

Call for Backup (counselor, director, friend)

Desolation > Make no changes  
Consolation > Shore up fortress wall

Destabilize the Jenga Tower (why do I believe this?)

Wordsmithing (could, would like, choose)

Realignment (gap between hope & reality as a space to grow in virtue)

Awareness (call out the lies)

## Battle Tactics

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

## D for Decide

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

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

## U for Undertones

## 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...

# SLAYING YOUR SHOULDs

Shoulds from my own life:

Shoulds I wrote	✅ 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

## Good v. Bad Spirit?

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

## O for Origin

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

## How Brains Work

Circumstance > Thought > Emotion > Action

## Types of Virtue

- Cardinal:**
  - Temperance
  - Prudence
  - Justice
  - Courage
- Theological:**
  - Faith
  - Hope
  - Love

## How God Speaks

- Visually - meet God in a scene in their imagination.
- Auditory - hear God in song lyrics, words from friend, or scripture text.
- Kinesthetic - find God through emotions or sensations.
- Cognitive - experience God as a thought that pops in your head.

## H for Hopes

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

## S for Status

What does this say about your current situation?

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