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Non Profit Care and Counseling 302

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NPCC 302 Homework 4 - Exercises 7 & 9

Exercise 7- pg. 124

1. My cognitive biases

* I think I sound stupid and feel embarrassed when I speak. I tend to process information in conversations slower than most people. Unfortunately, I always feel rushed to respond and end up saying something that doesn’t quite convey what I’m trying to communicate which causes me to say something I think is stupid and feel embarrassed
* When I'm speaking I feel people are annoyed by what I am saying or with me personally.

1. Areas of control regarding people, places, or circumstances:

* I tend to stay quiet and am one of the last people to respond in order to reduce the chance of sounding stupid or ineffectively communicating what I’m trying to say.
* Sometimes I’m hesitant to talk so others aren’t annoyed by my voice or what I am saying.

1. Ways I can reframe biases and control issues:

* I can choose to lean on the Holy Spirit and ask Him to keep my calm and to walk in the peace He has given me. Then, I can bring my thoughts into Christ's captivity. Lastly, I can ask the Holy Spirit for scripture(s) to combat my thoughts and choose to believe God’s truth over what I am feeling.

Exercise 9- pg. 146

1. 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, the Lord is showing me that, though I am not perfect, my salvation is sure. Regardless of my past, God shows me daily that I am His because He talks with me. Example, the Holy Spirit will give me a verse or topic and somehow, from some other source, that same verse will be presented to me through written or spoken word. He will highlight a phrase or sentence or concept and that very same concept will appear again later. I’ll study a chapter in the Word and then I’ll receive an email from a friend who mentions the exact Word He led me to study. Him speaking with me has helped me realize that I am His and He will never turn His back on me.

1. 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.

* Right now, I am struggling to see a change in my financial situation. I do not have a car as God led me to sell it at the end of last year. Commuting back and forth to church is a challenge as is not being able to pick up and go run errands on a whim. At times I get discouraged and trusting Him to be my only source gets challenging. This is a season He has me still and my natural response is to do something - anything. However, He has been trying to get me to be still for years and I have not been obedient. Being still is out of my comfort zone.

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

* I can trust God. He is my provider and I feel He is trying to teach me to rely solely on Him as my source. During this time, I have to meditate on the truth of His word and bring my doubts into captivity to Jesus the Christ. I believe it is time for me to concentrate on my relationship with Him.

1. 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?

* I would like to see God supply my need of transportation and financial stability. The most positive life building God honoring mutual edifying way for me to approach this situation is to trust and obey Him.