMINDERS	SPIRITUAL STRATEGY	DISTRACTION STRATEGY	OUTLET STRATEGY	RELAXATION STRATEGY





## COGNITIVE DISTORTIONS

COGNITIVE DISTORTION	MY DISTORTED THOUGHTS	MY NEW THOUGHTS
<b>Filtering</b> / Tunnel vision ~ When we pick out one aspect and form an opinion based on that, while blocking other details out.		
<b>Black and white thinking</b> ~ People or situations are either one way or another and the middle ground is not seen.		
<b>Splitting</b> ~ Alternating between extremes of idealization and devaluation of others, ourselves or even God.		
<b>Overgeneralisation</b> ~ We see a once-off occurrence as an invariable rule. "If that person rejected me, all people will."		
<b>Jumping to conclusions</b> ~ We decide without evidence what people think of us, or what the outcome of a situation will be.		
<b>Catastrophizing</b> ~ We expect something bad to happen, or our own imperfections look worse than they are.		
<b>Personalization</b> ~ We feel we are the cause of negative external events, even if we are not.		
<b>Control distortions</b> ~ We feel helpless and controlled by others, or we feel the need to control our surroundings.		
<b>Fairness distortions</b> ~ We create unhappiness for ourselves because we expect fairness when life is not always fair.		
<b>Blaming distortions</b> ~ We continue to allow those who hurt us in the past to damage us through our thoughts.		
<b>Emotional reasoning</b> ~ We believe what we feel is true.		
<b>Expecting others to change</b> ~ We expect other people to change for us.		
<b>Expecting rewards</b> ~ We feel bitter if we don't get the rewards we think we deserve.		
<b>Labelling</b> ~ We ignore all contrary evidence to label ourselves or others. "I failed my exam. I am a loser."		

# MANAGING SYMPTOMS

CONDITION	SYMPTOM	STRATEGY





## CORE VALUES VS ANTI-VALUES

CORE VALUES	ANIT-VALUES	ACTION	WHEN

## SUPPORT

SITUATION	HOW YOU CAN HELP ME	WHAT I WILL DO FOR YOU, IN RETURN