



STOP THE SPIRAL

**3 Steps to
Renew Your
Mind with
Peace and
Truth**

A MIND MADE NEW MINI-GUIDE

Welcome & Scripture

Welcome,

When your mind won't stop racing, it can feel overwhelming. Stress, worry, and endless "what-ifs" weigh you down.

In mental health, we call this spiral automatic negative thoughts (ANTs). They sneak in and shape your feelings and choices. But with awareness, simple practices, and God's truth—you can break the cycle.

“Do not conform to the pattern of this world, but be transformed by the renewing of your mind.” – Romans 12:2

This guide gives you 3 quick steps to stop the spiral, breathe again, and rest in peace.

Take care of you,
Dr. Cox

The Spiral Map

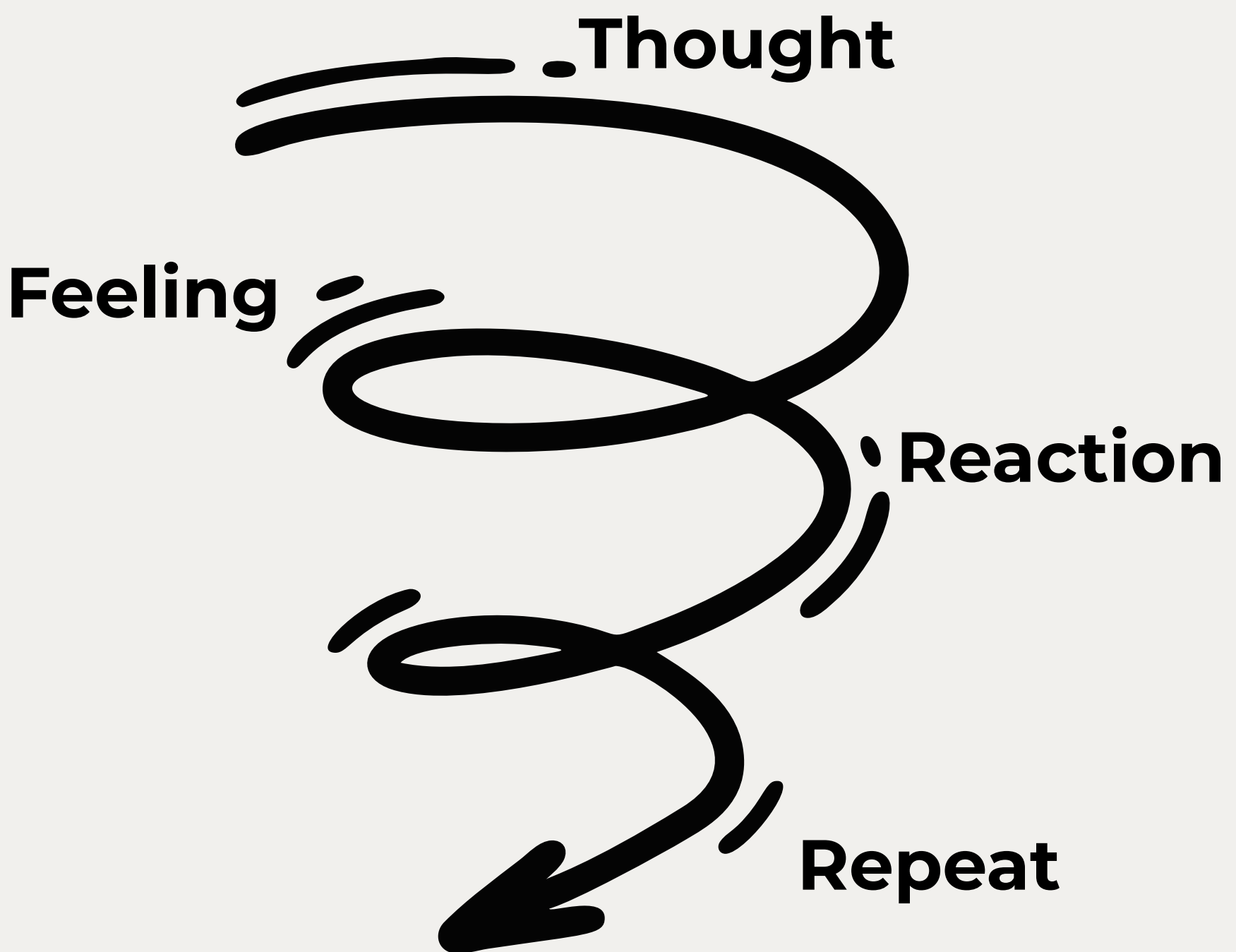
Trigger → Something happens (comment, email, deadline).

Thought → “I’m not enough.”

Feeling → Stress, fear, self-doubt.

Reaction → Overthinking, lashing out, freezing, withdrawing.

Repeat → The thought grows stronger.



Notice: The spiral begins with a thought, not the event itself. Awareness is the first step toward freedom.

The 3-Step Practice

Step 1: Stop + Breathe
Pause. Inhale slowly.

Inhale: "God is with me."

Exhale: "I release what I can't control."

Step 2: Replace the Thought
Catch the ANT: Is this thought 100% true?

Replace with scripture/affirmation:

Instead of: "I'll never be enough."

Say: "I am God's masterpiece." (Ephesians 2:10)

Step 3: Anchor in the Present

Look around: name 3 things you see, 2 you feel, 1 you hear.

Whisper a prayer: "Lord, renew my mind.
Anchor me in Your peace."

Closing & Invitation

You don't have to fight spirals alone. These 3 steps are just the beginning.

Inside Mind Made New, I walk alongside women ready to:

Break free from automatic negative thoughts.

Anchor themselves in God's truth.

Build peace practices that last.

Your next step: Join the Mind Made New Community:

<https://www.skool.com/mindmadenew/about?ref=6f693ccb83f04fcfa3fce6cfa83ed543>