

Exercise 7, Page 124

<u>My cognitive biases...</u>	<u>Areas of control regarding people, places, or circumstances...</u>	<u>Ways I can reframe biases and control issues...</u>
<p>I am a control freak.            I also live in fear of the worst happening.</p>	<p>1. I am caretaker over grandchildren most of the week.</p>	<p>1) <u>Don't react</u> - Stay calm, don't go off/overreact. 2) <u>identify the situation</u> -            Observe, first, don't be quick to judge.            Hear what they have to say about a situation.            3) <u>identify your automatic thought</u> -            Don't speak the first words that come to your mind.            Think about what I am thinking:            Is it negative or will it help lead to a solution?            Is it respectful and helpful, or is it rude and intimidating?            It takes time to develop good habits, focus and praise them for celebrate even the small victories.            It is not the end of the world.            4) <u>Find objective supportive evidence</u> -            How would Jesus view the situation?            How would Jesus have me act?            How can I help them understand that I truly love them and want them to learn successfully for their benefit?            How can I understand the problem so that I could</p>

		<p>guide them skillfully and not bully them into Submission.          Have faith in God's ability to bless and help them in times of need.</p>
	<p>2. I have adult children.</p>	<p>1) Don't react - Stay calm, shut up, don't go off!          2) identify the situation -          Observe, don't be quick to judge.          Listen to the story          3) Identify my automatic thought -          Please, Don't THINK negative. Give benefit of the Doubt          Keep in mind that they are adults and capable of making a good decision.          Remember that they are adults and don't have to listen to me.          God has given everyone free will. Even God does not force His will on anyone. Do this or else!          Rather than command, I can suggest ideas.          No insults, sarcasm allowed.          It is not the end of the world.          4) Find objective supporting evidence -          Am I being helpful or just talking just to be talking?          Are there bible scriptures that might support the situation? Will they listen?          Do they just want someone to listen?          Believe that God sees them and is upholding them</p>

		<p>with His right hand because “for these children, I prayed.”</p> <p>Scriptures:  “Be slow to speak, quick to listen, slow to anger.”  “Don’t provoke your kids.”  “Pray for wisdom.”  “Now the fruits of the spirit is love, gentleness, kindness, faith,... and self-control.”  “Pray that they believe and seek God’s advice...”</p>
	<p>3. On my job, I noticed that I have certain ways of doing things.</p>	<p>3. On the job, God puts us to in positions to be a blessing. I am there to help. Take care of others needs before your own.  I don’t always have to get the last word in. Be a peacemaker.  Although I’d like to think so, unfortunately, I am not always right.  So, be humble. Who knows, I may learn something.</p>
<p>Prayer:  Lord, I first would like to say, thank You so much for helping me. That song says if it had not been for the Lord on my side, tell me where would I be, where would I be. Your thoughts toward me are definitely not evil, but good. Soooo good! Thank You! Help me to identify the cognitive biases that hinder your purpose and plan for my life. That get in the way of being all that I can be for You and stop me from putting myself out there to fully</p>		

love others. I want to be used by You, Jesus. Heal me and I will be healed. I am definitely a work in progress. Thank You for my road to recovery but most of all to You be all the glory and let every deliverance and healing, restoration be for Your glory alone. Help me to always remember to be grateful, in Jesus name I pray. Amen.

### Exercise 9, Page 124 Your Collateral Goodness

1. My current relationship with my children God is allowing me to see from a different perspective that changed my attitude from negative to positive. I had to move in with my two adult daughters almost two years ago. I didn't want to because honestly, their life styles and disrespect got on my nerves. When I first moved in, everything was negative to the house being kept clean, the grandkids being under control,... I was miserable arguing with kids and grandkids about everything and was about to give up. I went to the Women's Conference themed 'Uncommon.'" I didn't have the money to go but Mrs. Suzy from Kidsworld gave me a ticket. Well God spoke to me through that conference. Told me, Uncommon does not just mean doing great things, but things people would not commonly do like sending their Son to die on a cross. He told me the things that I felt I shouldn't have to do, I would have to do to make a difference. In order to be obedient, I had to change my outlook to: I can clean a house from top to bottom by myself if I have to. I've done it before. And, I am there to be a blessing not a nag. And it worked. My relationship with my kids/grandkids is much better and the things needed to get done in the house are now being accomplished.

2. My Monday is:

Through me spreads the fresh fragrance of the knowledge of Jesus Christ to others...

I can do all things through Christ who strengthens me...

Love conquers all...

3. One practical step I am taking to change my mind about the situation is...

I am grateful. I get to spend time with my children and grandchildren.

4. One way I would like to see God change this situation...

Is for these children/grandchildren of mine to have a relationship with Christ Jesus.

5. What would be the most positive, lifebuilding, God honoring, mutually edifying way for me to approach this situation:

Be an example, exemplify/show the Lord's love.