

## **INSIGHT - CHANGE YOUR MIND 14 Steps - Class Distribution**

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### 1. Identify the thoughts you want to change:

Be aware of your thoughts and recognize the ones you wish to change. This could be negative thinking, stereotypes, or any rigid thinking patterns that aren't serving you well.

*We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. (2 Corinthians 10:5)*

**Notice the thoughts that shape your world. Which ones would you like to change?**

### 2. Trace Thought Origins:

Understand why you hold these thoughts: Consider the origins of your thinking patterns. Are they based on past experiences, learned behavior, or biases? Understanding the root cause can help in addressing the issue.

*Watch over your heart with all diligence, For from it flow the springs of life. (Proverbs 4:23)*

**Unearth the roots of your thoughts. Where did they come from? Why are they here?**

### 3. Challenge Your Thoughts:

Challenge your thoughts: Don't accept your thoughts at face value. Ask yourself whether the thoughts are rational or helpful. Are there concrete facts to support these thoughts, or are they based on assumptions and fears?

*The heart is deceitful above all things and beyond cure. Who can understand it? (Jeremiah 17:9)*

**Question your thoughts. Are they rational, helpful, or just assumptions?**

### 4. Practice mindfulness:

Mindfulness involves being fully present in the moment and accepting it without judgment. It can help you become more aware of your thoughts and emotions, making it easier to identify patterns and triggers.

- *Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? (Matthew 6:25)*
- *Be still, and know that I am God." (Psalm 46:10)*

**Stay present, stay aware. Observe your thoughts and emotions without judgment.**

### 5. Replace negative thoughts with positive ones:

Once you've identified and challenged negative thoughts, try to replace them with positive ones. This isn't about ignoring negative aspects, but rather about approaching situations in a more balanced way.

- *Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things. (Philippians 4:8)*
- *Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus. (1 Thessalonians 5:16-18)*

**Replace negative with positive. Balance, don't ignore.**

### 6. Visualize the change:

Use the power of visualization to imagine yourself thinking in new ways. This can reinforce the new thinking patterns you're trying to establish.

- *Therefore, if anyone is in Christ, the new creation has come: The old has gone, the new is here! (2 Corinthians 5:17)*
- *I have been crucified with Christ and I no longer live, but Christ lives in me. The life I now live in the body, I live by faith in the Son of God, who loved me and gave himself for me. (Galatians 2:20)*

**See the new you in your mind. How does it feel to think differently?**

### 7. Surround yourself with diverse perspectives:

Seek out people who think differently than you do. This can challenge your thinking and expose you to different viewpoints.

*As iron sharpens iron, so one person sharpens another. (Proverbs 27:17)*

*Where there is no guidance, a people falls, but in an abundance of counselors there is safety. (Proverbs 11:14)*

**Explore different viewpoints. What can you learn from others?**

#### 8. Practice self-compassion:

Changing ingrained thinking patterns can be difficult. Be kind to yourself during this process, recognizing that it takes time and patience.

*As a father has compassion on his children, so the LORD has compassion on those who fear him. (Psalm 103:13)*

*Therefore, there is now no condemnation for those who are in Christ Jesus. (Romans 8:1)*

**Self-Compassion is Key: Be kind to yourself. Changing thoughts takes time and patience.**

#### 9. Seek professional help if necessary:

If you're struggling to change your thinking patterns, consider seeking help from a mental health professional. They can provide you with the tools and techniques to facilitate change.

*Cast all your anxiety on him because he cares for you. (1 Peter 5:7)*

*Bear one another's burdens, and so fulfill the law of Christ. (Galatians 6:2)*

**Don't hesitate to ask for help. You're not alone on this journey.**

#### 10. Adopt a growth mindset:

Embrace the belief that you can learn and grow. This mindset can encourage you to view challenges as opportunities for growth, rather than as threats.

*But grow in the grace and knowledge of our Lord and Savior Jesus Christ. To him be glory both now and forever! Amen. (2 Peter 3:18)*

**Embrace a Growth Mindset: "Challenges are opportunities. Believe in your ability to grow."**

11. Keep practicing and reinforcing new thoughts: Changing your thinking is not a one-time event, but a continuous process. Regularly practice mindfulness and cognitive restructuring to reinforce your new thinking patterns.

*Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. (Romans 12:2)*

**Reinforce New Thoughts: "Keep practicing. New thoughts need time to take root."**

## 12. Create a Support System:

Surrounding yourself with positive influences who understand your journey and support your change can be tremendously beneficial. They can provide encouragement, perspective, and constructive criticism when needed.

*Two are better than one, because they have a good return for their labor: If either of them falls down, one can help the other up. But pity anyone who falls and has no one to help them up. (Ecclesiastes 4:9-10)*

**We are stronger together.**

## 13. Regular Reflection and Journaling:

Regular self-reflection can help you track your progress, understand your mental patterns, and recognize triggers. Journaling these thoughts and experiences can make this process more tangible and manageable.

*"Let us examine our ways and test them, and let us return to the Lord. (Lamentations 3:40)*

**Reflection is key. Journal today for a clearer tomorrow.**

## 14. Maintain Physical Health:

Physical health and mental health are interconnected. Regular exercise, a balanced diet, and adequate sleep can improve your mood, boost your energy levels, and enhance your overall mental health, thus supporting cognitive change.

*Do you not know that your bodies are temples of the Holy Spirit, who is in you, whom you have received from God? You are not your own; you were bought at a price. Therefore honor God with your bodies. (1 Corinthians 6:19-20)*

**Care for your body, your mind will thank you.**