

NPCC 302 Assignment #1

Exercise 1- pg. 20

On a typical day:

Defense:

Are my thoughts tearing me down?

I would say that there are some thoughts that are on replay that I have to take authority over Every now and again. The majority of my thoughts do not tear me down.

Do I think worried Thoughts?

I can think "worried" thoughts depending on what I have going on. There are something's that I Lead that can be overwhelming sometimes and if I get carried away with the weight of them then I can tend to think worried thoughts.

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

My self talk does not cause me to shrink back. There was a time where that was the case but God has done too much for me to be held back by lies.

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

OK, this one maybe. I love people and sometimes I do tend to hold them at a distance. I can feel as if I can't ever meet the expectation that they may have. My thoughts try to "protect" me is what I notice.

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

100% yes. The limitations that some thoughts place on me is frustrating. They are so subtle and yet they are detrimental to the call and potential of my life.

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

Yes, although I do move in action in what I am called to do I find that there are some areas that I avoid because of lies.

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

There are areas of my life that some thoughts are negative. Not really toxic because I have done some work to recognize those things and get rid of them.

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

When I am deep in my emotions the answer is yes. Being a woman managing my emotions is of utmost importance because mismanaging them can lead to thoughts like those above.

Do I think myself skeptical of others?

I used to think this way. I do try to give others the benefit of the doubt. I try to understand that God is working on all of us and it's impossible to know the motives of others.

Do I do I lean toward imagining worst case scenarios?

This is always a temptation to do. However, I do not go down those thought processes.

Offense:

Are my thoughts building me up?

I would say that I am more of a realist when it comes to myself. I don't tell myself "fluff" anymore but honestly that's because I have lost some trust with myself. Mostly my thoughts solidify who I am and where I am going.

Do I think peaceful thoughts?

I do. This is a necessity with what I am on charge of and who I am surrounded by. I have to think peaceful thoughts because I have the prince of peace within me.

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

This is an area that I need to work on. I am a realist and sometimes that means I don't rock the boat. I feel as if I am so spread thin that I can even think about taking risks right now!

Do my thoughts help me get closer to others?

Depends on who! No, really, my thoughts do help me get closer to others because I try to walk in love like we are called to do.

Do my thoughts reflect my faith?

Yes, absolutely.

Are my thoughts God honoring?

Yes, they are most definitely.

Do my thoughts reflect my hope in Christ?

Yes, I wouldn't be here if they didn't.

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

Yes they do. I am getting fired up just thinking about them in answering this question.

Do they equip me to become more like Jesus?

I think correct word would be challenge. They challenge me to become more like Jesus.

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

Yes they do!

Exercise 2- pg. 38

My Lies:

I just can't stick to a schedule.

I will never have the time to get everything that I need done.

I will always struggle to lose weight.

I just need to stop trying new things because I never finish them.