Thoughts - Session 3 - Teens

Definition of Thoughts:

Thoughts ⟶ Feelings ⟶ Reactions

Holy Restored
COPING SKILLS & JESUS

Do you find yourself on the hamster wheel?

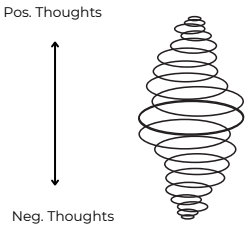
- 1 Peter 2:9
- Psalm 139:14
- 12 Corinthians 10:5
- Mark 6:33

Thought Distortions:

1.
2.
3.
4.
5.
6.
7.
8.
9.
10.
11.
12.

Circle the distortions you struggle with most.

Self- Perpetuating Cycle



Do you find yourself thinking more negative or positive in life?

Are there some thoughts you need to lay down in front of Jesus?

Our _____ become our _____, our _____ become our _____, and our _____ define who we are!

Words of Victimhood VS. Words of Leadership: Has this issue affected you? How?

Words of Victimhood	Words of Leadership

Rate the influences in your life:

Poor 1 2 3 4 5 Healthy

Are there some changes you need to make?

Ways to "Train Your Brain"

1.
2.
3.
4.

YOU ARE NOT ALONE!

Please contact us if you have any further questions on this topic!