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Simple Bug Zapper

(Google docs)

🙏 "Dear Father, please help me see truth from error. Help me think and feel more like thee." 🙏

What do you feel spiritually_emotionally before (1-10) # _____

YES OR NO:

Has God helped me in the past?_(yes or no)

Am I willing to do this exercise to bring me greater light?____(yes or no)

1. 😞😞😞😞 What main feelings do you have right now? If you're not sure there is a list at the bottom of this exercise you can use ⬇️ (see optional below).

2. 🎵 listen to calming songs/music and/or 🖼️ look at an inspirational picture.

3. What negative stories am I telling myself? Am I thinking things like "He should have, I should have, I'll never be able to...Etc". Is there. (Sometimes it helps to ask myself if something bugging me physically, spiritually, emotionally, in a relationship, in my environment)?

I often do this through talk to texting on my cell phone. When I dump my negative thoughts I call it verbal vomiting. No need to judge or weigh my words. I just let my heart talk.

4. Relook at my story, chop my sentences into different thoughts. (There are more detailed examples in "Our Journey from Darkness to Light).

5. After each "piece" of my "story" answer these questions:

A.. IS IT TRUE?

NT, PT, MT (Not true, partially true, maybe true).

B.. DO I HAVE CONTROL?

C, PC, NC, MC (Control, partial control, No control, maybe control).

D. What would Jesus say to me about this piece of my story? Example: " I love you and know that you're trying to be the best you can be" .

E. Pray for yourself and him/her.

F. . Underline things that you want to follow-up on.

Optional:

* Maybe do a "Truthapy.com" exercise about my story (free on the web).

*Am I experiencing one of Dr. Burns thought distortions such as mind-reading, fortune telling, perfectionism, should, shouldn't (There will always be a gap between the ideal and the real).

Optional for 1. 😞😞😞😞😞😞

Explore possible emotions: Acknowledge my emotions by putting 1-5 next to the word I feel, depending on how deeply I am feeling the emotion.

I FEEL: Fear, Overwhelmed, confused, powerless, angry, its not my fault, sad, anxious, prideful, seeking approval, hopeless, embarrassed, resentful, hurt, labeling, fortune-telling, mind reading, negativism, controlling, feeling controlled, blaming, comparing, judged, judgmental, guilty, poor me. Worried, depressed
(Remember, it's OK to feel those feelings. They are God-given feelings, Validate. L-theanine may help for anxiety.)

6. Re-ranking feelings after exercise:

7.What do you feel spiritually after (1-10)

THANK GOD FOR HIS HELP💕

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