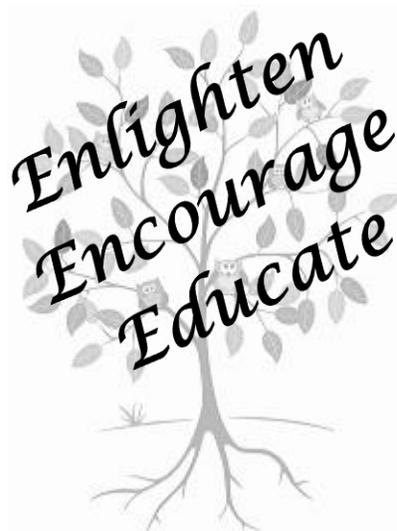




Mental Health Seminar Workshop  
[english.cccto.org/mental-health](http://english.cccto.org/mental-health)  
October 20, 2018



Let's Get to the **Root**  
How to Heal and Maintain a Healthy Brain and Healthy Mind



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# Objectives

By the end of this workshop you will be equipped to:

- Choose at least 1 of the multiple options for healing and maintaining a healthy brain and mind. As we work together through topics and techniques, **listen when God prompts you** to pay closer attention to the “Aha!” moment.
- **Write down at least 1 thing** you would like to begin for healing and maintaining a healthy brain and mind.
- Identify highlights. What do you want to start? What do you want to stop?
- Review more resources in the Works Cited at the end.

- out of our heads and onto paper -

+

Write it down.

Draw pictures for retention.

Write notes as we explore together.

# Overview

This workshop is organized by A-B-C-D-E-F-G so that we may *retain information that leads to transformation*. Some concepts overlap, but repeating is one of the best keys to learning and also physically builds a stronger cord in the brain.

## **A ANALOGIES:** Aware, Aligned, Attached, and Attuned to Apply Assessments

The analogy of a tree with **roots** will help to illustrate concrete, visible reality.

*STOP the Automatic Negative Thinking (ANTs) Root.*

## **B BELIEFS:** Body, Butterfly, Breathing, and Brain to Build Boundaries

This tree is the result of our beliefs.

*STOP the Bitterness Root (Hebrews 12:15).*

## **C CONNECTIONS:** Circles, Cycles, Choices, Conversations Continue Connections

This tree has **roots** that create a trunk connecting the branches, leaves, and fruit.

*STOP the Critic Root (Ephesians 4:29).*

**D DESTINATIONS:** Direction, Desire, DNA, Design, and Discipline to Decide.

This tree is nurtured by doing and practicing repeated steps.

*STOP the Divisive Root (Titus 3:10).*

**E EXPECTATIONS:** Eternity, Epigenetics, Emotions and Expectations to Encourage Growth.

This tree is strengthened by beginning with the end in mind.

*STOP the Easy Root (1 Corinthians 10:13).*

**F FOCUS:** Feelings, Filling, Forgiveness, and Finish to Final Future

This tree is **rooted** in reality.

*STOP the Faulty Root (2 Corinthians 10:5) and take every thought captive.*

**G GRATITUDE:** Graph Genograms to Glorify God with God-Give Goals and Gifts

This tree blossoms as the **roots** grow fruit that glorifies God and is for our good.

*STOP the GOP (Guilt, Obligation, Pity) Root of False Motivation.*

## Roots

We are not responsible for producing the foliage and fruit on this tree; God is responsible as we surrender our **roots** to produce His fruit.

*Trying harder does not produce the fruit that God desires to see in us. Fruit is the result of surrendering to be led by God. “Not my will but Yours [God] be done.”*

Before we begin, we need to define terms. **Roots** usually are hidden from view. They are not invisible, but they are real. The **roots** in this workshop require definitions.

## Roots start in the heart!

We are 99.9% alike and differ by only .1% in our DNA. We are 98% like a chimpanzee and 60% like a banana, but these facts do not support evolution. *Language is the distinguishing mark.* Words make a difference. Words can heal or harm our brains. A thought can make or break us. That thought springs from the source of the heart’s motives—the why—the will, our choices—to accept or reject what we tell ourselves is truth or a lie.

Say, “That’s not true!” Call a lie, a lie,  
and it literally turns into hot air! Poof!

Dr. Caroline Leaf, Christian cognitive neuroscientist, specializing in metacognitive and cognitive neuropsychology, researches and documents the mind-brain connections in the last 30 years, showing the neuroplasticity of the brain with visible proof.

Disclaimer: This information is presented in summary form and is NOT a substitute for the knowledge, skill, and judgment of qualified psychiatrists, psychologists, physicians, and health care professionals.

# Definitions

Because we live in a fallen world, there are so many imperfect, corrupt, negative influences on earth. However, by the power of our surrendering to God's plan for our lives instead of our own, we can rise above, learn ways to heal our brains at the **root** (the physical part of us), and maintain a healthy mind or mental state.

*Mental Illness* is defined by some as a biological and/or genetically inherited tendency that often leads to a medical doctor's intervention. (Balinggan, 2018). This would include illnesses like schizophrenia, bipolar, and others listed in the *Diagnostic and Statistical Manual (DSM)*. What's the difference between mental illnesses and emotional illnesses?



An *emotional illness* is based on circumstances and relationship problems like coping with PTSD, losses, and more environmental issues in the DSM. Often, these are addressed by psychotherapists and/or life coaches if mild or moderate—people who are not on the extreme end of the continuum.

Both types mess with the mind and the brain. Both explain, but they do not excuse. With social skills training, coping techniques, and daily habits that—with practice—rewire the brain, there is hope and healing for human beings.

The *brain* is defined by most people as that physical part of us while the *mind* is our unseen thought life that expresses itself in our words, actions, and feelings through our bodies.

We will be looking at the **overlap and integration** of our lives: mentally, emotionally, socially, spiritually, and physically: **ME** – Mental and Emotional Healthy me!



# A

## **A - ANALOGIES:** Aware, Aligned, Attached, and Attuned to Apply Assessments

The analogy of a tree with **roots** will help to illustrate concrete, visible reality.

### AWARE

We become aware by perception or knowledge. We cannot apply what we first do not know.

### ALIGNMENT

In alignment we adjust to a boundary line; out of alignment, our bodies (or cars) experience greater wear and tear. In alignment we thrive with less pain and fewer problems.

### ATTACHMENT

Attachment may be defined as an emotional bond to another person. “The emotional bond that typically forms between infant and caregiver is the means by which the helpless infant gets primary needs met. It then becomes the engine of subsequent social, emotional, and cognitive development. The early experience of the infant stimulates growth of neural pathways that will sculpt enduring patterns of response to many things. The attachment experience affects personality development, particularly a sense of security, and research shows that it influences the ability to form stable relationships throughout life. Neuroscientists believe that attachment is such

a primal need that there are networks of neurons in the brain dedicated to setting it in motion and a hormone to foster the process, oxytocin.” (All About Attachment, n.d.)

An attachment-style matrix helps us to identify some of the roots of behavior.

	(Positive) + LOW ANXIETY	(Negative) - HIGH ANXIETY
(Positive) + LOW AVOIDANCE	<b>Secure</b> + + Prosocial/High Trust THE BEST	<b>Ambivalent/Egocentric</b> - + Preoccupied Interested in other’s responses
(Negative) - HIGH AVOIDANCE	<b>Dismissive</b> + - Emotionally Distant Low Trust	<b>Disorganized</b> - - Fearful; Chaotic THE WORST

Another category is reactive attachment disorder (RAD), sometimes seen in adopted children (Purvis, 2010).

## ATTUNEMENT

Attunement and attachment are related. When mother/fathers/caregivers are available and responsive to the child’s needs, the child feels secure.

## ASSESSMENTS

(See “Assessments” to identify your attachment style affecting relationships (Yerkovich, 2012).

## B

### **B - BELIEFS: Body, Butterfly, Breathing, and Brain to Build Boundaries**

This tree is the result of our beliefs.

#### **BODY**

Our bodies need rest, water, food and exercise. Most of our weight is water. Water helps to relieve depression and prevents headaches among other benefits for the physical brain at the root. Draw a stick person to see the DNA interactions between the head, heart, and gut.

#### **BUTTERFLY**

The butterfly hug seems to transfer physiological memories to become more like a story (James, 2017; Lucy, 2018).

#### **BREATHING**

As Christians, we experience the dwelling of the Holy Spirit within us to lead and cause us to become more like Christ in motives, words, and actions. Breath is spirit or life itself. Breathing in to the count of 4 and out to the count of 6 calms the brain and aligns it with the heartbeat (Sideroff, 2015).

#### **BRAIN**

Put your thumb in your palm with fingers overlapping to show amygdala triggering the fight-flight-freeze-appease response to “flip your lid” of the prefrontal cortex (PFC) (Siegel, 2013) You are building neuro-network trees.

## BEGIN

“What you think about the most will grow” (Leaf, p. 128).

### **Practice this process.**

Start with praise and thankfulness! Then take 10 minutes to do these Daily Detox Steps for 21 days (Leaf, 2016).

1. **Gather:** Take time to self-reflect to allow your “default mode network” to switch on and see possibilities. Become aware of your environment and your thoughts. Notice 1 toxic, negative worry or frustration that needs to be “rewired” in your mind. (2-3 min.)
2. **Focused Reflection:** Go deep within your thinking. (centered attention) Now rehearse the positive thought to replace the upsetting one. It becomes stronger as you do that.
3. **Write:** Put your brain on paper. (words and drawings). Keep a journal. Write down that 1 negative thought. Then talk against it. We don’t have to believe the lies!
4. **Revisit:** Create the change you want. (reframe, replace negative thoughts). Shift focus. Pick what you want to wire in and what you want to wire out. It’s your choice.
5. **Active Reach:** Do something. Choose 1 action to change a negative to positive thought. Appreciate. Be grateful.

## BOUNDARIES

I can only control ME, not another person. If boundaries are breached, that can trigger the amygdala and cause traumas and traumatic memories that need healing (Keffer, 2018). Healthy boundaries create healthy relationships (Cloud, 2018).

# C

## **C – CONNECTIONS:** Circles, Cycles, Choices, Conversations Continue Connections

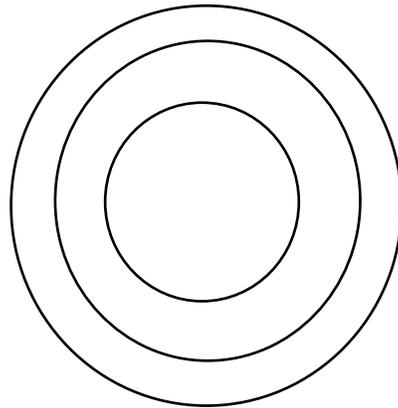
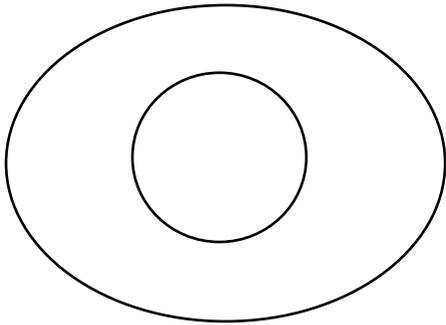
This tree has **roots** that create a trunk connecting the branches, leaves, and fruit.

### CIRCLES

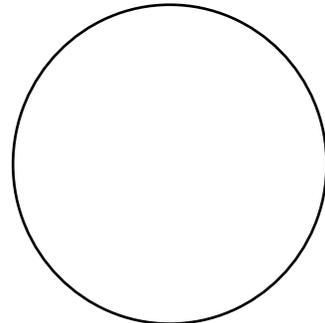
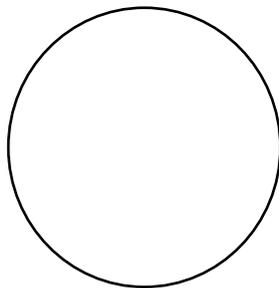
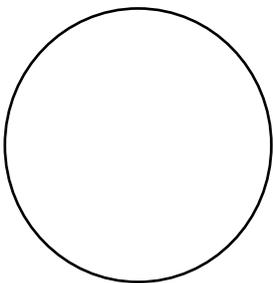
Egg Analogy

Depression, and Suicide,  
Anger, Fear, Pain

Concentric Soul (Willard, 2012)



**CYCLES** of + and – Attitudes, Effort, Result: Change 1  
(thought, emotion, behavior) to Change the Other 2



**CHOICES** to confront and turn on or turn off the self-talk of  
lies – Poof!

## CONVERSATIONS

“So many people would be better off if they learned how to have a difficult conversation in a way that gets better results, especially if you’re dealing with a narcissist, an addict, someone at your church, a bad boss or a toxic person. So, what’s so hard about doing it? At their **root**, most confrontations are just an interaction between two different people, but difficult conversations do not have to be adversarial. They merely mean that two people are going to ‘face this issue together instead of putting their heads in the sand and ignoring it’” (Cloud, 2018). We often don’t realize how our words affect others. Level 1 is **PUSHING** to convince others of my viewpoint (down-regulate these). Level 2 and 3 are **PULLING** to upregulate relationships with words. Conversational Intelligence or (C-IQ) (Glaser, 2013) has three levels (Gammill, 2018).

Level 1	Level 2	Level 3
Ask - Tell “Tell – Sell – Yell” To protect I-Centric  <b>Low Trust</b>	Advocate - Inquire “Addicted to Being Right” To Accept or Reject I & WE-Centric <b>Conditional Trust</b>	Share – Discover “All Talk No Action” Join with others to transform. WE-Centric <b>High Trust</b>

## CONTINUE

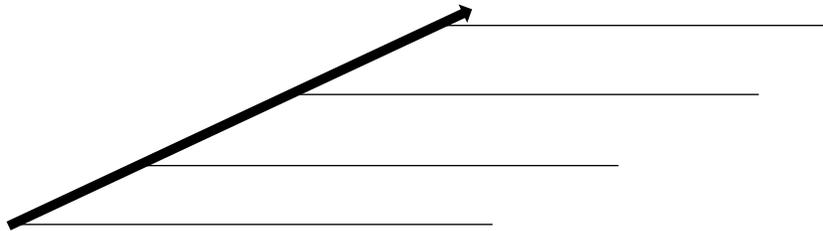
We are created to connect. Overcome attachment issues with proven strategies developed for children, caregivers, foster and adoptive parents (Purvis, 2010).

# D

## **D – DESTINATIONS:** Direction, Desire, DNA, Design, and Discipline to Decide

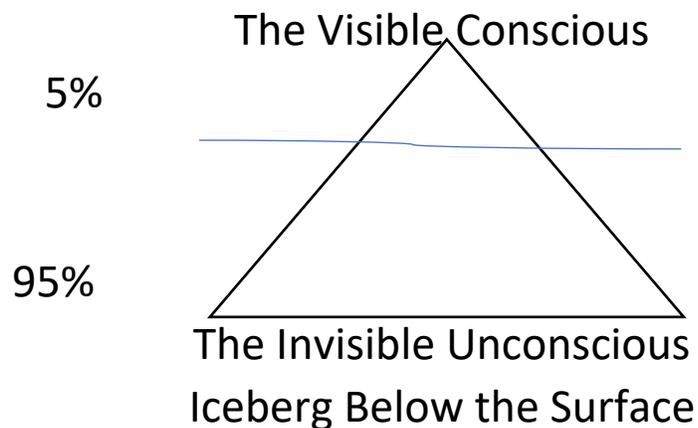
This tree is nurtured by doing and practicing repeated steps.

**DIRECTION**  
(Stanley, 2011)



## **DNA**

Our DNA and genomes can change! The science is proving the Bible is true. A thought can make or break you. A thought can create a healthy “neurotree” or one that is breaking connections in the brain (Amen, 2015), (Sideroff, 2015), (Glasser, 2017).



## DESIGN

We make choices. As a result, we receive consequences from our decisions. Willpower is not enough to make decisions that develop discipline. We need each other to encourage and keep us headed in the best direction. That's accountability to maintain healthy habits of mind because we were designed for relationships.

## DISCIPLINE

Deciding to focus on our 1) habits, 2) hurts, and 3) hangups tends to reinforce the negative beliefs we retain, causing unhealthy connections in the physical brain. Identifying these three areas helps to know where we need to heal. Dwelling (overfocusing, ruminating, obsessing) on these areas may do physical damage to our brain networks, rewiring us for more negative interactions instead of promoting positive connections.

Discipline also involves practicing internal and external boundaries. Through repeated disciplines, we change our behaviors listed in Matthew by Jesus from the Sermon on the Mount. We let go of what disables us and rise above! God does His part; we do our part. Jesus said, "If you love Me, obey."

Our love of God motivates us. It starts in the heart.

# E

**E – EXPECTATIONS:** Eternity, Epigenetics, Emotions and Expectations to Encourage Growth. This tree is strengthened by beginning with the end in mind.

## ETERNITY

Begin with the end in mind. One day we will stand before the Judgment Seat of Christ to give an account of our lives. Where did we spend our time and our money on this earth, which is a prelude to endless time?

## EPIGENETICS

*Epigenetics* is the modification of the expression of genes. Stress hormones can cause genetic changes. Studies reveal the regulation of gene activity, independent of gene sequence.

I/O = On/Off = I can choose to turn on or off genes. I do not have to be a product of my environment or my biology.

“The emerging area of epigenetics, meanwhile, could help provide a link between the biological and other causes of mental illness. Epigenetics research examines the ways in which environmental factors change the way genes express themselves. ‘Certain genes are turned on or turned off, expressed or not expressed, depending on environmental inputs,’ McNally says.”

## EMOTIONS

“Emotionally Healthy Spirituality” is a course and an assessment developed by Peter Scazzero (pastor in New York City for over 30 years) to encourage exploration of the connections between healthy Christians and their emotional lifestyles. The free assessment is listed at the end.

## EXPECTATIONS

Expectations and aspirations may differ when there are 1) unrealistic expectations, 2) realistic expectations, or 3) no expectations. False expectations may often trigger underlying anger and disappointment.

## EMPATHY

Learning how others feel by “walking in their shoes” is needed. Sometimes we may not realize how our words and actions affect others. Be compassionate. Ask, “How can I support you?”

Once we realize that seeds germinate in the soil of our hearts, we can choose to change our motives, the WHY we do what we do that affects our thoughts, words, emotions, and actions.

*We get what we sow, more than we sow, later than we sow.*  
Dig around the roots with truth, give yourself time to change, and nurture your life with encouragement and accountability from others.

# F

## F – FOCUS: Feelings, Filling, Forgiveness, and Finish to Final Future

This tree is **rooted** in reality.

### FEELINGS

Take your life back with these action steps (Arterburn & Stoop, 2016).

1. Sit quietly 3-4 times a day for 3-4 minutes with the little child you once were. Now you are an adult. Comfort the child. A list of feelings, or a feeling chart, may help you to identify emotions.

### FILLING

2. Acknowledge the sovereignty of God. God is God and I am not. Like Job concluded, God can do whatever He chooses with me—to test me, to use me as His vessel to accomplish His will. Like Jesus, we can deny ourselves and submit to His will being done.

“Be filled with the Spirit.” Ephesians 5:18

### FORGIVENESS

3. Forgive them. Forgive yourself. Forgiveness lets the prisoner out of jail. That prisoner is you. Forgiveness only takes one. Reconciliation takes two. “For if you forgive other people when they sin against you, your heavenly



# G

## **G – GRATITUDE:** Graph Genograms to Glorify God with God-Give Goals and Gifts

This tree blossoms as the **roots** grow fruit that  
glorifies God and is for our good.

### GENOGRAMS

First, thank God for everything! “In all things give thanks, for this is the will of God concerning you” (I Thessalonians 5:18). *All* means *all*, even the negatives that you may have inherited. Learn to genogram your family to **see patterns** that you want to keep and others that you want to change (Stoop, 2011). Start with yourself in the center and branch out to 3 generations each way if possible. “Genes primarily drive our behavior through motivations” (Tomasello, 2008).

Genograms tend to reveal genetic and environmental relational patterns that affect our behavior. Family cycles of dysfunction emerge to clarify where our strengths and weaknesses may originate. Some of the unconscious conflicts may rise to the surface to expose areas where we need to face the reality of what we can fix in ourselves and what we cannot fix in others and our surrounding environment.

We see better with real facts in the present to choose options for reducing stressful interactions (Glasser, 2017).

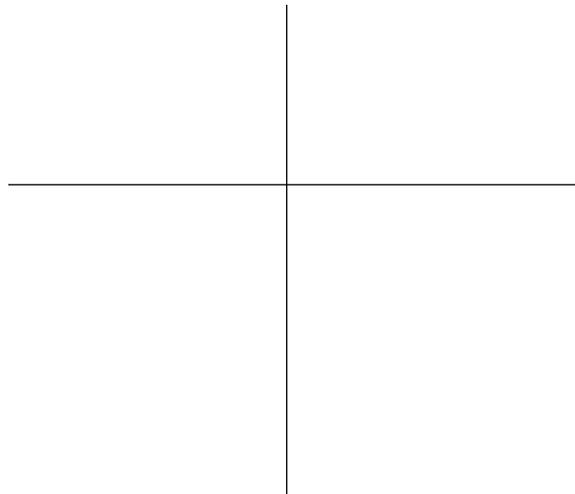
## GOD-GIVEN GOALS

God created each of us with a custom design even though we share 99.9% of the same genetics! He gives us talents at birth. What is your personality type? What strengths do you have?

## GIFTS

God gives us spiritual gifts at our new birth. Now as we become the person that He created us to be, not following our own natural tendencies, we live with divine purpose, not from human viewpoint. We are each custom-designed with that .1% difference to form the body of Christ.

Circle the center. This is where your *gifts* and *interests* intersect to help you know what direction to go! Find out who you are, what you want, and where God is leading you to use your God-given gifts. This is your calling!



# Assessments

Assess where you are.

A – Attachment Style (free) [howwelove.com/love-style-quiz/](http://howwelove.com/love-style-quiz/)

B – Brain Health (free) [brainhealthassessment.com/](http://brainhealthassessment.com/) and <https://www.heartmath.com/survey/>

C – Connectors (free) [howwelove.com/blog/traits-of-a-secure-connector-part-7/1732/](http://howwelove.com/blog/traits-of-a-secure-connector-part-7/1732/) and Coping with Stress, a Resilience Assessment <http://drstephensideroff.com/>

“Based on the newest research findings, including his own groundbreaking research and theories, each chapter [in *The Path: Mastering the Nine Pillars of Resilience and Success*] builds a process of breaking away from lifelong patterns to establish greater resilience.”

D – Discovery Tool (free)  
[www.ciqcoach.com/bonus-pdf/](http://www.ciqcoach.com/bonus-pdf/)

E – Emotionally Healthy (free)  
[www.emotionallyhealthy.org/personal-assessment/](http://www.emotionallyhealthy.org/personal-assessment/)

F – Find Strengths (\$19.99 for 1)  
[gallupstrengthscenter.com/](http://gallupstrengthscenter.com/)

G – Gifts- Spiritual Gifts Assessment  
[blueprintforlife.com/assessment\\_test/](http://blueprintforlife.com/assessment_test/)

Find more useful assessments and share.

Look for updates and clickable links on [BevGarcia.com](http://BevGarcia.com)

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## Highlights

What were the highlights for you? When did you have an “Aha” moment! Write it down here. That may be the beginning of you aspiring to become the person you want to be.

What 1 behavior do you want to start or stop?

When will you begin?

-----

“Did you know that every time you think a thought—positive or negative—it sends an electrical impulse across your brain, and that impulse creates a path? Every time you think the same thought, the path gets deeper and reinforces that brain pattern. Some of us have negative ruts in our minds because we’ve thought the same negative things over and over. But we can also create positive pathways in our mind. Every time we think about a scriptural truth, we reinforce that positive brain pattern. The only way to replace the negative ruts is to think God’s Word over and over” (Baker & Warren, p. 157).

Let’s start with the root.

**Reframe** (your situation). **Refocus** (your attention). **Redirect** (your thoughts).