

practices can help calm your mind and reduce anxiety. **What activities do you engage in that help you relax and promote more positive thinking?**

Lined writing area with 20 horizontal lines for notes.

Clay introduced some of the mind traps that will be covered in later sessions. Review Clay's explanation below and consider your situation.

Which mind trap are you most prone to experience?

- 1. **The Victim Trap:** This mindset convinces us that we are powerless and that external forces control our lives. We blame others for our problems and feel helpless to change our circumstances. It's the belief that we are perpetually at a disadvantage because of situations beyond our control.
- 2. **The Negativity Trap:** This is when our thoughts are predominantly negative. We expect the worst outcomes, focus on what's wrong, and ignore what's going well. It's the tendency to see the glass as perpetually half-empty.
- 3. **The All or Nothing Trap:** This trap leads us to see life in black and white terms. We think in extremes—success or failure, good or bad, all in or all out. This mindset doesn't allow for any middle ground, making it hard to appreciate progress or partial success.

Clay closed the session with a reminder that negative thoughts will come. The goal is not to avoid ever having negative thoughts but rather to not be controlled by them. **How might you tell whether or not negative thoughts are controlling you?**

APPLY WHAT YOU'VE LEARNED

Read: The Bible speaks about renewing our minds against harmful thoughts. Read 2

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