EMOTION:
FEAR OF A REAL
OR PERCEIVED THREAT

THOUGHT:
I CANNOT TRUST GOD
TO TAKE CARE OF MY TOMORROWS

BEHAVIOR:
RESISTANT TO GOD'S AUTHORITY

RELATIONSHIPS:
CONTROLLING AND MANIPULATIVE

CONSEQUENCE:
CONSTANT ANXIETY

CONSEQUENCE:
UNAFRAID

RELATIONSHIPS:
PRESENT AND OPEN

BEHAVIOR:
SUBMITTED TO GOD'S AUTHORITY

THOUGHT:
GOD IS IN CONTROL OF
EVERY DAY OF MY LIFE

I CHOOSE TO SURRENDER

EMOTION:
FEAR OF REAL
OR PERCEIVED THREAT

EMOTION:
SELF-PITY

THOUGHT:
I AM A VICTIM
TO MY CIRCUMSTANCES

BEHAVIOR:
COMPLAINS

RELATIONSHIPS:
PLACES BLAME

CONSEQUENCE:
CONSTANTLY UNHAPPY

CONSEQUENCE:
JOYFUL

RELATIONSHIPS:
FORGIVING

BEHAVIOR:
GIVES THANKS

THOUGHT:
MY CIRCUMSTANCES ARE AN
OPPORTUNITY TO EXPERIENCE GOD

I CHOOSE TO BE GRATEFUL NO MATTER WHAT LIFE BRINGS

EMOTION:
SELF-PITY

EMOTION:
STRESS

THOUGHT:
I CAN DO WHATEVER I WANT

BEHAVIOR:
PURSUING SELF-INDULGENT COMFORTS

RELATIONSHIPS:
SELF-SERVING

CONSEQUENCE:
BORED

CONSEQUENCE:
EFFECTIVE

RELATIONSHIPS:
GIVING AND LOVING

BEHAVIOR:
PURSUES THE GOOD OF OTHERS

THOUGHT:
GOD HAS SET ME FREE TO SEEK THE GOOD OF OTHERS OVER MY OWN COMFORT

I CHOOSE TO SEEK THE GOOD OF OTHERS OVER MY OWN COMFORT

EMOTION:
STRESS

EMOTION:
SHAME

THOUGHT:
I CAN SOLVE MY OWN PROBLEMS

BEHAVIOR:
BUILD WALLS

RELATIONSHIPS:
ISOLATED

CONSEQUENCE:
LONELY

CONSEQUENCE:
KNOWN

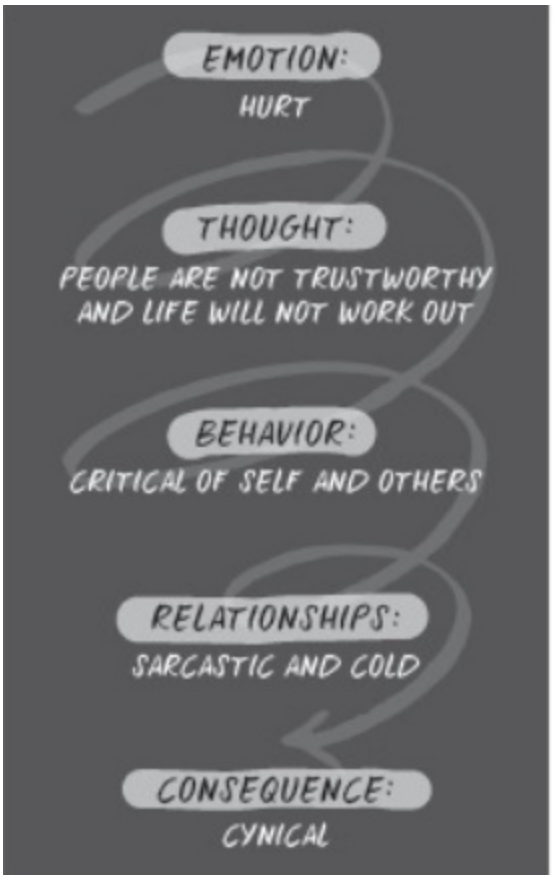
RELATIONSHIPS:
CONNECTED

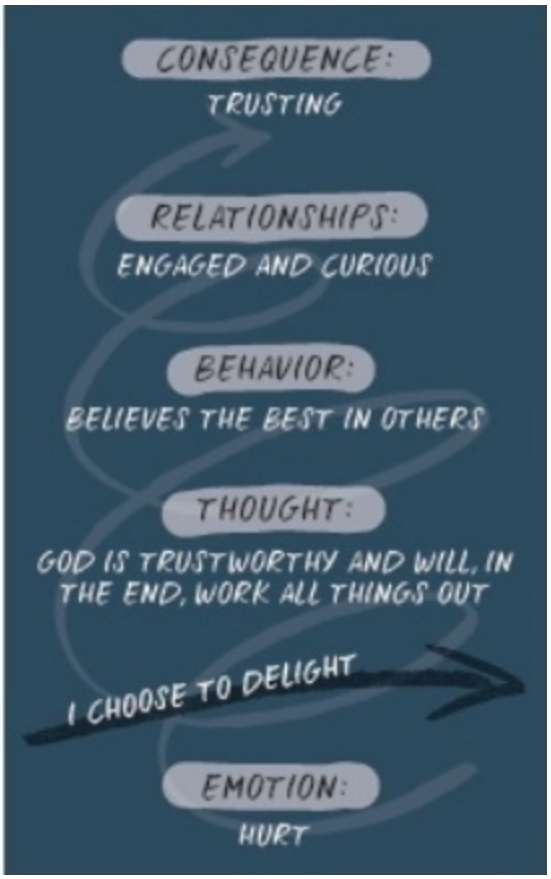
BEHAVIOR:
BUILD BRIDGES

THOUGHT:
GOD MADE ME TO LIVE KNOWN AND LOVED

I CHOOSE TO BE KNOWN

EMOTION:
SHAME


EMOTION:
HURT
THOUGHT:
PEOPLE ARE NOT TRUSTWORTHY AND LIFE WILL NOT WORK OUT
BEHAVIOR:
CRITICAL OF SELF AND OTHERS
RELATIONSHIPS:
SARCASTIC AND COLD
CONSEQUENCE:
CYNICAL


CONSEQUENCE:
TRUSTING
RELATIONSHIPS:
ENGAGED AND CURIOUS
BEHAVIOR:
BELIEVES THE BEST IN OTHERS
THOUGHT:
GOD IS TRUSTWORTHY AND WILL, IN THE END, WORK ALL THINGS OUT
I CHOOSE TO DELIGHT
EMOTION:
HURT

EMOTION:
DISCONTENT

THOUGHT:
I'LL FEEL BETTER IF I STAY DISTRACTED

BEHAVIOR:
CONSTANT INPUTS

RELATIONSHIPS:
NEEDY AND FRANTIC

CONSEQUENCE:
INSECURE

CONSEQUENCE:
SECURE

RELATIONSHIPS:
CALMING AND REASSURING

BEHAVIOR:
PRAYER AND MEDITATION

THOUGHT:
ONLY BEING WITH GOD WILL SATISFY ME

I CHOOSE TO BE STILL

EMOTION:
DISCONTENT

EMOTION:
ANGER

THOUGHT:
I AM BETTER THAN OTHER PEOPLE

BEHAVIOR:
SELF-PROMOTER AND SELF-PROTECTOR

RELATIONSHIPS:
DRAINING AND NEGLECTED

CONSEQUENCE:
UNKOWN AND FEELING UNLOVED

CONSEQUENCE:
SELFLESSLY SERVES OTHERS

RELATIONSHIPS:
GENEROUS AND JOYFUL

BEHAVIOR:
PROMOTES AND PROTECTS OTHERS

THOUGHT:
THE MORE I CHOOSE GOD AND OTHERS OVER MYSELF, THE MORE JOYFUL I WILL BE

I CHOOSE TO SERVE GOD + OTHERS OVER MYSELF

EMOTION:
ANGER