

OVERCOMING DEPRESSION

How to Help Your Client Get Rid of Depression

A Cognitive-Behavioral Approach

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*“Do not be transformed to this world,
but be transformed by the renewing of your mind.”*
Romans 12:2

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All the techniques introduced in this book are intended for the purpose of helping clients get motivated to stress less and live a better life.

Please consult a medical doctor if you think you might need professional advice about improving your physical condition. Please consult a state-licensed counselor or a faith-based counselor if you think you might benefit from talking to someone who cares. The purpose of this publication is to encourage counselors to help their clients stop upsetting themselves and start experiencing positive, productive conversations.

It is intended to be a tool for counselors to learn new coping skills, find helpful support, and experience a therapeutic relationship with their clients.

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What is Rational Living Therapy?

1. Systematic

2. CBT

3. Four Pillars

a.

b.

c.

d.

4. Benefits

a.

b.

c.

About Depression

Depression vs. Sadness

Learned vs. Not-learned Behavior

Case: Linda has 5 symptoms

Is depression something you “have” or something you “do”?

Cognitive Emotive Dissonance

Teach your client about: *Cognitive Dissonance & Cognitive Emotive Dissonance*...several times.

Cognitive Dissonance – Two _____ thoughts/ideas

Examples:

I like exercising.

I like being married (single, having kids, in-laws).

I am a wise steward over my finances.

I care about what I eat, how much I eat, and when I eat.

I am looking for a new job.

Cognitive Emotive Dissonance – an unfamiliar, _____
_____ when practicing a new, better thought

Examples:

I share good memories about my loved one who passed away.

I am kind and patient with other people.

I am kind and patient with myself.

I like to share how God is good.

I value people of all skin color.

Assessment

Depression Screeners

BDI

CED-D

Example:

Linda's scores

Good Questions to Ask Linda:

1. What are you _____ about?
2. Why are you _____?
3. What are you _____ yourself about?

Sad, Depressed, Worried, Anxious/Panic, Confused,
Afraid/Scare, Doubting/skeptical

What is Linda sad about?

Linda's Words:

"I feel sad all the time.

A classmate told me no one would miss me
if I no longer existed.

She's right.

If I went away, no one would even notice.

No one would care.

I have nothing to offer.

I'm not good enough for anything.

I didn't make the cheer team.

I hate doing homework.

I just don't belong anywhere.

My parents treat me like I'm a problem.

My teachers are always disappointed with me.

This world is better off without me."

Which statements are true?

Which statements are suicidal?

Find Linda's Underlying Assumption

Are Linda's underlying assumptions learned or unlearned?
Voluntary or involuntary?

Example:

Premise 1: "The only way I'll ever be happy again is if I get what I want."

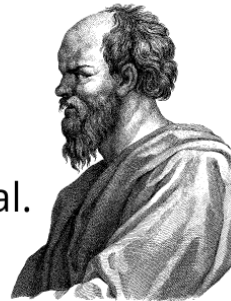
Premise 2: "I can never get what I want."

Conclusion: "Thus, I will never be happy."



EXAMPLE OF A PROPER CONCLUSION

1. All men are mortal.
2. Socrates is a man.
3. Therefore, Socrates is mortal.



1. If a person doesn't belong anywhere, then the world is better off without the person (not true).
2. I don't belong anywhere (not true).
3. Therefore, the world is better off without me (not true).

Aristotelian syllogisms are useful to:

- 1.
- 2.

OVERVIEW

Seven Steps to Help Your Client Overcome Depression

1. Assessment
2. Hope
3. Teach your client
4. Goals
5. Plan
6. Homework
7. Encourage

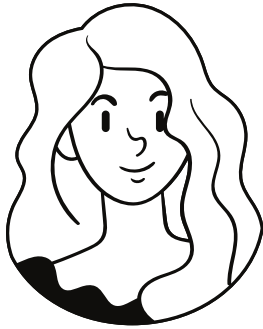
3 KINDS OF EMOTIONS

Positive, Neutral, & Negative



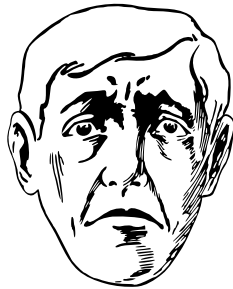
1. Positive Emotions

HAPPY EXCITED ENERGETIC
JOYFUL RELAXED COMPASSIONATE
HOPEFUL OPTIMISTIC RESTFUL
GIGGLY COZY ENTHUSIASTIC



2. Neutral Emotions

CALM FOCUSED
INDIFFERENT CONTROLLED
CONCERNED



3. Negative Emotions

SAD ANNOYED STRESSED
NERVOUS BORED AFRAID
ANGRY IRRITATED HATEFUL
CONFUSED TIRED UPTIGHT



Harmful Emotions:

RAGE MISERABLE SELF-HATE
DEPRESSION LONELY TRAPPED
UNFORGIVING RESENTFUL
PANIC ANXIOUS WORRY
LAZY BITTER JEALOUS

IDENTIFY:

**PRACTICAL PROBLEMS &
EMOTIONAL ISSUES**

We usually address the emotional issue first.

Examples:

I'm so depressed...

Encourage your client to...

EMOTIONAL ABCs

$$A + B = C$$

A. An **Activating Event**, a situation, something that happened, what you became aware of about oneself, someone else, or in the world

B. **Belief** about what happened, your thoughts, what you think about the situation, your preferences, opinions, desire, self-talk, hidden subconscious thoughts, or complaints

C. The **Consequence** that happened, including your feelings and behavior, the result, emotions you feel, actions you took if any at all

Linda's Words:

“I feel sad all of the time.
A classmate told me no one would miss me
if I no longer existed. She's right.
If I went away, no one would even notice.
No one would care.
I have nothing to offer.
I'm not good enough for anything.
I didn't make the cheer team. I hate doing homework.
I just don't belong anywhere.
My parents treat me like I'm a problem.
My teachers are always disappointed with me.
This world is better off without me.”

Is there an instant cure?

Four Words:

“Stop thinking _____.”

Is it that *simple*?

Is it always that *easy*?



THREE RATIONAL QUESTIONS

1. Is my thought based on fact?
2. Does my thought help me achieve my goals?
3. Does my thought help me feel the way I want to feel?



3 Rational Questions:

1. Is the thought, “I’m not good enough for anything,” based on fact/truth... and hope?
2. Does the thought help Linda achieve the goal of “I will recognize and value my strengths and interests”?
3. Does the thought help Linda feel the way she wants to feel?

If there are one or more no’s, then the thought is probably an irrational thought.

If it is an irrational thought, then “pull it out like a weed, and plant a life-giving thought.”

Reflexive Thoughts

A. I didn't make the basketball team.

B. (?)

C. I feel depressed.

A reflexive thought is:

What are the client's thoughts about the fact that he/she did not make the basketball team?

Example:

COUNSELOR: What do you think about the fact that you didn't make the basketball team?

CLIENT: Nothing. I'm just sad about it.

COUNSELOR: Let me tell you about how our thoughts and emotions work...

CLIENT: I'm sad because I didn't make the basketball team. I need to be on that team!

COUNSELOR: So, you *wanted* to make the basketball team, but you were not selected.

CLIENT: Yes. I went to try outs, but I didn't get on the team. I'm even better than some of the people on the team.

COUNSELOR: So, you *wanted* the coach to select you, but that coach did not select you.

CLIENT: That's right.

COUSELOR: So, you *prefer* to be on a basketball team. There are other ways you can play basketball, right?

CLIENT: Well, I can practice at the gym, but that isn't the same as being on a team.

COUNSELOR: Can you find another team?

CLIENT: I don't know. Maybe.

What might the problematic underlying assumptions be?

- 1.
- 2.

Symptom Stress

There are several names for symptom stress.

Examples of symptom stress:

I'm so tired of being sad. I'm even sad about being sad.

I can't stand being depressed. I'm so angry that I am depressed.

I'm so stressed out about being depressed.

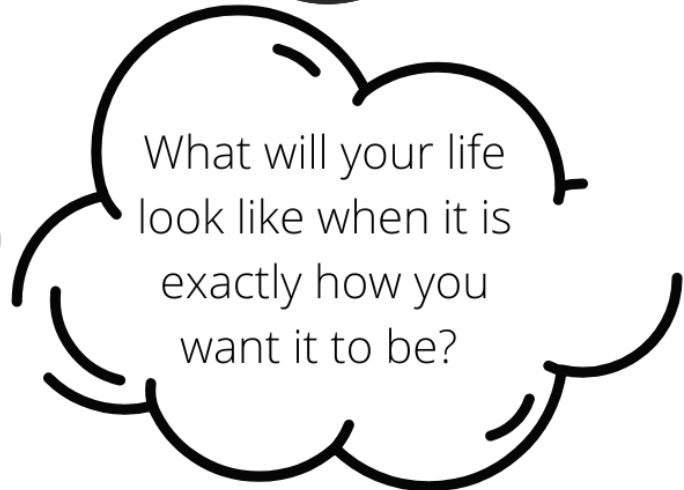
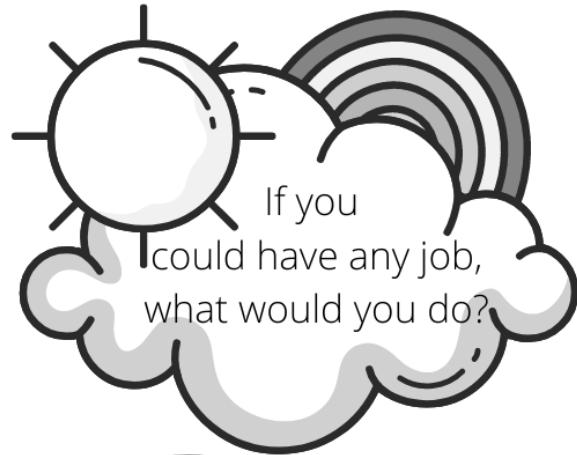
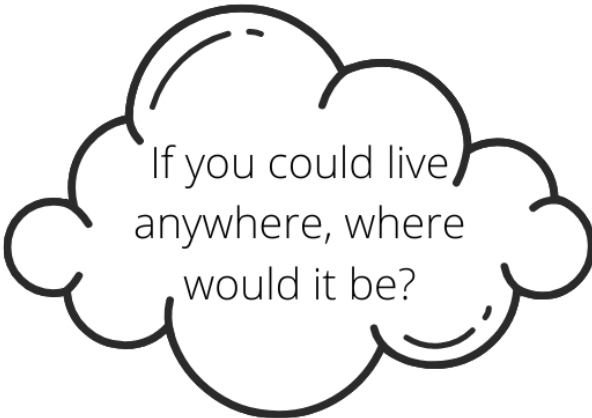
Seven Steps to Help Our Client Overcome Depression

Do Antidepressants Fix Thoughts?

1. Assessment: Listen. Ask good questions. Find the underlying assumptions and problematic thoughts.
2. Hope
3. Teach:
 - a. Three kinds of emotions, Emotional ABCs, 3 rational questions
 - b. Cognitive Dissonance & Cognitive Emotive Dissonance, Reflexive Thoughts, Symptom Stress
4. Work on Goals
You can't have a problem unless you have a _____.
(See next page)
5. Develop a new plan, a new perspective
6. Give homework
7. Encouragement

What are your goals?

SKY IS THE LIMIT



Identify Goals

Help Find a Better Goal

Help Find a New Way to Reach Those Goals

Compare Two People

PERSON: Linda

Linda says,

“Rain makes me sad.”

Apply ABCs:

A: It is raining.

B: (Her thought about it)

C: I feel sad.

PERSON: Laura

Laura says,

“Rain makes me happy.”

Apply ABCs:

A. It is raining.

B. (Her thought about it.)

C. I feel happy.

HIDDEN THOUGHTS IN THE SUBCONSCIOUS

Case Example: Feeling Depressed About the Rain

ABC Process	A	+	B	=	C
	A. An Activating Event , a situation, something that happened, or what you became aware of about oneself, someone else, or in the world		B. Belief about what happened, your thoughts, what you think about the situation, your preferences, desires, self-talk, hidden subconscious thoughts, or complaints		C. The Consequence that happened, including your feelings and behavior, the result, emotions & actions you took

1. Assessment

A. Something's wrong with the way I feel. I don't seem to be happy like everyone else. The sky looks so gloomy when it rains.

B. The rain is making me depressed. (Plus a hidden thought in the subconscious)

C. I feel depressed all the time about the rainy weather. I blame the rain for making me depressed.

2. Assessment: Find the hidden thought that is causing depression

A. We are getting a lot of rain and overcast weather. The sun isn't coming out, and the sky looks gloomy.

B. This rain is terrible! I hate it. The rain **MUST** stop or I won't be happy. It **MUST** not rain or else I will be upset.

C. I feel sad and depressed about rainy weather and overcast skies.

3. Improve the Thought/Belief in the "B" Column

A. It's been raining a lot, and it often looks gloomy outside.

B. I know the sun will come back out. When it rains, it isn't the end of the world. I prefer sunny weather, but it won't rain forever. I will remain calm when it rains so I can get my work done.

C. I feel calm when it rains. Now I appreciate the rain and remain patient for the sun to come back out.

What Causes Depression?



Depressing _____ cause depressive
_____ & _____

When a Client Pushes Back

CLIENT: “It’s more complicated than that!”

COUNSELOR: No. It really is that _____.

It isn’t always _____ finding the thoughts that are causing the problem.

It isn’t always _____ practicing the new and better thoughts.

Rational Living Therapy

Theory of Depression

Depression is caused by thinking helplessly about a perceived goal that will never be achieved, and that unachieved goal is seen as a “need” that will never be obtained.

For example:

Premise 1: I’ll never be happy unless I get what I need.

Premise 2: It’s terrible I never get what I need.

Conclusion: Thus, I’ll never be happy.

Clarify *wants* and *preferences* (it differs from musts, shoulds, & needs):

I prefer if people are nice to me.

I want to get married someday.

I prefer to get pregnant this year.

I want to be a physical therapist.

I prefer to get good grades.

I want to run a successful business.

I prefer being healthy.

I prefer having a nice boss.

I want to be my own boss.

Three Steps for the Client to Get Better

1. Identify (find the problematic thought, reflexive thought, or underlying assumption)
2. Dispute (put off the old)
3. Practice (put on the new)

How to Transform Dysfunctional All-or-none Thinking



Put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and be renewed in the spirit of your minds, and put on the new self, created after the likeness of God in true righteousness and holiness. Ephesians 4:22-24

Example:

1. CLIENT: “I must get married, and I must have kids. I’ll only be happy if I am married with kids.”
2. COUNSELOR: “Single people are happier when they are patient, forgiving, and kind.”
3. CLIENT: “I will practice being patient, forgiving, and kind.”

Two Ways We Use RLT to Help Linda

1. Follow the RLT Sequence:

Assessment

Teach: 3 Kinds of Emotions, Emotional ABCs, & 3
Rational Questions

Homework

2. Identify and Correct _____

_____.

Dispute problematic, irrational statements.

How to Eliminate Bad Behavior & Stop Hopeless Thinking



T/F

According to clinical studies, depression is caused by depressing thoughts about self, others, and the environment.

About Suicide

Intervention Techniques

National Suicide Prevention Hotline

Theories of Suicide

1951

1987

1993

2014

2017 Case Study

Perceived Burdensomeness
Thwarted Belongingness
Acquired Capability

Case: Linda's Comments

Ten Things NOT to say to a suicidal client:

Your life isn't that bad.

I would be devastated if you killed yourself. (How could you hurt me?)

Suicide is selfish.

Suicide is cowardly.

You don't really want to die.

Things could be worse.

Other people have it worse than you.

Suicide is a permanent solution to a temporary problem.

You'll go to hell if you commit suicide.

Ten Things to say to a suicidal client:

I'm glad you told me about these thoughts of suicide.

I'm sad you're hurting like this.

What's going on that makes you want to die?

Are you thinking of acting on these thoughts anytime soon?

In what way do you think about killing yourself?

Do you have access to a gun?

Help is available: 988 or 800-273-TALK

What can I do to help?

I care about you, and I hope you stay (alive).

I hope you keep talking to me (about why you are sad).

Main Question:

What do you think ending your life will do for you?

3 Common Reasons:

- 1.
- 2.
- 3.

Referencing Technique

Referencing is when you shift your mindset so you're able to look at a situation from a different perspective.

Referencing is about finding better ways to reach a healthy, positive, reasonable, rational goal.

GOAL: To find relief

Possible ways to find relief:

1. Meds
2. Do nothing?
3. Good Talk Therapy
4. Learn RLT
5. Learn new coping methods
6. Try new support groups

DEPRESSION HAS TWO PARTS

1. I must have _____.

2. It'll be the end of me if I don't have it.

Case:

Counselor: What are you depressed about?

Linda: I don't know. I feel sad all the time.

Counselor: What is it that you are wanting? Depression has two parts.

Linda: Well, I wanted to get on the cheerleading team, but I didn't get it. I really liked this guy, but he broke up with me to go out with someone else. Things just never work out the way I want them to.

Counselor: Let me teach you a few things about how our mind and emotions work...I know I can help you feel better...

1. I must get on the team. I must get that person to like me.
2. It's the end of me if I don't have them.

What is Linda's problem?

Jumping to the wrong _____.

Control

Things I Can Control:

Things I Cannot Control:



God, give us grace to accept with serenity
the things that cannot be changed,
Courage to change the things
which should be changed,
and the Wisdom to distinguish
the one from the other.
Living one day at a time,
Enjoying one moment at a time.
Accepting hardship as a pathway to peace,
Taking, as Jesus did,
This sinful world as it is,
Not as I would have it,
Trusting that You will make all things right,
If I surrender to Your will,
So that I may be reasonably happy in this life,
And supremely happy with You forever in the next.



Offer Hope

I know you can get through this. I am here to help.

You can borrow my hope right now. I believe you will get better.

How have you overcome sadness in the past?

Tell me about a time when you were happy. If you were once happy, you can learn to be happy again.

We will mark your progress together, and you will see you are getting better.

My motto is “We are all a work in progress.”

You are a wonderful person. You have strengths.

I know you can be kind to yourself.

“This too shall pass.” 2 Corinthians 4:17-18

“For our present troubles are small and won’t last very long. Yet they produce for us a glory that vastly outweighs them and will last forever! So we don’t look at the troubles we can see now; rather, we fix our gaze on things that cannot be seen. For the things we see now will soon be gone, but the things we cannot see will last forever.”

Thinking is Like Surfing

Thinking is like surfing, and our thoughts are like waves.

Just like waves come and go, our thoughts can come and go.

But we get to choose which waves to surf on.

Carefully choose your thoughts and words.

The Point: Hopeless thinking must go. Select a hopeful wave. Select a rational thought.

Philippians 4:8-9

“And now, dear brothers and sisters, one final thing. Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.”

Beautiful words come from beautiful thoughts.

All flesh is like grass, and all its glory like the flowers of the field. The grass withers and the flowers fall, but the word of the Lord stands forever. 1 Peter 1:24-25

Jesus said,

“Heaven and earth will pass away, but my words will not pass away.” Matt. 24:35

Ways to Get Rid of Hopeless Thinking

1. Think: About Facts (Truth) and Hope
2. Physical Body
3. Set New Goals and Understand Control
4. “3 Steps to Get Better” by Jesus Christ
5. “5 Stages to Get Better” (upcoming)
6. Find Assumptions & Avoid Obstacles (upcoming)
7. Practice New Techniques (upcoming)



Jesus Heals a Lame Man (New Living Translation)

John 5:1-15

1 Afterward Jesus returned to Jerusalem for one of the Jewish holy days. **2** Inside the city, near the Sheep Gate, was the pool of Bethesda, with five covered porches. **3** Crowds of sick people—blind, lame, or paralyzed—lay on the porches. **5** One of the men lying there had been sick for thirty-eight years. **6** When Jesus saw him and knew he had been ill for a long time, he asked him, "**Would you like to get well?**"

7 "I can't, sir," the sick man said, "for I have no one to put me into the pool when the water bubbles up. Someone else always gets there ahead of me."

8 Jesus told him, "**Stand up, pick up your mat, and walk!**"

9 Instantly, the man was healed! He rolled up his sleeping mat and began walking! But this miracle happened on the Sabbath, **10** so the Jewish leaders objected. They said to the man who was cured, "You can't work on the Sabbath! The law doesn't allow you to carry that sleeping mat!"

11 But he replied, "The man who healed me told me, 'Pick up your mat and walk.'"

12 "Who said such a thing as that?" they demanded.

13 The man didn't know, for Jesus had disappeared into the crowd. **14** But afterward Jesus found him in the Temple and told him, "**Now you are well; so stop sinning, or something even worse may happen to you.**" **15** Then the man went and told the Jewish leaders that it was Jesus who had healed him.

5 Stages to Cope Better



TO COPE BETTER

by Maxie Maultsby

Intellectual Insight

Practice New Behavior

Work Through Cognitive Emotive Dissonance

Gain Emotional Insight

Experience a New Personality

Teach Your Client: 5 Stages to Cope Better (Emotional/Behavioral Redirecting)

1.

2.

3.

4.

5.

Persuasive Techniques to Use

1. Create a new mindset
2. Visualize and “act as if”
3. Provide a two-sided argument
4. Compare two thought patterns
5. Get client to think it’s his/her idea
6. Introduce pitfalls - to avoid pitfalls
7. Referencing
8. Overcome helplessness
9. Be hopeful for the client
10. Use Successive Approximations of Thought Acquisition (see next page)

Put off your old self, which belongs to your former manner of life and is corrupt through deceitful desires, and be renewed in the spirit of your minds, and put on the new self, created after the likeness of God in true righteousness and holiness.



Have Faith

EPHESIANS 4:22-24

Successive Approximation of Thought Acquisition (SATA)

This will **never** work out for me.

This **might** work for some people, but not for me.

This **does** work for some people, but not for me.

This does work for some people, and it **might** work for me.

This does work for some people, and it **probably** will work for me.

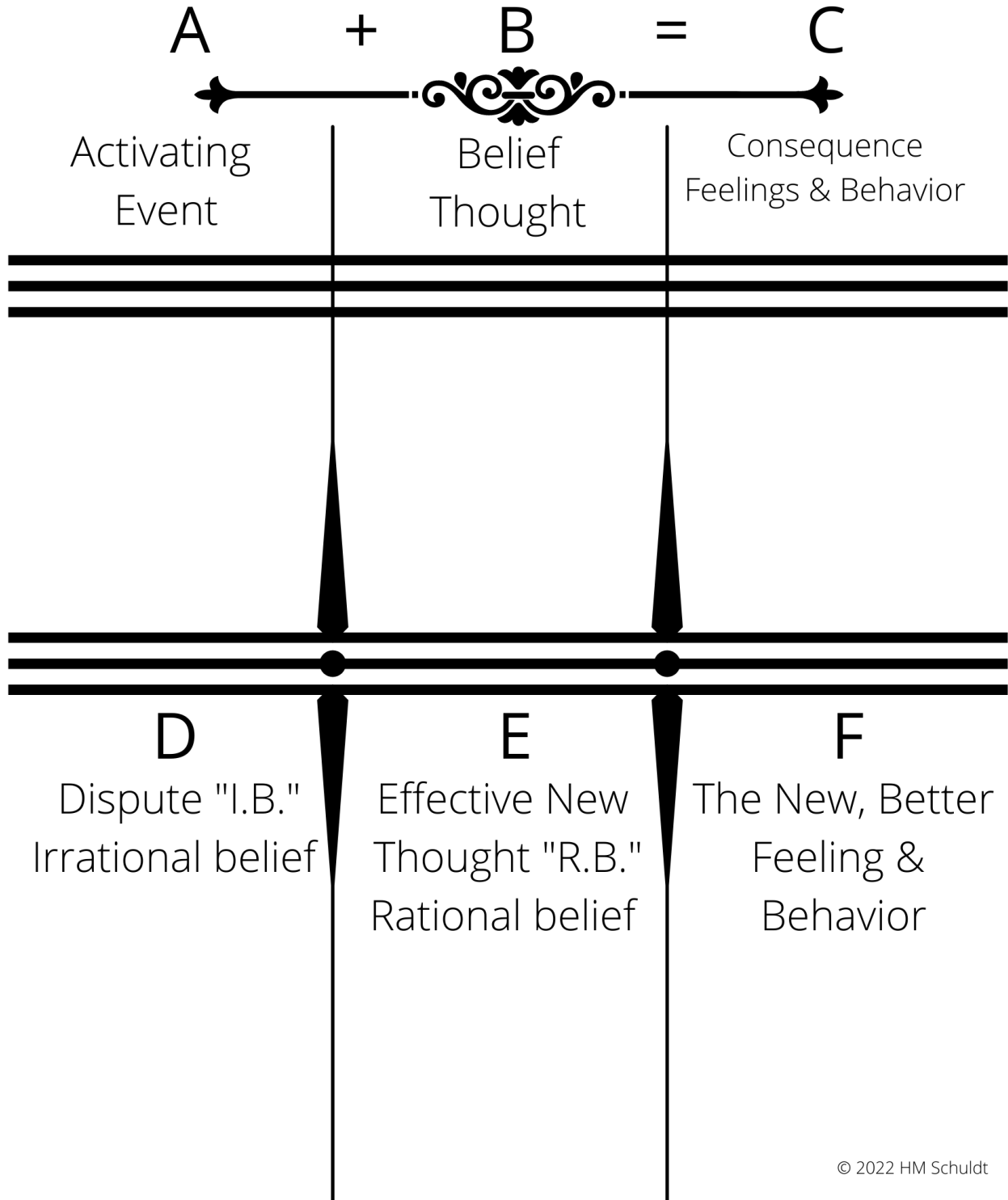
This does work for some people, and it **does** work for me.

“ABC Process” Call-to-Action

A (Activating Event) What is the problem? What is the Adversity?	B (Beliefs & Thoughts) What do you think about “A”? (Include hidden thoughts)	C (Consequence - Feelings & Behavior) How do you feel? How did you behave?							
The Problem:	Old way of thinking:	Old way of feeling:							
New rational thinking, based on truth, fact, evidence, & faith in God’s Word									
What is your goal?									
How can you achieve your goal? (List any strategy, technique, steps, etc.)									
Prayer (Dates)									
Practice New (Dates)									

I can do all things through Christ who strengthens me. Phil. 4:13

ABCDEF PROCESS



3 PEOPLE WHO LOST A JOB

A

Activating Event

B

Belief

C

Consequence

I lost my job.
(Harry)

"This is a good opportunity for me. Now I can find a better job."

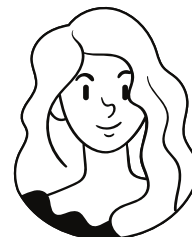
Positive Emotions



I lost my job.
(Linda)

"Losing my job isn't the end of me. I'll be alright."

Neutral Emotions



I lost my job.
(Ted)

"This is terrible! I'm never going to find a job again. No one likes me."

Negative Emotions



Avoid Making Yourself Miserable

3 Common Mental Mistakes *oops!*

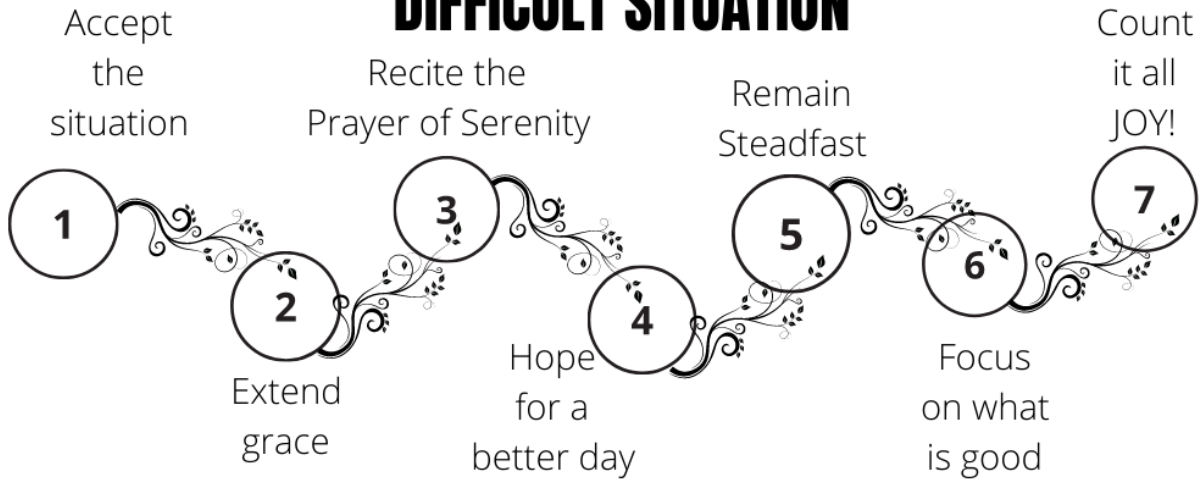
- Irrational All-or-none Thinking
- Jumping to Wrong Conclusions
- Awfulizing & Catastrophizing

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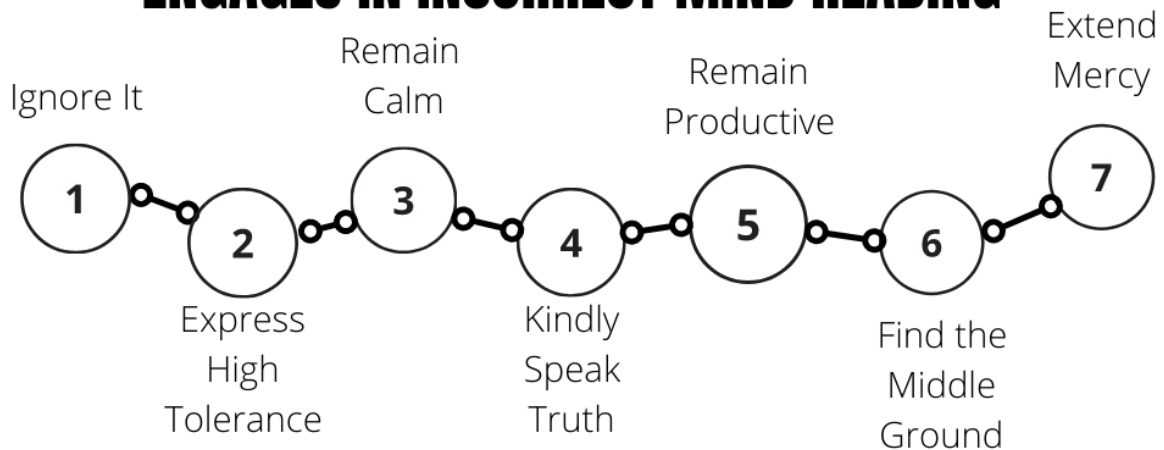
Examples:

COPING MECHANISMS

7 WAYS TO COPE DURING A DIFFICULT SITUATION



7 WAYS TO COPE WITH SOMEONE WHO ENGAGES IN INCORRECT MIND READING



HOPE, NOT FEAR



4 Reasons Why a Fear of Failure is Not Helpful

Even experts fail. We are all fallible, but we walk in grace and try again.



Human worth is not ruined by failure.



Our self-talk about our real identity can build us up.



We are made in God's Image.

May the God of hope fill you with all joy and peace in believing, so that by the power of the Holy Spirit you may abound in hope.



ROMANS 15:13

INCREASE FRUSTRATION TOLERANCE

7 WAYS TO DEVELOP BETTER FRUSTRATION TOLERANCE



Daily
relaxation
techniques
&
affirmations

Practice
speaking
calmly



Observe
quietly



Sing a
relaxing
tune



Reward
patience

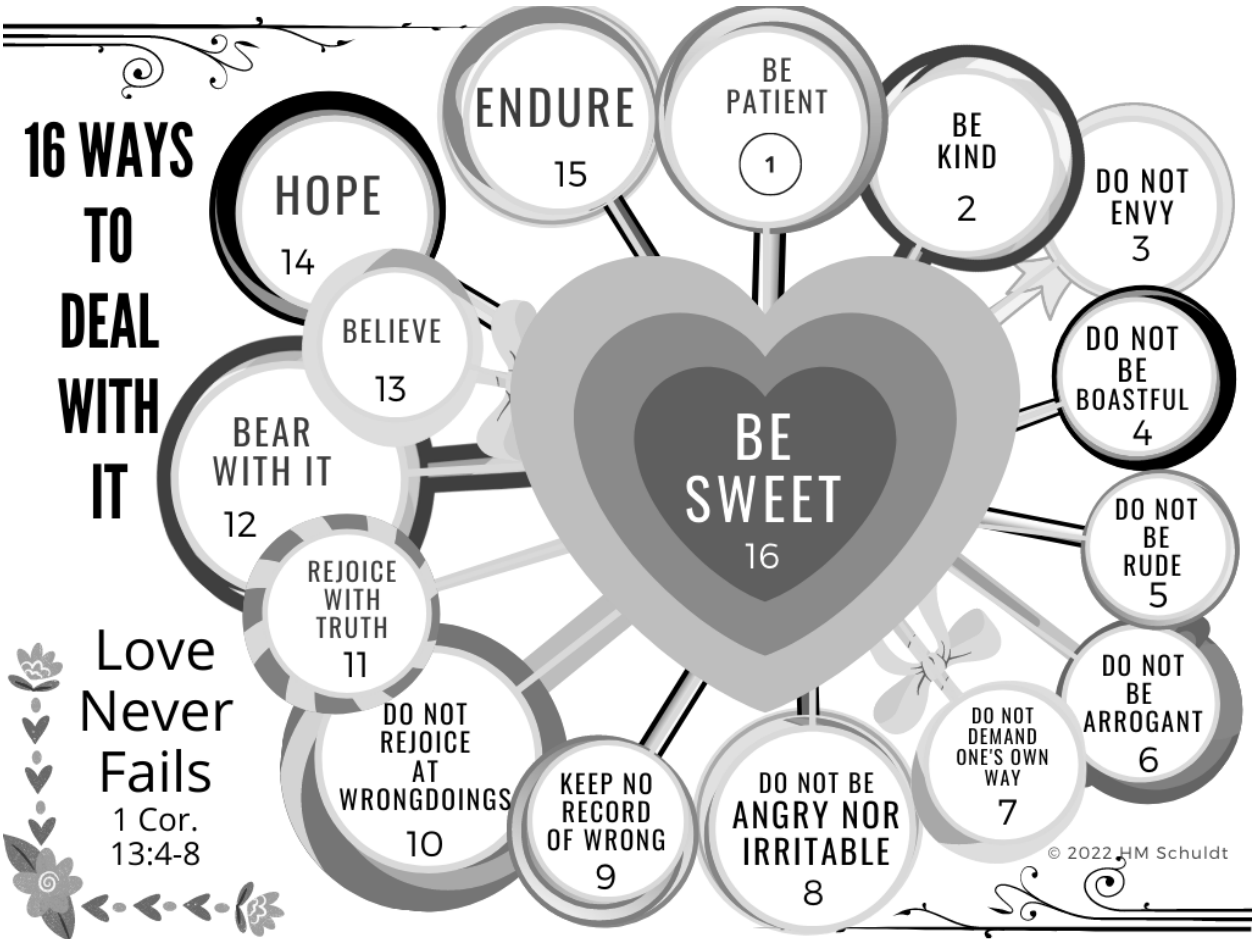


Reward
kindness



Play a
board game,
cards, or dominoes
with
someone

16 WAYS TO DEAL WITH IT



PRAYERS





**Our Father in heaven,
hallowed be your name.
Your kingdom come,
your will be done,
on earth as it is in heaven.**



**Give us this day our daily bread,
and forgive us our debts,
as we also have forgiven our debtors.
And lead us not into temptation,
but deliver us from evil.**



→  ← Matthew 6:9-13 → 

WAYS TO BE A BLESSING

Referenting ways to be a blessing:

3 WAYS TO BLESS OTHERS



**Love
as Jesus
Loves**



Forgive



**Learn New
Coping Skills**

5 WAYS TO LOVE HOW JESUS LOVES



**Be
Merciful**



**Be a
Peace-
maker**



**Let
others
see your
good
work**



**Give
to the
needy
in secret**



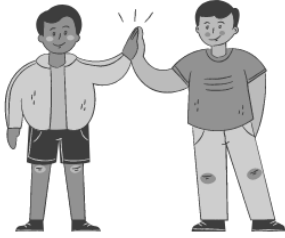
**Make
disciples;
teach
others
to obey
God's
Word**

Matthew 5-7

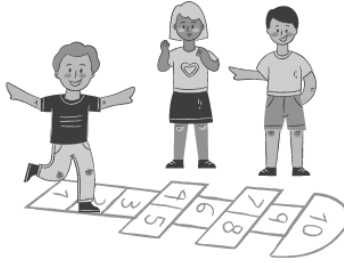
LEARN TO FORGIVE

From C.S. Lewis:

3 WAYS TO MAKE IT EASIER TO FORGIVE



Remember a time when you forgave someone a small issue.



Rebuke the bad behavior, but accept the person.



Remember a time when you were not perfect, but you decided to love yourself anyway.

3 STEPS TO FORGIVE



Recall the problem. This often involves expressing sorrow over what happened.



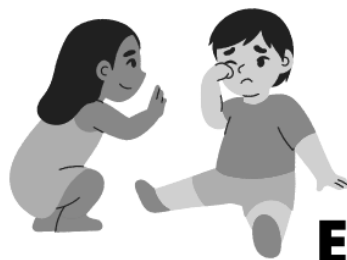
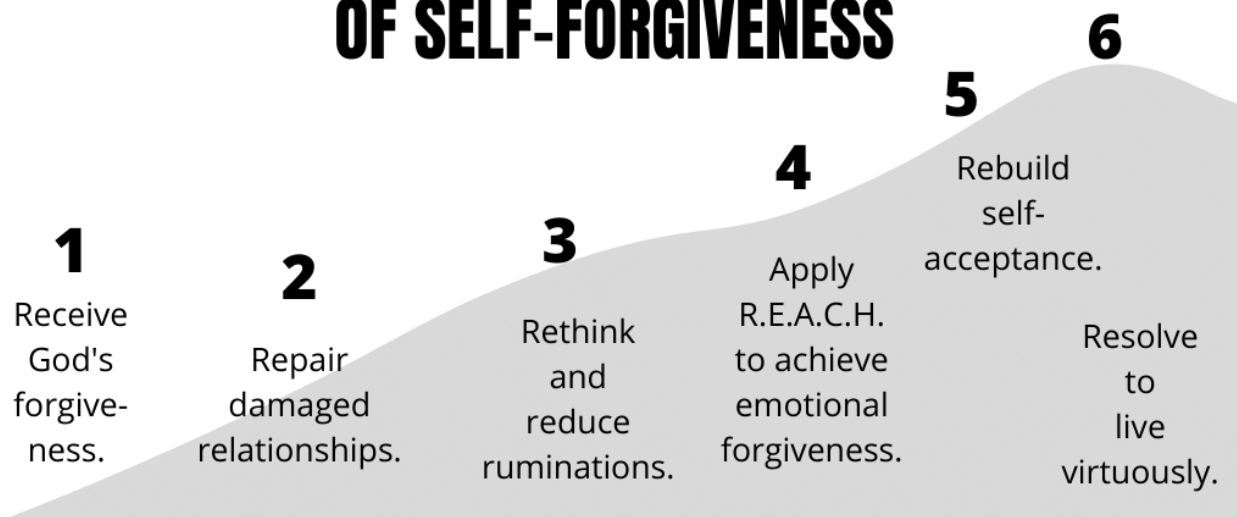
Discover the next step:
Learn about empathy.
Feel sorry for the person who made a mistake.
Desire healing.
Desire moving forward.



Make the decision to take the next step in the healing process.
Know the benefits of forgiving and actually forgive.

From Dr. Everett Worthington, a licensed clinical psychologist in Virginia at a state university VCU, has a PhD, Commonwealth Professor Emeritus

6 STEPS TO CLIMB THE MOUNTAIN OF SELF-FORGIVENESS



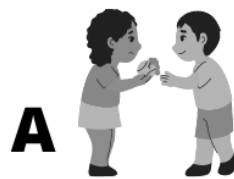
R

RECALL
THE
HURT

E

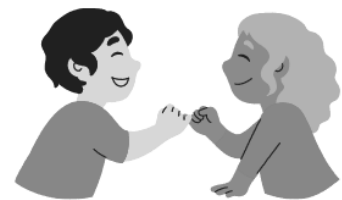
EMPATHIZE
WITH
THE ONE
WHO HURT
US

5 STEPS TO FORGIVE R.E.A.C.H.



A

OFFER THE
ALTRUISTIC
GIFT OF
FORGIVENESS



C

COMMIT
TO FORGIVE

H

HOLD ONTO THE
COMMITMENT

GOOD, LONG-TERM RESULTS

5 POWERFUL WAYS TO TRANSFORM OUR LIFE



1

Examine
our
self-talk



2

Dispute
ideas that
oppose God



3

Let Jesus
heal our
life



4

Celebrate
deliverance



5

Stand up
for what
is divine

5 WAYS TO TRANSFORM ON THE INSIDE



1

ASK FOR
MORE
OF THE
HOLY
SPIRIT
EACH DAY

2

LET THE
HOLY
SPIRIT
TEACH
US
TRUTH



3

LET THE
HOLY SPIRIT
TURN US
AWAY FROM
BAD
BEHAVIOR

4

EXPRESS
THE
FRUIT
OF THE
SPIRIT



5

LET
GOD'S
WORD
TRANS-
FORM
OUR
MIND

CHECKLIST

to Stay on the Path of Freedom

Yield yourself to God each day.

Claim your victory is in Christ.

Picture your success.

Replace lies with truth.

Devise a plan for daily success.

Enlist the support of others.

Throw away bad goals.

Make your goal to be healthy.

Practice kindness and walk in grace.

Journal your progress.



Seven Good Habits

WEEKLY CHECKLIST

Daily

S M T W Th F S

Devotion Time w/God	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Overcome Sin	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Submit to Authority	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Suffer for Doing GOOD	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Be a Good Example	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Strengthen in Character	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Express Kindness & Love	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

MOTIVATION TO LOVE GOD

Good GOD-Thoughts

Name:

Date:

s m t w t f s	Say:
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	My life belongs to God.
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	I follow His instructions.
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	He is my authority.
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	I am set apart to be holy.
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	I will not wrong another.
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	I will act pure & blameless.
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	I worship God intimately.
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>	I welcome Him in my life.

From 1 Thessalonians 4:1-8

New Thoughts - New Motivation

7 WAYS THERAPISTS CAN HELP

Lead with empathy



Use counseling techniques



Extend mercy



Rejoice in deliverance



Encourage healing



Offer hope

Provide a safe relationship