

Lessons in this Course

**Positive Mental Health
4 Christians** by Angela Poch



Lessons in this Course

1. Introduction - What to expect in this course!
2. Goal Setting – What do you want to achieve?
3. I Feel What I Think? Really?
4. Blame vs responsibility
5. Thoughts & Feelings - Put it into practice
6. How Thoughts are Formed.
7. Can I change my thoughts and feelings?
8. Breaking the Cycle of Unhealthy Thinking
9. Are Emotions Negative or Positive?
10. Maybe Its Not Worth it!
11. Self-talk & Specificity
12. Distorted, Critical, Negative Thoughts
13. Tools to Untwist Your Distorted Thoughts.
14. Three parts to Positive Thinking - Part 1: Specificity
15. Part 2: Acceptance - God Created You!
16. Part 3: Creating Positive Counter Thoughts
17. Practice Crushing Your Negative Thoughts
18. The Truth About Change and Acceptance
19. Making Prayer & Promises Work
20. The Power of Prayer as Active Meditation
21. The Use of Will Power & Choice in Mental Health
22. The Power of Personal Devotions
23. Beholding Positive Change
24. Resisting Melancholy Thoughts

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25. Secrets of Anxiety 3 Keys to Unlock Peace
26. Positive Traits and Thoughts That Prevent Distortions
27. The Mind and Body Coexist
28. Tools for Better Behaviours
29. What about Depression, Isn't a Chemical Imbalance?
30. What About Relationships and my happiness?
31. What About Anger, Is It a sin?
32. Guilt and Repentance
33. Relapse Prevention
34. Summary
35. Descriptions & Handout List