

# Alphabet Soup—to Change Your Life!

By Marti Wibbels, MS, LMHC

**A**utomatic thoughts form in our minds—often without us even noticing them.

**B**eliefs form as a result of those thoughts.

**C**onsequences follow our beliefs about people, circumstances, and events

**D**isputing automatic thoughts can transform your life. To learn how to dispute automatic negative thoughts that rapidly deliver discouragement, depression, or despair, download the free article, *Overcoming Depression*, at the Palm Beach Counseling website: <https://www.pbcounseling.com/Forms/Depression.pdf>).

**E**ven suicidal thoughts can be transformed, but it might require professional help. [If you are suicidal now, call 911 or the National Suicide Hotline (800.272.8255), or text CONNECT to 741741.] For anyone with neurochemical disruptions in normal brain functioning, the result could be confusion or despair. For those who can't stop destructive thoughts and mood swings, are self-medicating with drugs or alcohol, or whose life is unmanageable and overwhelming, you can find professional Christian counselors at <https://sfaconline.org/>. You're worth getting the help you need.

**F**ight destructive mental habits by focusing on God, living in His power, grace, and love: *Your unfailing love, O LORD, is as vast as the heavens; your faithfulness reaches beyond the clouds.... All humanity finds shelter in the shadow of your wings*” (Psalm 36: 5, 7).

**G**lance/Gaze Principle (from *Core Healing from Trauma*, available on Amazon - <https://amzn.to/2RLrgD1>)



**H**elp your friend who is struggling with discouragement and depression by being there, listening without judgment, being kind, and avoiding comparisons or “quick fixes.”