

Call for Backup (counselor, director, friend)  
 Consolation > Share up front  
 Desolation > Make no changes  
 believe this?)  
 Destabilize the Jenga Tower (why do I  
 Wordsmithing (could, would like, choose)  
 Religious (gap between hope & reality  
 as a space to grow in virtue)  
 Awareness (call out the lies)

## Battle Tactics

keep it? If not, decide how to respond.  
 Is this thought helpful? Do you want to

## D for Decide

## Prayer

In the name of Jesus,  
 I repent of...

In the name of Jesus,  
 I forgive (myself, others) for...

In the name of Jesus,  
 I renounce the lie that...

In the name of Jesus,  
 I claim the truth that...

## L for Leading

to be helpful, but are actually not.  
 Sometimes shoulds look like they're trying  
 isolation and despair?  
 closer toward God, or away from God to

## Good v. Bad Spirit?

- Look at the fruits (love, joy, and peace vs. withdraw, hide, and quit)
- How does this hit you? (a drop of water on a sponge vs. on a rock)
- Does it match what God has already said? (scripture and tradition)

- Cognitive - experience God as thoughts that pop in your head.
- Kinesthetic - find God through emotions or sensations.
- Auditory - hear God in song lyrics, words from friend, or scripture text.
- Visual - meet God in a scene in their imagination.
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## How God Speaks

What do you want in the future? What are your goals, values, ideals?

## H for Hopes

## U for Undertones

Who wrote this? You, others, society, God?

## O for Origin

Why does the Enemy want you to stay  
 stuck in this place?

voice do you hear? Is there subtext?  
 If it was said aloud to you, what tone of

## SLAYING YOUR SHOULDS

Shoulds from my own life:

## How Brains Work

Circumstance > Thought > Emotion > Action

## S for Status

What does this say about your current situation?

S can also be for Scale, if your Should includes measurement words.

Shoulds I wrote	<input checked="" type="checkbox"/> I'm in charge of these	⚠ I choose how to respond
Shoulds others wrote	⚠ I choose how to respond	🚫 None of my business
	Shoulds about me	Shoulds about others

## Types of Virtue

### Cardinal:

- Temperance
- Prudence
- Justice
- Courage

### Theological:

- Faith
- Hope
- Love