

Decision Making 101.

LESSON 1A

Decision Making 101 is a method to help us make better decisions. Sometimes we make good decisions and sometimes we make bad decisions. The books “The Lies We Believe” by Chris Thurman and “LoserThink” by Scott Adams describe the main causes of our bad decisions and subsequent troubles.

Bad decisions come from making decisions without looking at all the options and all the pros and cons, and not identifying your goals and needs. It means that you don't consider both the short term and long term consequences. Bad decisions are often based on Lies, Fallacies and false assumptions.

•Fallacies are bad methods or reasons for making a decision. (BadThinking)
Beware of Fallacy of authority, majority, people please, hasty decision, avoidance, emotions, false premise

☀️ Most bad decisions begin with a good-sounding reason that was never tested.

1. Ask: “Is that a good reason?”
2. Ask: “Is that a good idea?”

Good Decisions: Do what is right and good in thanks and praise to God our Creator, Redeemer. IF it is right then do it. IF it is wrong then don't do it.

IF you are unsure, then say “I don't know. Let me think about it.”

🛑 STOP! 🙏📖 TALK to GOD.

Test the thought or statement. Write all options pros cons.

Good decisions come from Testing each statement and thought. Is this true? What is the truth?

Good decisions come from Looking at all the options and all the pros and cons, identifying the goals and needs, and considering both the short term and long term consequences. Good decisions may also include writing the criteria and comparing the options for a particular goal/need. Good decisions have a good motive and the right attitude. Pick the best option. (GoodThinking)

•Test your thoughts, attitudes and actions. Are these good, beneficial, agape, God-pleasing? God says... Explore vs ignore feelings, concerns, gut feeling. Bad feelings are a signal that something is wrong. See “The 6 Pillars of Decision Making” by Patrik Ian Meyer for these basics of good decision making. Wisdom is supreme, therefore get wisdom. Proverbs 4:7

Decision Making 101 worksheets on pages 5-6 are based on these principles, a practical application.
see DecisionMaking101.com for more resources

Decision Making process

Decision Making 101 is based on the normal process/progression used to make decisions.

The normal decision process starts with a A.Situation/Event then my B.Thinking about the situation which leads to my CFeelings and my D.Decision/Action.

 A. Situation →  B. Thought →  C. Feelings →  D. Action → Results

IF you change your B.Thinking then you change your C.Feelings and D.Decision/Action.

A. Situation → B. Thought → C. Feeling. → D. Decision/Action → results

BB. Truth → C+ good Feeling. → D+ good Decision/Action → good results

The following is an example. (more examples of A.B.C.D. are in “The Lies We Believe” by Chris Thurman)

A. Problem/Situation: A. I made mistakes at work

B. my Thought (T/F): B. I’m no good because I made mistakes. I must be perfect. (False)

C. my Feelings: C. Miserable. Depressed.

D. my Action +pros. -cons. D. Give up. Not work hard. → -lose job, -lose friends. -lose apartment

BB. Truth. Right Thinking. BB. I’m OK. Nobody is perfect. We all make mistakes.

C+ good Feeling: C+ Content. Happy. Confident. Feel good.

D+ good Action → +pros. D+ Work hard. Feel good. Try to improve. → +do better at work.

DEFINE the PROBLEM. TEST the STATEMENT.

LESSON 2

IF I C.Feel bad then there is a problem with A.my Situation or B.my Thinking. Test it with BB.Truth.

C.my Feelings. "why?" because of A.my Situation. and B.my Thought. BB. Truth. → D+ good Action.

PROBLEM: TEST the Thought, Statement. T/F

| | | |
|-------------------------|---|-------------------------|
| C. my Feelings: | C. Miserable. Depressed. Feel bad. | (why?) |
| A. Problem/Situation: | A. I made mistakes at work. | (The reason I feel bad) |
| B. my Thought: (T/F) | B. (T/F) I'm no good because I made mistakes. I must be perfect. | (False) |
| BB. Truth: | BB. I'm OK. Nobody is perfect. We all make mistakes. | |
| BB. God says.... | BB. No difference; all are sinners. Christ came to save sinners. Romans 3 | |
| BB. IF--THEN premise: | BB. IF I work hard and try to improve then +do better at work. | |
| D+ good Action → +pros. | D+ Work hard. Try to improve. → (short-term:work) → +do better at work. | |

EG: EVIDENCE GIVEN to support a BB.Truth premise. (use **BB.Truth Tests** listed below)

-  Bible truths
-  Expert books or teachings
-  Examples (EG can mean "Example" or "Evidence Given")
-  Personal experience
-  Observation of life/patterns
-  Testimonies or stories from others
-  Research from credible sources
-  Logical reasoning / common sense. (use CounterExamples to prove a statement is False.)
-  Inner conviction or peace
-  Reflection/journaling insight
-  Experiment. Trial and Error. Test on small scale, see what works before jumping in.
-  Facts, Reality. General Premise: IF this action then this outcome +pros. -cons.
-  Multiple sources agreeing

OTHER TOOLS:

D+ TRY best option. E. Evaluate Results. Adjust as needed. A1. D1. D2. D3. D+ TRY better option

B. (T/F) He says "You should do this." (maybe True or False) D+ ask "why?" D+ "so you're saying..."

=B. (T/F) "IF you do this then life will be wonderful." (False) D+ say "I don't know. Let me think about it."

BB. That's not true. IF I do this then this result +pros. -cons. -cons. and not good for me.

=B. That statement means/implies this statement ... (=B. in other words...) (=B. so you're saying...)

BASIC DECISION MAKING PRINCIPLES DecisionMaking101.com.

LESSON 4

God's guidance and truth are found in the Bible.

Show me Your ways, Lord, teach me Your paths.

Guide me in your Truth ... God my Savior. Psalm 25.

Rejoice in the Lord, the Gospel, Forgiveness.

Praise God. Ps103 Love God. Love one another.

IF it is right then do it. IF it is wrong then don't do it.

IF not sure then say "I don't know. Let me think about it." **Talk to God.** Test the statement (True/False).

Write all options +pros. -cons.

PROBLEM: TEST the Thought, Statement. T/F an EXAMPLE of the Decision Making 101 method

C. my Feelings. C. Feel bad. C. Depressed. C. Concerned. C. Bothered. C. Anxious. WHY?
 A. Problem/Situation. A. I made some mistakes. A. He yelled at me. (The reason why I feel bad.)
 B. my Thought (T/F). B. I must be perfect. =B. I'm no good because I am not perfect. (T/F)
 BB. Truth BB. We all make mistakes. BB. I'm OK. Nobody's perfect. We're all human.
 BB. God says ... BB. No difference; all are sinners. Christ came to save sinners. Romans 3:23
 D+ good action > +pros D+ List all the options, pros, cons. > +better decisions. +better life
 B. He says a statement. BB. ask why? BB. an opinion. maybe right or wrong. BB. Truth. BB. God says...

Root problem/need/cause: _____ (5 why) 1.

SOLUTIONS: WRITE all the options, +pros, -cons Decision Importance: __ (1-5) 1=Trivial. 5=Major.

GOALS/Needs: Gospel. Love God. Help others. agape. +Beneficial mental, emotional, social, spiritual
 specific Goal/Need: Find good ways to deal with my mistakes at work. not Goal: -people pleasing.

D1. option1. +pros. -cons. WRITE CRITERIA AND COMPARE > (short term result) > +pros. -cons. (c)concern.
 Motive: Find best options. BB. God says... •irrelevant. \$cost. -risk(.7)

D2. option2. +pros. -cons. BEAT UP ON MYSELF > (easy) > -depressed. -help no one. -not work hard.
 Motive: self-pity, selfish. BB. God says "Be thankful."

D3. option3. +pros. -cons. GET A DIFFERENT JOB > (work) > +maybe better job. +maybe better boss(.6)
 Motive: beneficial. +God says "Be wise." #TRIAL and ERROR.

D4. option4. +pros. -cons. DO YOUR BEST. TRUST GOD. COPE METHODS > (work) > +feel better. +help others.
 Motive: good attitude. BB. God says...

General Premise: B1.T/F IF THIS ACTION then that result +pros. -cons.

BB. Ask the right questions. D+ do research. BB. What are my goals? B1.goal T/F. B2.goal T/F

Ba my attitude Ba. Proud. Self-pity.y Ba. Perfectionism. Ba. People pleasing.
 BBa good attitude BBa. Humble. Thankful. BBa Grace. BBa Assertive, Honest.

+MSSPEL = helps me Mentally, Spiritually, Socially, Physically, Emotionally, Life goals/habits.

WRITE CRITERIA and compare options. Be honest. Is this wise? Is this agape? Is this beneficial, God-pleasing?

Specific Goal/Need: Find good ways to deal with my mistakes at work. (desired result/outcome)

| IF this criteria then +pro. +pro. criteria. options: | 1 | 2 | 3 different | 4. do best. | 5 training, | 6 seek |
|--|-----------------|---------------|-------------|-------------|-------------|--------------|
| | write criteria. | beat self up. | Job. | cope method | get help | opportunity. |
| 1 wise | A | D | B | A | + | 5 |
| 2 agape love, | A | D | B | B | + | 4 |
| 3 beneficial MSSPEL. | B | C | | B | + | 5 |
| 4 God-pleasing | B | D | B | B | + | 5 |
| 5 help others | A | D | | B | + | 4 |
| 6 (a want vs need) | (B) | (D) | (B) | (B) | (+) | (4) |

•IRRELEVANT: •people please. •meet their expectations. •easy. •pleasure. •different clothes. •travel. •car type.

D+ do best option: Step1: _____ Step2: _____
 Step3: _____ Step4: _____ Step5: _____

D+ say "(Because) This situation, pros and cons, THEREFORE I will do this action."

E. Evaluate results after 2 weeks. What worked +pros, What to improve -cons. Adjust as needed.

PROBLEM: _____

(WANT / GOAL): _____

QUESTION: _____

SOLUTIONS: **WRITE all options FIRST** Then → **+pros. -cons. (c)concerns** for each option

D1. option1: _____

D2. option2: _____

D3. option3: _____

D4. option4: _____

D5. option5: _____

D6. option6: _____

main Goals,Needs,Purpose: _____

specific GOAL,NEED: _____

criteria (if helpful): _____

D+ best option: _____

Reason: _____

Step1: _____ Step2: _____ Step3: _____

B/BB: (as needed) _____

TEST the THOUGHT. T/F •B.Thought. BB.Truth. BB. IF this then +pros -cons

☹️ ☁️ IF strong emotion or doubt is present, THEN test the thought before choosing the D+ action.

C. Feeling: _____ (why?) →

A. Problem/Situation: _____

-cons. +pros. _____

B. Thought (T/F): _____

BB. Truth: _____

BB. God says... _____

D+ good action: _____

B. _____

BB. _____

😬 my attitude: _____

😊 good attitude: _____

PROBLEM: _____

Question: _____

SOLUTIONS: D1. option1 → (Short-Term result) → +pros. -cons. (c)concerns. \$cost. •irrelevant

D1. option1

\$

BB. God says...

Motive: _____

Criteria (_____)

D2. _____

main Goals,Needs: _____

specific Goal, Need: _____

criteria: _____

D+ do best option: _____

Reason: _____

Step1: _____

Step2: _____

Step3. _____

(You can use goals and main pros and cons as criteria).

Is this wise? Is this agape love?

WRITE CRITERIA and COMPARE options.

Is this beneficial? Is this God-pleasing?

Specific Goal/Need: _____

| ABCDF or 54321, +/- criteria. options: | D1. | D2. | D3. | D4. | D5. | D6. |
|---|---------------|-----|-----|-----|-----|-----|
| 1 | | | | | | |
| 2 | | | | | | |
| 3 | | | | | | |
| 4 | | | | | | |
| 5 | | | | | | |
| 6 | | | | | | |
| 7 | | | | | | |
| 8 | | | | | | |
| 9 | | | | | | |
| 10 | | | | | | |
| Short-Term (duration): | word (5min) | | | | | |
| Motive: | word | | | | | |
| a (c)concern (-5 to 0): | word (impact) | | | | | |
| •IRRELEVANT: | word | | | | | |

PRINCIPLES. INSIGHTS for LIVING. [ARMOR of GOD.](#) Talk to God. What Does God Say/Want. Go to the Bible. STOP! God says ... IF it is right then do it. IF it is wrong then don't. IF not sure then Talk to God. Write all options +pros. -cons.

God's Guidance is from God's Word

Test the Thought, Statement

Call on God in every trouble for help, guidance, wisdom, strength, advice, forgiveness, mercy, Psalms

1.Thou shalt have no other gods. Exodus 20. Worship and serve God alone. Luke 4:8. What does God say/want. 10 commands. Show me your ways, oh Lord. Teach me your paths. Psalm 25. Bible is my map, GPS. 10 commands. 1Cor13. Lord's Prayer. 2Timothy 3:15-16 All scripture is useful for teaching, rebuking, correcting, training in righteousness and to make us wise to salvation. Thy word is a lamp unto my feet and a light unto my path. Psalm 119:105. Golden Rule. Luke 6:31. Your Word is Truth. John17:17 Hebrews 12:1 Let us run with perseverance the race set before us, fixing our eyes on Jesus, my Savior and King. GROW in Grace. Isaiah 43:18 Forget the former things. Do not dwell on the past. Behold, I am doing a new thing. I will make a way in the wilderness. God, help me accept what I can't change (past decisions, people), give me courage to change what I can (BB. BBa. D+) Fear not for I am with you. Be not dismayed; I am your God. I will help you; I will strengthen you. Isaiah 41:10. 2Peter1:5 Trust in the Lord with all your heart and lean not on your own understanding. In all your ways acknowledge Him ... Proverbs 3:5,6

God's Forgiveness

For God so loved the world that He gave His only begotten Son, that whoever believes in Him will not perish, but have eternal life.

Behold the lamb of God, who takes away the sin of the world. John1:29. 1John2:2. Romans 3-8. Psalm 130. John 3:16. . Wash away all my sins. Psalm51. Though your sins be as scarlet, they shall be white as snow. Isaiah1:18 I am He who blots out your transgressions...and remembers your sins no more. Isaiah 43:25 Psalm 25 As far as the east is from the west, so far has He removed our transgressions from us. Psalm 103:12 If we confess our sins He is faithful and just and will forgive us our sins and cleanse us from all unrighteousness. 1 John 1:9 The wages of sin is death, but the gift of God is eternal life. Romans 6:23 1Tim1:15 1John1:9 All we like sheep have gone astray, each has turned to his own way and the Lord has laid on Him the iniquity of us all. Isaiah 53. Where sin abounded, grace did much more abound. Romans 5:20. God have mercy on me a sinner. Luke 18:13. For I will forgive their wickedness and remember their sins no more. Jeremiah 31:34 Praise the Lord, and forget not all His benefits, who forgives all your sins and heals all your diseases. Psalm 103. Luke 2:10. Blessed is he whose transgressions are forgiven, whose sin the Lord does not count against him. Psalm32 He himself bore our sins on the tree so we may die to sin and live for righteousness. 1Peter 2:24

Seek God's will in Gospel Joy

Seek ye first the kingdom of God ... Matthew 6:33

Blessed is the man who walks not in the counsel/advice of the ungodly, (Follow Christ, not the ways of devil, world, flesh. Eph 2)

but his delight is in the law of the Lord and on His law he meditates day and night. Psalm 1. Matthew 7:24. 10 commandments Blessed are they who hear the word of God and do it. Luke 11:28. James 1:22. Matthew 13. Colossians 3. Philippians 4:9. My sheep hear my voice; I know them and they follow me. I give them eternal life, and they shall never perish. John 10:27,28 I am the vine, you are the branches. He who abides in me and I in him bears much fruit. John 15:5. Grow in grace. 2Peter3:18 For the grace of God has appeared that offers salvation to all people. It teaches us to say 'No' to ungodliness and worldly passions and to live godly lives, while we wait for the blessed hope... Titus 2:11-14. Be careful. Be wise. Eph 5:15 Therefore, I urge you, brothers and sisters, in view of God's mercy, to offer your bodies as a living sacrifice, holy and pleasing to God—this is your true and proper worship. Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will. Romans 12:1-2. And we take captive every thought to make it obedient to Christ. 2Cor10:5 STOP! God says... Eph 4:15 Speak the truth in love. Beware of false prophets. 2 Cor 11:3. The devil uses lies to lead us astray from pure devotion to Christ. Romans16:17 mark, avoid. Test the spirits (thoughts, statements, attitudes, actions) to see if from God. 1John 4:1 2Cor10:5. (Godpleasing, True or False)

Love one another

since God so loved us, we also ought to love one another. 1John4:11 "If you love me, keep my commandments." John 14:15

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It is not rude. It is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. 1Corinthians 13. REGAL. Repent. Grieve losses. Accept. Learn. Laugh. Love. Do to others as you would have them do to you. Luke 6:31. What would Jesus do? Good Samaritan Luke 10:25-37 A new command I give you: Love one another. As I have loved you, so you must love one another. John 13:34. Golden Rule. "Love the Lord your God with all your heart and with all your soul and with all your mind and with all your strength."

The second is this: 'Love your neighbor as yourself.' Mark 12:30. Set free, to serve and love one another. Galatians 5:13-14

Good decisions Test each statement, look at all the options and all the pros and cons, and identify the goals and needs.

Good decisions may also include writing the criteria and comparing the options for a particular goal or need.

Bad decisions come from making decisions without looking at all the options and all the pros and cons,

and not identifying your goals and needs. It means that you don't consider both the short term and long term consequences.

A bad decision is based on Lies and Fallacies (bad methods or reasons for making a decision, B- a Faulty Thinking Pattern)

BEWARE!  

 Fallacies. Bad Motives/Reasons for making decisions. (Bad/Wrong Thinking) LoserThink, Foolish

Here are some common fallacies, bad reasons or ways to make a decision: a false premise, distorted patterns of reasoning.

1. Fallacy of authority: making decisions based on someone's advice or opinion, without testing the statement, Psalm 118:8 thinking that this person is always right. (EG. HE said it so it must be right.) halo effect, expert advice fallacy. beware of bias,BS. They may be right; they may be wrong; they may be partly right. Ask "why?" Test the statement. Is it True or False? True or BS?
2. Fallacy of majority. Just because the majority believe something doesn't mean it is true. Beware of compromise of truth or principles
3. Fallacy of people pleasing VS being honest, assertive. trying to be nice and not hurt their feelings. Want approval. I must look good. saying or doing things to make them happy so that they like me and not get mad and hurt my feelings. Must live up to expectations
4. Fallacy of hasty decisions, because you feel rushed or feel too proud to say "I don't know" "Let me think about it." Impatient. Rushed; I don't want to look slow. This means making a decision before looking at all the options and all the pros and cons.
5. Fallacy of avoidance, trying to avoid conflict, pain, truth, reality, problem, Risk, work, discomfort, his anger/dislike, doing what is right
6. Fallacy of fear, afraid of what people will say or think or do if I do the right thing or what I want, real me. Fear of risk, mistakes, failure
7. Fallacy of emotions, basing your decisions on fear, anger, pleasure, excited, romance, pride, flattery, easy, pity, impatience, desires
8. Fallacy of desires, basing your actions and decisions on your desires, pleasure, covet, envy, lust, greed, self-pity, feelings, feels good
9. Fallacy of jumping to conclusions, without having all the facts. **FALSE PREMISE** False assumption. First impressions. Anchoring.
10. Fallacy of false dilemma, thinking there are only 1 or 2 options when there may be 5 or more options.
11. Fallacy of half-truths, looking at just the pros or just the cons or just some of the pros or cons instead of looking at all the pros cons concerns for each option.
12. Fallacy of go with the flow, OK. following a combination of many fallacies, without stopping to talk to God and apply GoodThink. If it feels good, do it. Just go with the status quo (easy) without stopping to question or examine the routine, habits, actions, goals
13. Fallacy of false assumption, false cause, irrelevant, listen to advice, repetition, sunk costs, ignore my feelings/concerns/gut, look back
14. Fallacy of look back in self-pity, could have/should have, BB. Don't look back. Plan ahead. Reality. D1,2,3 options. D+Best option.
15. Fallacy of perfectionism. I must be perfect. They must like me. I must look good. Super Me vs Real Me. must meet expectations.
16. Fallacy of focus on short-term instead of long-term results
17. Fallacy of escape problems through addictions – thinking that avoiding the problem through addictions will solve it, instead of facing reality and taking constructive action. Addictions will make things worse, not better.

What Does God Say/Want

 Good Motives/Reasons for making decisions. (Good/Right Thinking) SmartThink, Wise

On the other hand, here are some good reasons to make a decision/action: Grace. Gospel motivation. Gospel Joy. Share the Gospel. love for God, love for others, agape, help someone, beneficial, do what is right, Godpleasing, try to make it better, be assertive. Risk. help someone in their need, do the right thing, 10 commandments, share the Gospel, 1Cor13, be friendly, be generous, kind, wisdom good for me MSSPEL Mentally, Spiritually, Socially, Physically, Emotionally, Life goals/habits. Good for him/her MSSPEL.

Looked at all the options and all the +pros and -cons and picked best option. Godpleasing, speak the truth in love, Safety First, Fear, Love, Trust, Obey God. Grace. Love one another. Show honor and love to wife. Praise and worship. Get involved. Contribute. Try to make it better. be a good friend. help a friend. Be generous. compassion, Grace, show respect and love, duty, responsibility

Goals/Questions: Gospel. Love God. Love one another. Help others. Be honest. Be assertive. Is this right/wrong, good/bad? Is it wise, loving, godpleasing, beneficial? Is this good for me? Is this good for him/her? Write a good story. see Good Motives. What Does God Say/Want? WDGSW. IF C.Red Flag! or gut feeling or concerns then explore it, don't ignore it.

Create in me a clean heart, oh God, and renew a right spirit within me... Restore to me the joy of your salvation. Psalm 51:10

Ba- BAD ATTITUDES: self-pity, •envy, covet, jealous, •fear, •pride, •selfish, murmur, •anger, unforgiving, •timid, •disrespect

BBa GOOD ATTITUDES: Thanks, •content, trust God, •faith, •humble, •love, helpful, kind, •patient, •forgiving, •brave, •respectful

Ba- people pleasing, perfectionism, greed, lust, discontent, ungrateful, low self esteem, Super Me vs Real Me, dishonest, gullible
BBa Godpleasing, Grace, Love God. Love one another. generous, confident, friendly, serve, Joy, humor, Truth, honest, assertive

C.FEELINGS: concerned, bothered, troubled, unsure, angry, worried, anxious, afraid, sad, guilty, shame, disappointed, bored, regret
nervous, proud, annoyed, depressed, unhappy, disturbed, excited, doubt, lonely, embarrassed, discouraged, covet, envy, jealous, cold
rushed, hopeless, arrogant, overwhelmed, frustrated, unrest, uneasy, judgmental, judged, Red Flag!, stressed, confused, apathy, dark
Gullible, trusting, agreeable, uncritical, nice. Skeptical, unsure, cautious, analytical, careful, questioning, doubtful, testing, critical think
OBSERVE, calm, content, happy, satisfied, thankful, bold, confident, trust, assertive, insights, discerning, risk, courage, understood,
comfort, comfortable, encouraged, humble, motivated, fulfilled, joy, love, generous, friendly, positive, see/help needs, helpful, empathy

EXAMPLES of C.A.B.D. B.my Thinking. BB.Truth. Good Thinking

C.my Feeling. A.Situation. **B.my Thinking. BB.Truth.** Ba. Bad attitude. BBa. Good attitude. D. Bad action. D+ Good action

C. Guilt. C. Feel bad. C. Depressed.

A. Dwell on my many mistakes and sins.

B. I'm no good. I'm too bad. My sins are too great.

BB. Behold the lamb of God, who takes away the sin of the world. BB. Where sin abounded, grace did much more abound.

BB. Chief of sinners though I be, Jesus shed His blood for me. 1Timothy 1:15 hymn

Ba. Guilt. Dwell on my mistakes and sins. Beat up on myself. BB. Repent. Get up. Jeremiah 8:4

BBa. Repent. Dwell on God's love, mercy, grace, forgiveness. Meditate on God's Word & hymns. Psalm 51, 32, 103, 107 Romans 3, 5, 8

BB. Praise the Lord, oh my soul, and forget not all His benefits, who forgives all your sins and heals all your diseases. Psalm 103

C. Anxious. C. Afraid.

A. My future seems uncertain.

B. What if things don't work out well with my job, finances, family, health

BB. God is my refuge and strength; a very present help in trouble. Psalm 46 BB. Cast all your cares on Him for He cares for you.

BB. My help is in the name of the Lord, the maker of heaven and earth. BB. Be still and know that I am God. Psalm 46:10

Ba. anxious, worry about the future, doubt, what if this happens? BB. I can do all things through Christ, Philippians 4:13

BBa. Trust in the Lord with all your heart and lean not unto your own understanding. Que sera sera. Whatever will be will be.

BBa. Be anxious for nothing, but in everything by prayer and supplication with thanksgiving, take your requests to God.

C+ Confident. C+ Peace. Calm. Content. D+ Toolbox: Write options pros cons. Read Bible. CCM music. see friends. help others.

C. disappointed. C. unhappy. C. depressed. C. Red Flag! C. Covet, Jealous. C. Self-pity.

A. unmet expectations, loss of hopes/dreams. losses. trials and tribulations. difficulties. broken dreams. missed opportunities

B. Life should go my way. BB. Joseph in his trials is content, trusts and obeys. BB. Good times are just a taste of heaven.

BB. Life is difficult. trials. BB. Life is a vale of tears. Psalm 23. **BB. I'm doing better than I deserve.** BB. Oh well. It is what it is.

BB. Be thankful. It could be worse. Not in cold prison. Not in Antarctica. BB. Be thankful +health. +body. +mind. +food. +creation

BB. God, help me to accept what I can't change, help me to change what I can. Don't look back. Plan ahead. BB. Grieve

BB. Naked I came into the world. Naked I will leave. **The Lord gives and He takes away. Blessed be the name of the Lord.** Job 1:21

BB. Godliness with contentment is great gain. For we brought nothing into the world and we can take nothing out. 1Timothy 6:6

BB. Oh well, it seemed like a good idea at the time. BB. REGAL. Repent Grieve Accept Learn, Laugh, Love. BB. Humor

B. I deserve a happy life with all my hopes and dreams coming true. BB. Be thankful. BB. at least it's not that situation...

BB. I deserve God's wrath. All I have is by God's grace and mercy. In His grace He gave me forgiveness, salvation, heaven.

Ba. self-pity, murmur/complain, look back, should have/could have, regret. dwell on my mistakes and sins and losses. 1Cor 10

BBa. gratitude, thankful, content. Rejoice in the Lord. Humble, God's will be done. Don't look back. Plan ahead. Think good things.

BBa. Praise God. Psalm 103. He forgives all my sins. He heals all my diseases. Praise God from whom all blessings flow.

BB. Love not the world, nor the things in the world. 1John 2:15. "What is the world to me." CW717. "Thou shalt not covet."

BB. God's grace is sufficient. Jesus and His love and forgiveness are all I need. Lower your expectations. Ps 23. Psalm 107

BB. What is God trying to teach me? BB. be humble. IF not sure then say "I don't know". Talk to God. Write all options pros cons.

D+ Read the Psalms, hymns. D+ Lower expectations. D+ Be thankful. Think good things. Friends. Armor of God. 10 commands