

Running On Empty
Silencing your internal critics

1. Pay attention _____

a) _____ directed negativity

Exodus 14:12 *Didn't we say to you in Egypt, 'Leave us alone; let us serve the Egyptians'? It would have been better for us to serve the Egyptians than to die in the desert!"*

b) _____

Matthew 6:25 *Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear.*

c) _____

Ephesians 4:31 *Get rid of all bitterness...*

d) _____ directed negativity

Deuteronomy 1:27-28 *"The LORD hates us; so he brought us out of Egypt to deliver us into the hands of the Amorites to destroy us...the people are stronger and taller than we are; the cities are large, with walls up to the sky."*

2. Don't listen to yourself, _____

A - Activating factor (*The most powerful king on the planet is attacking: Vicious, ruthless, powerful*)

B – Belief that's distorted (*We are going to lose. We are going to be tortured. We are going to suffer terribly.*)

C – Emotional Consequence (*Despair, fear, hopeless, anxious*)

D – Dispute the negative thought (*God will fight for us*)

E – Exchange it for a positive thought (*God is on His throne/ God is powerful/ God rule all the kingdoms of this planet*)

2 Kings 19:15 *O LORD, God of Israel, you are enthroned between the mighty cherubim! You alone are God of all the kingdoms of the earth. You alone created the heavens and the earth.*

Positive thoughts you can put in your mind today

God loves me with a never-ending love

God LOVES to meet my needs

God LOVES to give me good gifts

God promises that this too shall pass

God promises to restore my hurting soul

God promises that He will bring good from this somehow

God has promised to guide my steps

God has promised to always be with me

1. Reality testing

- What is my evidence for and against my thinking?
- Are my thoughts factual, or are they just my interpretations?
- Am I jumping to negative conclusions?
- How can I find out if my thoughts are actually true?

2. Look for alternative explanations

- Are there any other ways that I could look at this situation?
- What else could this mean?
- If I were being positive, how would I perceive this situation?

3. Putting it in perspective

- Is this situation as bad as I am making out to be?
- What is the worst thing that could happen? How likely is it?
- What is the best thing that could happen?
- What is most likely to happen?
- Is there anything good about this situation?
- Will this matter in five years time?

When you feel anxious, depressed or stressed-out your self-talk is likely to become extreme - you'll be more likely to expect the worst and focus on the most negative aspects of your situation. So, it's helpful to try and put things into their proper perspective.

4. Using goal-directed thinking

- Is thinking this way helping me to feel good or to achieve my goals?
- What can I do that will help me solve the problem?
- Is there something I can learn from this situation, to help me do it better next time?