

TRUTH/NEGATIVE THOUGHTS

How to identify your negative & unhelpful thoughts in light of TRUTH.

Negative and/or Unhelpful Thoughts	Truth about myself, my spouse, my marriage TODAY
Here we go again	We have new tools
It's always going to be this way	We are still learning how to use these tools, learning takes time
Why bother?	God is able to heal the brokenness in us & our relationship
He/She always...	We both make mistakes & are learning & growing
He/She never...	Part of learning is making mistakes, both need grace in learning
I'm all alone	God is with me & us
How much longer?	Healing takes time & God is using this time to grow me too
I'm never going to be...	I am complete in Christ (Col 2:9-10)
I'm always going to be...	I am confident God will complete the good work in me (Phil 1:6)
I can't take it anymore	This is hard, I can do all things through Christ (Phil 4:13)
I'll never get over this...	God can do more than I can ask or imagine
This is too much	I am secure, God works for me good in all circumstances (Rom 8:28)