

Prov. 4:23 Watch over your heart with all diligence,
For from it flow the springs of life.

Prov. 23:7 For as he thinks within himself, so he is
(NASB)

Prov. 23:19 Hear, my child, and be wise, and direct
your mind in the way.

The Set Up: “I need to be a hero” : “I’ll probably screw this up”

The Trigger: I “screwed up”

The Chain: Frustration

-> “I always screw up”

-> I’m incompetent / a disappointment

-> shame

-> anger

-> swearing helps

-> rationalization

Physical Response: I swear

-> Reinforce Set Up For Next Time

What can be done about it? 4 Things

- 1. Don't Wait for "the Trigger" to Ask This Question**

2. Take Ownership of Your Mind

Prov. 4:23 Watch over your heart with all diligence...

Prov. 23:19 be wise, and direct your mind in the way.

Rom. 12:2 be transformed by the renewing of your minds,

2Cor. 10:5 bring every thought into captivity to the obedience of Christ;

Eph. 4:23 be renewed in the spirit of your minds...

Phil. 4:8 whatsoever things are true... honorable ...just... pure...lovely...good report; if there be any virtue, and if there be any praise, think on these things.

3. Become a Detective of Your Brain, Without Judgment

4. In prayer, see and hear *the truth*

John 8:32 ... you will know the truth, and the truth will make you free.

- * I *don't* need to be a hero
- * I *don't* always screw up... and so what?
- * I'm *not* a disappointment
- * I *don't* need to swear