

## NPCC 302 Assignment 4

**Exercise 7- pg. 124**

**Exercise 9- pg. 146**

### **Exercise 7**

My Cognitive biases:

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Areas of control regarding people, places, or circumstances:

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Ways I can reframe biases and control issues:

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### **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?

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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.

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

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

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

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