

## 7 QUESTIONS:

# *Reckoning With My Thoughts*

1. What am I thinking?
2. What purpose is this thought serving?
3. What need is this thought exposing?
4. What harm/pain/confusion may be connected to this thought?
5. If it is an unhealthy thought, is it one that I created or one that originated from outside of me?
6. If the thought is a healthy thought, what is going on inside me and around me that is reinforcing the thought?
7. What, if anything, does my body need in order to recover my calm once this thought has subsided (whether, healthy, or unhealthy)?

"God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.  
2 Timothy 1:7