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A GUIDE TO CHANGE WHAT YOU BELIEVE

1. **Be open** to change. Consider it. Weigh the pros and cons of staying the way you are vs changing.
2. **Be honest** with yourself about your weaknesses, mistakes, and poor decisions.
The way to healing and growth is to admit that “I was wrong, I made a mistake, I feel jealous, or I am not loveable.”
3. **Decide** to make changes to your weaknesses, mistakes and poor decisions. Don’t stay that way! Grow. Heal. Improve. Be willing to come out of your comfort zone. Read the rest of these pages to discover ways that you can learn to change what you believe.
4. **Find scriptures** that you can rely on –
Proverbs 3:5 says “Trust in the Lord with all your heart and do not rely on your own understanding.” Ephesians 3:20 says “God is able to do exceedingly, abundantly more than you ask or think according to the power that works in you.” Scripture based thoughts are true, wise, and healthy.
5. **Identify** the negative thought(s) that drive you to feel and act the way you do. Examples: “I’m helpless.” “It’s not ok to be me.” “I am shameful.” “I am a failure.” “I have to be perfect.” “I’m not good enough.” “I deserve to be miserable.”
6. **What** does the bible say about your negative thought? Does the bible support these negative beliefs that you have about yourself?
7. **Challenge** your negative thoughts. Who told you that you were not good enough? Is that person the authority and expert on you? What evidence do I have that I am not good enough? We are human beings that God created. We *make* mistakes but *we* are not mistakes.
8. **Replace** your negative thoughts with scripture based thoughts. What would you prefer to think about yourself? Examples: “I can learn to take care of myself. I have choices. I am important. I can learn from my mistakes. It’s ok for me to decide to do what is best for me.”
9. **Incorporate** scripture and prayer into your thoughts. Psalm 94:19 says, “When my anxious thoughts multiply within me, Your consolations delight my soul.” Many of the psalms were written by David when he was feeling anxious, facing danger, emotional unrest, fear, or despair. He boldly wrote out his anxious thoughts and then turned them into the worship of God. Psalm 6:9-10 says “I am worn out from my groaning. All night long I flood my bed with weeping and drench my couch with tears.” Yet the author, David, does not stop there. The psalm ends with these words: “The Lord has heard my cry for mercy; the Lord accepts my prayer. All my enemies will be overwhelmed with shame and anguish; they will turn back and suddenly be put to shame.”

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10. **Study bible characters** that struggled in a similar way as you.
Study Joseph – his brothers betrayed him and sold him into slavery and through a process that took years, he became the second in command to the ruler of Egypt. Study Gideon and Moses. Learn from them.
11. **Go to church** to hear teaching from the Word of God.
12. **Listen to and watch** YouTube videos -
 - a) about people who have overcome what you are faced with
 - b) listen to the scriptures – there are people who have uploaded the entire bible for our listening education and encouragement
 - c) listen to music
 - d) upload inspirational books
 - e) upload motivational movies
 - f) sermons by well-known and little known teachers, pastors, ministers, counselors, and regular people
13. **Go** to a support group, prayer group or bible study at your church or in your community.
14. **Do online research** about people who have experienced what you are going through and read about them. In the search bar, type in “people who have overcome tragedy” or “50 Celebrities on Coping, Wallowing, and Surviving Breakups,” or “15 Healthy Habits of People who have lost weight.”
15. **Use FACEBOOK.** Read motivational posts, sermons and inspirational videos.
16. **Use Pinterest.** Read quotes about various subjects. Type in the search bar “letting go, counseling, starting over, relationships or whatever topic interests you. Quotes written on a beautiful background will come up. Just scroll through, read, and be encouraged.
17. **Remember what God has done for you.** Create memorials. Use a picture, a plant, a calendar, or other memento that reminds you of the healthy thoughts that you are developing.
18. **Draw** a smiley face on your calendar on the date that you started to make deliberate efforts to change negative thoughts to healthy thoughts.
19. **If you decide to let go of:**

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| alcohol and drugs eating bread and French fries negative thoughts | Replace them with: cranberry juice fruit, vegetables scripture based thoughts |
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20. **Write in your journal** about changing what you believe. Write about what you are learning from this guide. Be grateful, forgive, and write your goals.

