

NPCC 302 Assignment 4

Exercise 7- pg. 124

Exercise 9- pg. 146

Exercise 7

My Cognitive biases:

I was always called fat or chubby. So no matter how much weight I lose, I always see myself as fat. And think that everybody sees me as fat.

Areas of control regarding people, places, or circumstances:

I always try to be in charge of everything. For example household chores. If someone doesn't do them as I like them done, I go back and do it over.

Ways I can reframe biases and control issues:

Speak the truth, the word of God to myself. Tell myself I am beautiful the way I am regardless of how much I weigh. Remember that God created me as I am.

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?

Yes with my sister-in-law. I always seen her as dingy and a little wierd. But one night I was scared for my son at the possibility of losing him to death. My sister-in-law has lost 2 sons. In that moment of me feeling what she really felt, I seen her pain and understood her. And now I feel more compassion and love for her and no longer see her the way I once did

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.

My relationship with my Mother-in-law. I see nothing but negativity and frustration in her. I always feel a heavy spirit in her. And I always feel that everything she speaks is fake and that everything she does is for a purpose that is not good. I see her as very self-centered.

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

Try to see things from her point of view.
Try to have compassion for her and understand where she has come from and what she deals with.

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

Softened her heart and give her an experience with him, so that she fully surrenders.
Search my heart and show me why my heart is so hardened with her.

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

I can love on her more. Pray with her more.
Show her that she is loved by God.