

## NPCC 302 Assignment #1

### Exercise 1- pg. 20

On a typical day:

**Defense:**

Are my thoughts tearing me down?

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Do I think worried Thoughts?

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Does my self-talk cause me to shrink back in fear?

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Do my thoughts cause me to keep people at a distance?

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Are my unhealthy thoughts keeping me from the life I want?

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Are my unhealthy thoughts keeping me from the life God wants for me?

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Are my thoughts negative, toxic, or self-deprecating?

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Does my inner voice tell me I'm helpless or that life is hopeless?

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Do I think myself skeptical of others?

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Do I lean toward imagining worst case scenarios?

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**Offense:**

Are my thoughts building me up?

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Do I think peaceful thoughts?

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Does my self-talk inspire me to take faith risks?

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Do my thoughts help me get closer to others?

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Do my thoughts reflect my faith?

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Are my thoughts God honoring?

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Do my thoughts reflect my hope in Christ?

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Do they inspire me to believe I can make a difference in the world?

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Do they equip me to become more like Jesus?

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Do my thoughts connect to the vision God has for my life?

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## **Exercise 2- pg. 38**

My Lies:

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