

We cannot see our _____ but it is a very vital organ of our body and it's health matters.

Some myths about mental illness are:

Satan loves to take what is _____ and _____ it. God loves to take what is _____ and make it _____.

I believe God is calling people to stop _____ and struggling _____. He wants to _____ you.

Come to me all who are weary and _____ and I will give you _____. _____ 11:28

Rewrite this lie - my thoughts are my truth and I can control them.

Your body has a way of limiting _____ to your brain when you are in a _____ or _____ situation.

Tool #1 _____

Tool #2 _____

Galatians 6:5 says we are each _____ for our own _____.

What are some triggers of anxiety for you?

Tool #3 _____

Moving our bodies helps us to _____ our feelings and _____.

Tool #4 _____

Who are some "safe" people that come to your mind that you think you could confide in?

Tool #5 _____

How you _____ to _____ matters!

When you speak the powerful _____ of what _____ says about you, you _____ what God has placed inside of you when He created you and you start to _____ out what _____ or what Satan wants you to _____ about yourself.

What are some things you could write on a cue card???

I am the _____ of Christ Jesus.

God _____ me and He has created me with a _____.

God's plan for me is _____.

I can _____ God because He is a _____.

_____ for battle.

Rewrite this lie – this is a thorn in my side and I will have to live like this forever.

John 8 :36. If the _____ sets you _____, you are _____
_____!!

God never said the _____ wouldn't form. He said they would not _____.

**Proverbs 3:5 _____ in the Lord with _____,
lean not on your _____ understanding and in all your
ways acknowledge _____ and He will _____ your
paths.**