

NPCC 302 Assignment 4

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Exercise 7

My Cognitive biases:

Areas of control regarding people, places, or circumstances:

Ways I can reframe biases and control issues:

Exercise 9

In your life is there a circumstance or a relationship that you know God allowed you to begin to see from a different perspective so that you change your attitude from negative to positive from harmful to healthy? Nothing? What happened to change your mindset?

Recalling my personal example ask yourself "What in my life right now is the Monday - the relationship or circumstance in which I struggle to see anything positive or good?" Write it out.

What is one particular step you could take to change your mind about this situation?

What would you want to see God do to change this situation?

What would be the most positive life building God honoring mutual edifying way for you to approach this situation?
