

NPCC 302 Assignment #1

Exercise 1- pg. 20

On a typical day:

Defense:

Are my thoughts tearing me down?

on occasssion. Depends on what has happened in the days prior.

Do I think worried Thoughts?

Yes! Often regarding school, health and my kids.

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

Yes. Often with my weight insecurity. I think that I am not as good becuase i am over weight. Or

I think people judge me because of my weight. Thoughts like, She doesn't trust God, because she obviously eats her emotions.

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

Yes, becasue i feel like i will be judged or im just not confidant and juging myself.

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

Definetly yes. I want to travel, and be adven terous. But i dont.

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

Most likely.

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

my thoughts are negative and at times can be self- depreciating.

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

Not that im helpless or life is hopeless, just that it feels impossilbe to lose weight and not be consumed
with the negative thoughts that come with it.

Do I think myself skeptical of others?

sometimes.

Do I do I lean toward imagining worst case scenarios?

sometimes, it depends on the situation. More often not.

Offense:

Are my thoughts building me up?

sometimes, it really depends on the day. Or what happened during the day.

Do I think peaceful thoughts?

Yes .

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

Yes. Especially after encouraging someone else.

Do my thoughts help me get closer to others?

Sometimes, yes.

Do my thoughts reflect my faith?

More often than not, yes. :-). Praise the Lord.

Are my thoughts God honoring?

Most of the time.

Do my thoughts reflect my hope in Christ?

Yes. Most of the time.

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

Most of the time.

Do they equip me to become more like Jesus?

Most of the time.

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

I hope so.

Exercise 2- pg. 38

My Lies:

I believe i cannot truly be loved by someone else because I am overweight.

I believe that even though i have hopes and dreams to own a home and my own busines

that the reality of it happening is very slim (if at all).

I beleive that unless someone can love me at my worst (heaviest) they don't deserve to

love me at my best (thinner)
