FROM THOUGHT DISTORTION TO BIBLICAL TRUTH

REPLACING COGNITIVE THOUGHT DISTORTIONS WITH GOD'S PROMISES AND SCRIPTURAL TRUTHS

COGNITIVE THOUGHT	LIE/FAULTY THINKING	SCRIPTURAL TRUTH
• Filtering	• When one only allows only partial information in, usually in the negative form, to fit their faulty beliefs or narratives. Victims do this well. This is how biased, one-sided rumors are created, exaggerated, and perpetuated.	• All information needs to be prayerfully considered and addressed with wisdom and discernment. Praying for God to reveal the whole truth and soften hearts for all parties involved.
• Polarization or all-or-nothing thinking	• The world is black and white, right, and wrong, there are no gray areas, exceptions, compromise or grace.	• This type of thinking is extremely narrow minded and leads to frequent disappointments, especially in relationships, including the spiritual. It also doesn't allow room for the complexity of human nature or fit the Christian standard that we are both sinners and saints.
• Overgeneralization	• This is taking one incident and deciding it is an "always" or "never" situation. "God never answers my prayers."	• Instead, one needs to have a perspective of the whole picture, and at times, God may not reveal what that is to us. Yet, we are called to trust and rely on God.
• Discounting the Positive	• Like filtering, but the positive incident is acknowledged then dismissed due to the belief it	• We are to have a spirit of gratitude, generosity and love, and in everything, give thanks.

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	doesn't hold value and therefore is not important.	
• Jumping to Conclusions or Mind Reading	• Making assumptions without having the facts, then creating a reaction based on the made-up assumption. (Ex. Breaking up with a guy because a friend saw him with another women getting coffee. You later find out he wasn't cheating on you; he was having coffee with his sister.)	• The only mind reader is God himself. You are not Him. Give one another the benefit of the doubt until you have all the facts.
• Catastrophizing or What If's	• Like jumping to conclusions but creating worst-case scenarios regardless of the actual likeliness it could occur (Ex. She's late coming home from work, she must have been in a car accident.)	• Assuming the worst or subjecting yourself to the what-if games will quickly cycle into living a life of fear. anxiety and it will steal your joy.
• Personalization	• Assuming responsibility when you were not involved in the scenario or the outcome (ex., When mothers who miscarry before they learned they were even pregnant will blame themselves for the embryos failure to thrive.)	• Acknowledge most things are out of our control and not about us; and that we have a good God who is all knowing and all powerful that we can rely on.
• Control Fallacies	• This has 2 extremes: 1) you believe you are in control of everyone and everything, or 2) you believe you have no control of anything or anyone. This can also look like blaming others for your short comings. Or victimhood.	• You can only control yourself, your actions, and your thoughts. Everyone else oversees their own self-control and beliefs. Pray for self-control, wisdom and discernment of the truth.
• Fallacy of Fairness	• Aka, the fair police. Those with high justice meters believe everything needs to be even and fair to be right.	• This is not how the Fallen world operates. There will be a day we live harmony in Heaven. Until then, expect life to be unfair and unjust but live to demonstrate kindness and consideration.
• Blaming	• Blaming others for our shortcomings and insecurities because of something they have said or done to us.	• We are responsible for ourselves, including our thoughts and beliefs. Having a solid identity in Christ and firm mental

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		boundaries can safeguard ourselves from feeling insecure, defensive, or victimized.
• Should	• The mindset that one "should be able" to do something or things "should" go a certain way.	• We aren't meant to do anything alone but were intentionally designed to be in relationship with Christ and community with others. We "should" rely on the Lord always and not on ourselves.
• Emotional Reasoning	• Establishing your reality as what you are feeling. "I feel unattractive" becomes "no one finds me attractive."	• In a betrayal this is harmful as it can set the expectation for the future. Insecurities, trauma wounds and vulnerability are at an all-time high for both parties during these times. As emotions rage, we must be grounded in the truth that our hope and joy come from the Lord.
• Fallacy of Change	• Individuals make this mistake often by assuming they can change their spouse, or their spouse will change to fit their needs over time. We see this when one says they don't want children and then 5 years later the spouse is upset that they still do not want children.	• Be open to each other growing, evolving into better men and women of God, and even changing their minds on some things. Also, be prepared to love them unconditionally even if they never change.
• Global Labeling	• Creating generalized assumptions based on a single event. (Ex. A friend was late meeting you for lunch, you decide because of her tardiness she is an inconsiderate person.	• To avoid becoming self-righteous and judgmental, it's important to take all the variables into consideration and extend grace and forgiveness regardless.
• Always Being Right	• You are always right; your opinions are fact, and your feelings are reality. You will go through great lengths to be seen, heard, and agreed with. You become angry when this does not happen.	• Most, if not all of the time, the best approach is "agree to disagree" and then give it to God to sort out. Most issues are not worth diving over.

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