Alphabet Soup—to Change Your Life! By Marti Wibbels, MS, LMHC

Automatic thoughts form in our minds—often without us even noticing them.

Beliefs form as a result of those thoughts.

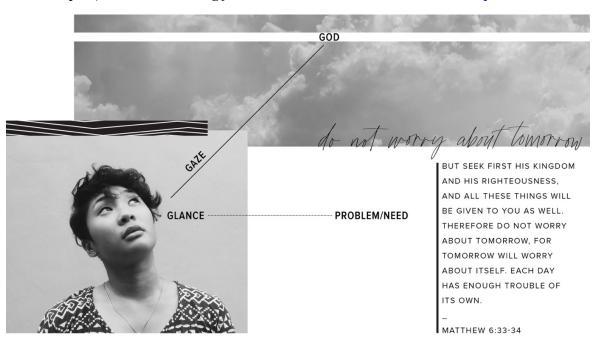
Consequences follow our beliefs about people, circumstances, and events

Disputing 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).

Even 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://sfacconline.org/. You're worth getting the help you need.

Fight 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).

Glance/Gaze Principle (from Core Healing from Trauma, available on Amazon - https://amzn.to/2RLrgD1)



Help your friend who is struggling with discouragement and depression by being there, listening without judgment, being kind, and avoiding comparisons or "quick fixes."