

- T = Testing
- E = Empathy
- A = Assessment
- **M = Methods**

Faith-based Tools

4 Habit Change

Assumptions

- You've already done A+ Empathy.
- Client has accepted the invitation or paradoxical invitation.
- You have both handouts:
 - The Truth Will Set You FREE
 - Habits 4 Christians
- This presentation is both for clinicians and clients. You are welcome to share it,
- Link coming soon!



Get Specific

- If not done already, get really specific about your goal.
- If a Miracle were to happen today what would that look like?
- What specifically do you want to change?

Anger Management

When it comes to Anger Management you / client must decide: Do you want to feel less angry or do you want to stop a behaviour when you are angry?

- To feel less angry we would use mood tools as well as relationship tools which is beyond the scope of this workshop. However, it's wise to look at any behaviours that are interfering with mood or relationships as well.
- To stop a behaviour, such as yelling, hitting, or other action you have when you get angry, you can use the Habit tools in this workshop, but I would encourage mood and relationship work **AS WELL** for an all rounded approach.



Good habits, along side of avoiding bad ones

- Having a doable goal, you move forward to, along side of a negative goal you are moving away from, is far more powerful than just avoiding bad things
- In fact, you can make the positive goal part of who you want to be as a person, IE: “I am sober” vs “I don’t want to be a drunk”
- To do this, create a positive goal from a habit you want to change, explore the reason you want to change?

7 Steps Quick Bible Study for Simple Habit Change

Some goals can be achieved with a quick fix and others take more effort.

START with the quick fix, see if that works!

ALL Bible study can help build a foundation for more complex tools

7 Steps Quick Bible Study for Habit Change

Step 1

Confess & surrender

- 1 Jn 1:9
- Mark 8:34



Step 2

Claim the victory!

- 1 Cor 15:57
- 1 Cor 10:13



Step 3

Jesus bore your temptation

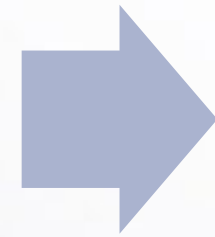
- Heb 4:15, 16
- 2 Cor 5:21

7 Steps Quick Bible Study for Habit Change

Step 4

Put away sources of temptation

- Romans 13:14



Step 5

Focus mostly on Christ

- Matt 6:33
- Gal 5:22-23



Step 6

Trust God's promises

- 2 Cor 9:8
- Phil 3:21

7 Steps Quick Bible Study for Habit Change

Step 7

Christ has paved the way so
you **CAN** choose!

- Phil 4:13
- Romans 3:22



Complex Goals & Ingrained Habits

Sometimes the quick and easy works, but often we have to invest time and effort in the change we want.

- Working against our human nature
- Working against our DNA
- Working against behaviour patterns
- Some goals take time to implement fully or are complex and need secondary goals to get there. IE: You never jogged before but plan to run a marathon next year.

There will be deprivation, even for positive goals

- Goal formation requires time, so you'll have to give up something else you'd rather be doing
- It requires effort, so you'll have to give up doing what you are comfortable with or what's easy.
- They may require specific tools, and cost money
- On top of that I have some bad news – there are no motivation pills
- BUT there is also good news. We can move past all these challenges with God and the right tools by our side.
- Even better news!!!

Bonus - When Using Faith!

- My husband prayed for victory over alcohol and once he chose to quit, he hasn't been tempted to drink in over 35 years
- However, with smoking he was tempted for several years after he chose to quit
- God may give you instant recovery, but if not, He will not allow you to be tempted more than you are able to bear

“There hath no temptation taken hold of you but such as is common to man. But God is faithful; He will not suffer you to be tempted beyond that which ye are able to bear, but with the temptation will also make a way to escape, that ye may be able to bear it.”
1 Cor 10:13, KJV

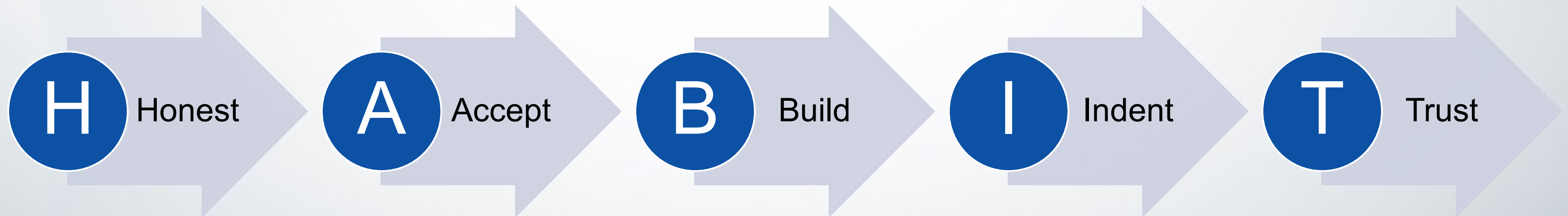
“

“God is our strength. We must look to Him for wisdom and guidance, and keeping in view His glory... and the salvation of our own souls, we must overcome... We should individually seek to obtain new victory every day. We must learn to... depend wholly upon God. The sooner we learn this the better. Let each one find out where he fails, and then faithfully watch that his sins (habits) do not overcome him, but that he gets the victory over them.”

”

My favourite author: Ellen White, Early Writings, pg. 105

When we don't get instant healing or the easy 7 Steps aren't enough, there are many other tools at our disposal. However, we can't just throw tools at the wall and hope to hang a lovely picture, there is a process. We need to understand a few principles first.



H – Honest

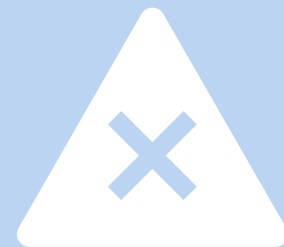
- Honest about my reasons to change
- Honest about how hard change can be

During the whole process we have to be honest with ourselves





This won't be easy and at times we will have to do things we don't feel like doing



Honestly look at where you might fail, or if you did fail, why.

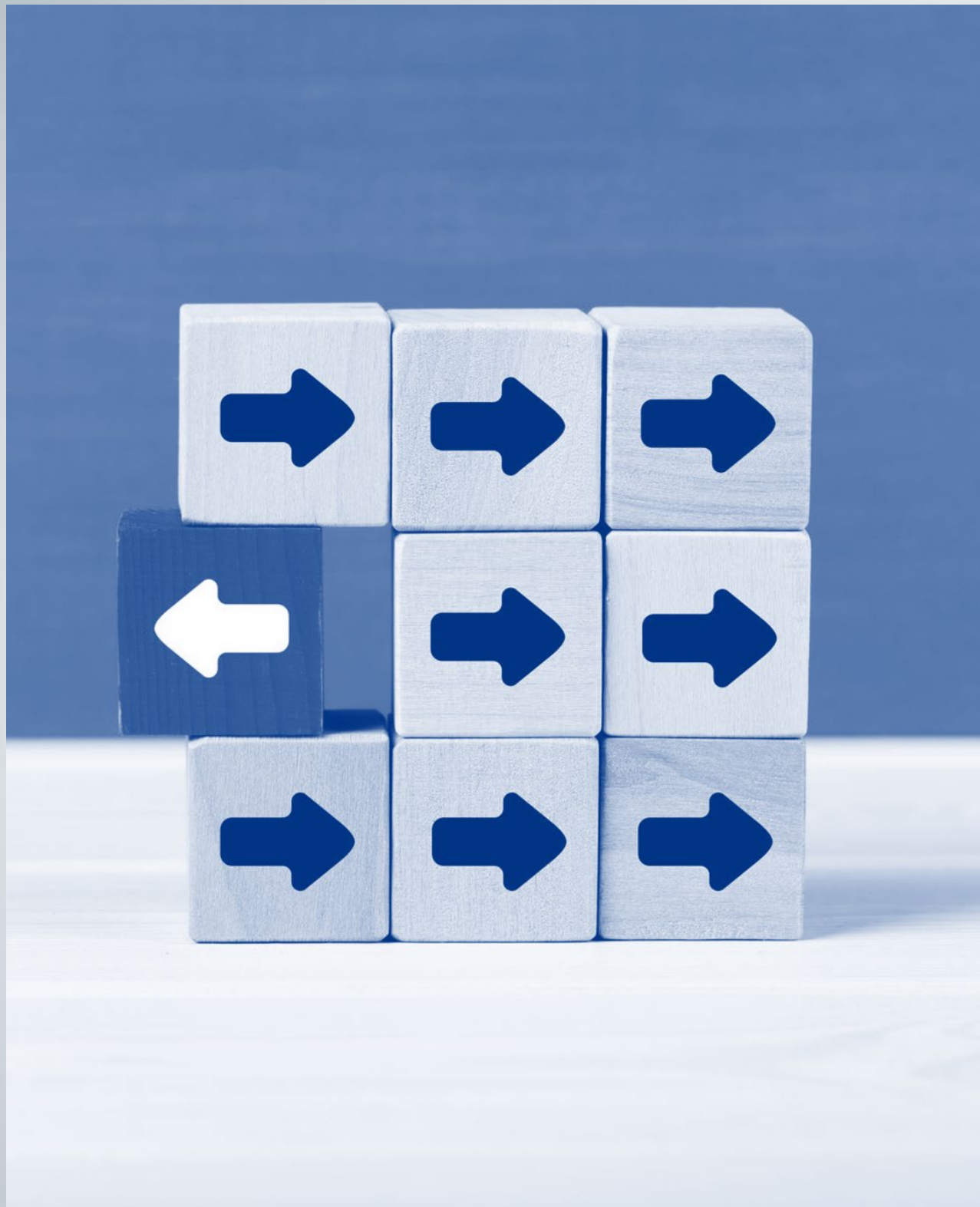


Good “reasons” for Bad Habits - Triple Paradox* which we will talk more about later

Honest – My reasons may be duplicitous

- James 1:8 ESV “He is a double-minded man, unstable in all his ways.”
- We have to admit our doubt, or it will come back to eat away at our resolve.
- We can want two opposite things, but we can't do two opposite things at the same time





Understanding our resistance to change

There are many “good reasons” or at least “reasons” why we get stuck doing the things we don’t want to do.

Understanding these prevents them from subverting our goal to move forward.

Change is hard. There is a process to recovery that will take deprivation and effort on our part. Will it be worth it?

Don’t say yes too quickly. Our human nature, unconscious mind, and dark forces outside of us, have some powerful ‘excuses’ and even good reasons to keep us in the state we are in.

Why WE Resist*

Outcome Resistance— Why Patients Cling to the Status Quo	Process Resistance— Why Patients Resist Working Hard To Change
Habits and Addictions	Habits and Addictions
<ul style="list-style-type: none"> • Instant Rewards. My habit is pleasurable. Why give it up? • Entitlement. I shouldn't have to change. • Narcissism. I'm <i>special</i>. I deserve this donut (or drink). • Denial. I don't have a problem! • Conflict Phobia. I'd rather get high than face the problems that are bothering me. 	<ul style="list-style-type: none"> • Deprivation. Giving up my habit will be painful and uncomfortable. Ugh! Who wants that? • Hopelessness. I've tried over and over but nothing works, so why get my hopes up? I'll just end up feeling frustrated and disappointed again.

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Why We Resist Examples*

“Bad” Habits*:

“_____ is rewarding. I feel joy and happiness when I ____.”

“Why should I have to give this up? It’s unfair I have a carnal nature, I didn’t ask for that.”

“Life would be drab and boring without _____, and without looking forward to having _____ when _____.”

“I deserve it. I live in a horrible world.”

“It’s not really a problem! Didn’t God say, all things are good?”

“Eating is fun! Dieting and Exercising suck!”

“It’s God’s job to fix me. I’ll just wait on Him.”

Why We Resist Examples*

Procrastination* or starting Good Habit goals:

“I want to work on ___ at some point but there are lots of things I really need to do/love doing, such as _____ (watching TV, reading, chores).

“I have other more important things to do. Nothing terrible seems to happen just because I don’t _____. So it's not entirely clear why I should have to put a major effort into _____.”

“I’d have to give up all kinds of activities that I really love to fit _____ in.”

“I’d have to do things that make me anxious and unhappy, such as _____.”

“I’ll just wait on the Holy Spirit for when it feels right.”

Triple Paradox - Tool to uncover and deal with this Resistance

- The Triple Paradox* or Positive Reframing for Habits*, now replaces the Paradoxical CBA.
- See the Toolkit for a usable copy of this form, or download the FREE habit chapter, or just draw two lines on a page, LOL.
- We will look at all the good reasons “not to change” and why you have this habit in the first place. You are not crazy, stupid, or a failure because you struggle. We already saw there is an enemy at work, and he uses ‘good’ things twisted to tempt us.

Triple Paradox*

Advantages of my habit / addiction or procrastinating	Disadvantage of changing	Core Values What my habit shows about me that is positive and awesome

Electronic Form. *Copyright © 2019 by David D. Burns, M.D. Revised 2020. This tool is only to be used by mental health professionals in the treatment of their patients in HIPAA compliant teletherapy applications. Do NOT send out blank forms via regular mail or email. This tool may not be published on the internet or distributed to others, including colleagues. Please see your electronic license agreement.

Triple Paradox Example:

Goal: eat healthy but within my caloric needs. Habit getting in the way: Eating snacks.

Advantages

tastes good

reminds me of happy childhood

gives me energy

Triple Paradox Example:

Goal: eat healthy but within my caloric needs. Habit getting in the way: Eating snacks.

Disadvantage of Change

I'll feel hungry

It will feel like a punishment

I might fail and feel more guilty

Triple Paradox Example:

Goal: eat healthy but within my caloric needs. Habit getting in the way: Eating snacks.

Core Values

I want to be successful (not fail)

I enjoy being kind to myself.

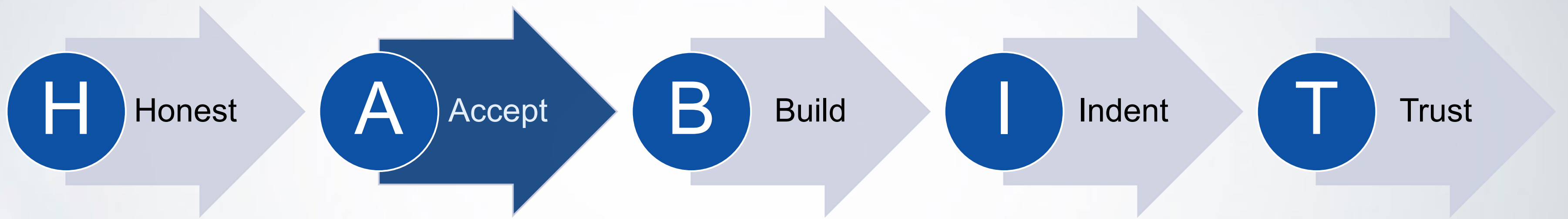
I'm realistic and honest.

Accept Christ gave us the power to choose because He overcame!

In our human condition motivation is fleeting but we can still choose

Jesus was tempted in all points like us yet didn't!

Just because you are tempted doesn't mean you have to give in



A - Accept

- Accept Our Human Condition and we need a Power Greater than ourselves
- Accept Free Will is REAL and POWERFUL but not a feeling.
- Accept that motivation comes with action.

Accept we have a human nature with a powerful enemy working against us!

- No one likes to talk about the Devil and his minions, but by accepting a powerful enemy, we can also accept that we need a power greater than ourselves!
- It brings comfort, knowing I'm not bad for making mistakes or succumbing to temptation. It truly is HARD, and I'm not just self-sabotaging; a real war is going on.





Eph 6:12, KJV

“For we wrestle not against flesh and blood, but against principalities, against powers, against the rulers of the darkness of this world, against spiritual wickedness in high places.”

God Cares!

- There is a Bible study on God's love and care for us in the free book, "The Truth Will Set You Free" included in this workshop. Share with others here:
<http://teamcbt.ca/truth>
- We will get into more tools on how to build your relationship with God and develop self-control and resistance to the enemy later in this workshop.

Accept “will power” is a choice

- ⊕ Motivation is part feeling, part choice.
- ⊕ Will power is not a feeling it's a behaviour.
- ⊕ We can choose an action without feeling motivated.
- ⊕ We can “be” motivated without “feeling” motivated.
- ⊕ Increasing motivation, ‘state of mind’ can help us feel motivated.
- ⊕ Crushing temptations can help make choosing easier.



Accept the process isn't easy

will be hard

feels bad

I'll have to ignore cravings

I'm realistic

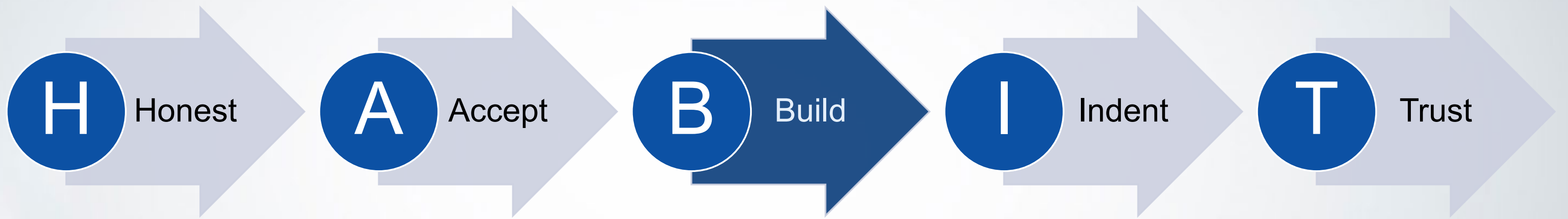
I'm not in denial
how hard it will be

I value good
memories

I want to have
energy, etc

Is it worth the effort?

- Decision Making form
- CBA
- See Motivation Tools later in this workshop



B - Build

Build on a Great Foundation rather than sifting sand

Build on the Rock

Build in an efficient way

Don't build on the sandy land

I don't have what it takes to battle the enemy, he's had thousands of years to come up with his game plan

Accept my human condition, rather than worldly positive thinking and mantras, will be far more successful

Don't focus on yourself alone

Victory is gained by exploring and dwelling on all your failures or all your flaws

You can't just "try harder".

IF you make yourself the focus of attention you are building on sifting sand. True, we have tools that will be very powerful to deal with tempting thoughts and tools to empower self-control, but the focus of MOST of your day needs to be on the Rock that is higher.

Foundation **THE ROCK!**

Relationship with Christ

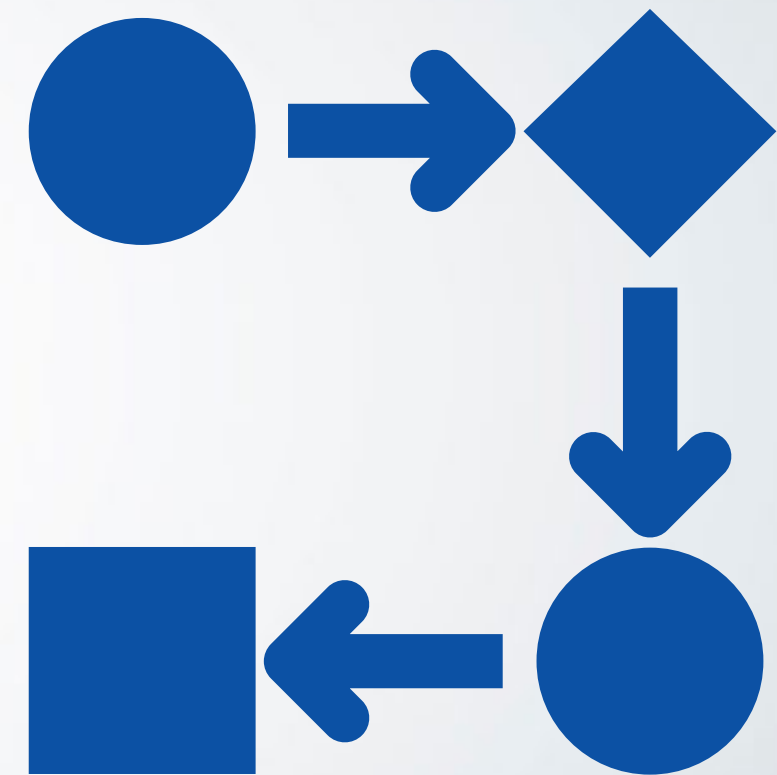
Do you have quality prayer
and study time?

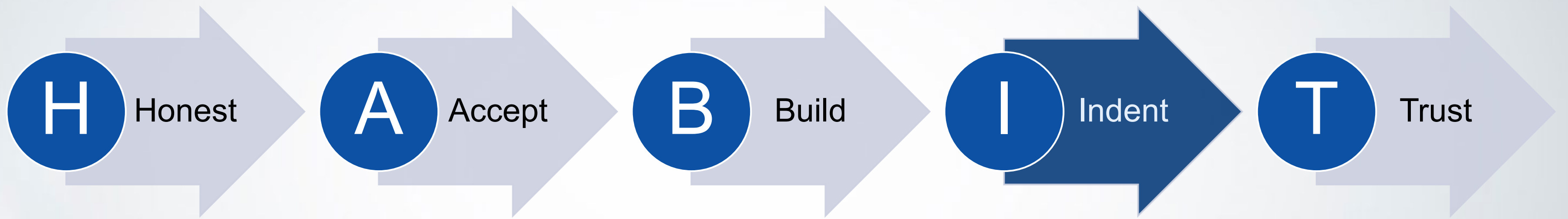
Relationship with the Loving Creator

- Building up your relationship with God is one of the most important things you can do for your motivation, your self-control, and dealing with temptations.
- Tools coming on how to do this later but simply stated, prayer and study of God's word with the intention of creating a relationship is key.
- We also have tools that impact your overall quality of life that help with avoiding triggers and temptations. Sometimes thinking about others helps you the most. More on this later.

Build efficiently - Goal order

- You may find in order to deal with your bad habit there are steps to take beforehand,
- IE: Mood work, building a relationship with Christ, or dealing with major stressors / triggers.
- Some goals may be easier than others and will help you build self-control and confidence you can move forward.





I - Intent

Right Intentions Rather than Good Ones

Intend to put God First

Your intentions, or reason for change

- I often have clients who want to stop procrastinating or lose weight because they feel like that will make them happy
- Explore your intentions for change (we did some of this in the “Honest” section).
 - Why do you want to make this change?
 - Why is it worth it to you to make this change as a follow of Christ?
 - How will this change benefit you and your walk with God?



Intend to put God first.

- Here is a promise we can bank on, Luke 16:13 “No servant can serve two masters, for either he will hate the one and love the other, or he will be devoted to the one and despise the other.”
- But more than that, when we focus on God as our source of strength, rather than on trying to will ourselves to do “this thing” we will have much more power behind us
- The primary goal may take months to complete and you will likely need several secondary goals to reach the primary one, we need consistency and determination to reach the goal. God can provide both of these as we make the little choices along the way.

We can intend to do a lot of things that never happen

Use intentionality to your advantage

We put on Christ's righteousness

We don't will ourselves to do the thing we need to do

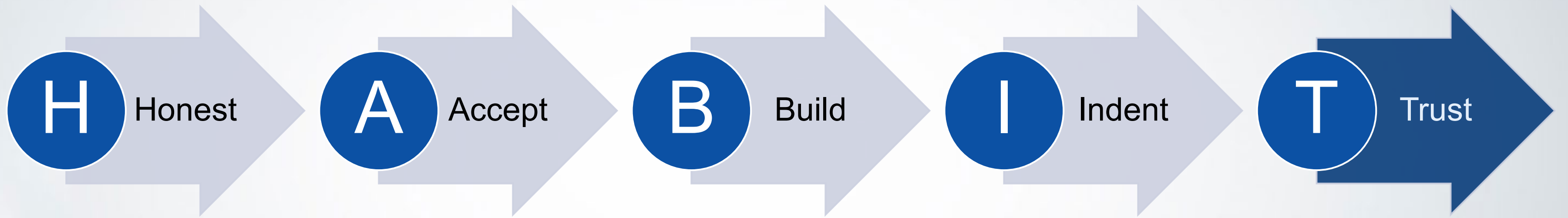
Intention must be followed by choice:

- Choose to follow the intention you have.
- Right intentions are easier to choose.
- Intentionally choose DAILY!
- Intend to follow the Way, Truth, and Life



“ Yielding to temptation begins in permitting the mind to waver, to be inconstant in your trust in God. If we do not choose to give ourselves fully to God, then we are in darkness. When we make any reserve, we are leaving open a door through which Satan can enter to lead us astray by his temptations. He knows that if he can obscure our vision, so that the eye of faith can not see God, there will be no barrier against sin. ”

Ellen White, Thoughts from the Mount of Blessing, 91, 92.



T - Trust

Faith in a Loving, Powerful, Interested God!

Trust in the process

Trust you will find the right Tools for you!

Would God ever ask you to do something impossible?

- What kind of God would that be?
- Does your goal fit any directive from God?
- Rely on that command as a promise you are a child of the King who gives victory!
 - IE: Jesus told Mary, “Go and sin no more.” This command was also a promise she had the freedom to choose and not allow her demons (figuratively and literally) to have free reign.



“ Christ desires us to make His service appear attractive, as it really is. Let the self-denials and the secret heart trials be revealed to the compassionate Saviour. Let the burdens be left at the foot of the cross, and go on your way rejoicing in His love who first loved you. Men may never know of the work going on secretly between the soul and God, but the result of the Spirit’s work upon the heart will be manifest to all; for He ‘that seeth in secret, shall reward thee openly.’ ”

Thoughts from the Mount of Blessing, 88.

Specific Habit Tools

Habit Tool List

- SMART Goals
- Faith Building Tools
 - Bible Study
 - Prayer
 - Connection
- Self-Control Tools
 - Habit Log*
 - Problem / Solution*
 - Claiming Bible Promises
 - Stimulus Control
- Motivation Tools
 - Decision Making Form*
 - Cost Benefit Analysis
 - Accountability Partner / Support Groups
 - Mission Accomplished*
 - Self-reflection / Journaling / Tracking
- Love & Relationship Building Tools
 - Volunteer Work
 - Personal or Mood Work

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SMART Goals

SMART goals



Specific



Measurable



Achievable



Relevant



Time Bound

- T = Testing
- E = Empathy
- A = Assessment
- **M = Methods**

Faith Building

Tapping into **THE** Power Greater than ourselves

When we draw closer to God, He can fight for us both internally and externally.

- Bible Study

- Prayer

- Connection

Bible Studies for Habit & Goal Setting

- Victorious Living & Temptation
- Overcoming in General, Self-Control
- Overcoming Alcohol & Other Drugs
- Overeating & Food Addiction
- Isaiah 43:2, “When thou passest through the waters, I WILL BE WITH THEE; and THROUGH THE RIVERS, they SHALL NOT OVERFLOW THEE: when thou walkest through the fire, thou shalt not be burned; neither shall the flame kindle upon thee.”
- In the Handout are Bible study’s (lists of verses) such as the ones listed above, but I encourage you to study for yourself and compile Bible texts that build your faith that God can and will help you to do anything that glorifies His name

Prayer

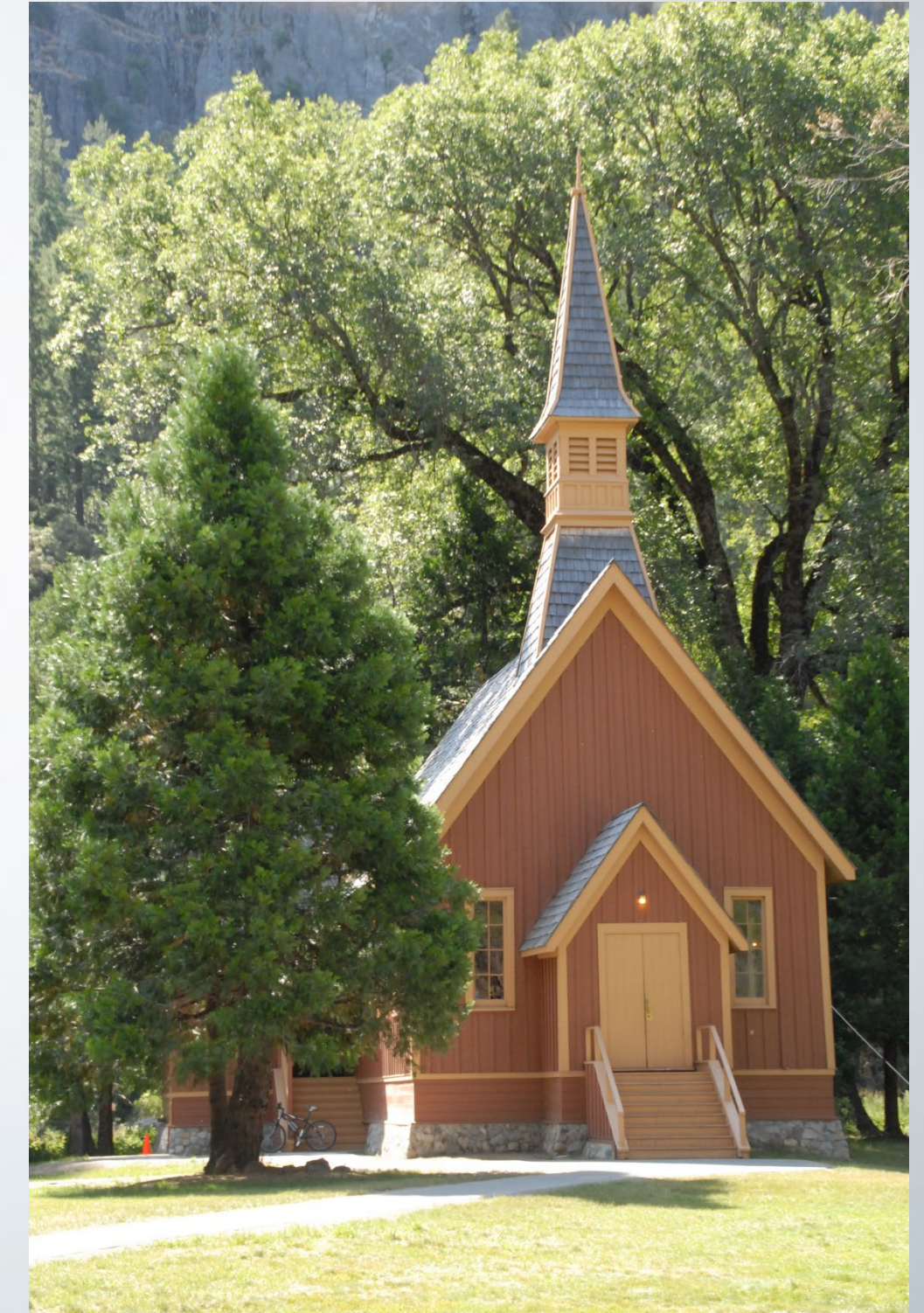
- ④ Our prayer life is where study meets expression.
- ④ You can take anything to God.
 - ④ Trials and temptations
 - ④ Upsetting emotions and negative thoughts.
- ④ Gratitude and bring the mind back to what God has already done.
- ④ Praise and worship, refocus your thoughts on the power of God and His love. His desire to fulfill the “desires of your heart” as long as you put Him first. Ps 37:4

Prayer

- Anytime
- Anywhere
- Lord's Prayer outline as starting point.
- See, "The Truth Will Set You Free"

Connection

- Walk with God
 - Talking to Him as a friend through out the day
 - Listening to Him, giving space to hear His voice
- Group Meetings
 - Church
 - Prayer Meeting
 - Active Service
- Individual Relationships



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Self-Control Tools

Self-Control Tools

- Habit Log*
- Problem / Solution*
- TIC TOC
- Claiming Bible Promises
- Stimulus Control

Claiming Bible Promises

- While it can be helpful to just write out a few promises and post them on the wall, even better is to find very specific ones that have meaning to you personally or do the situation you face.
- Go through your Tempting Thoughts* / Problems / TIC (depending on the worksheet you are using) and use specific verses as your Loving Thoughts / Solution / TOC's
- IE: "It's too hard." = "I can do all things through Christ who strengthens me"
- For a list of promises see the habit handout.

Stimulus Control

- Make it harder to do the habit you want to avoid, but easier to do the habit you want! IE: Have your exercise clothes always clean and sitting out where you see them. “Make no provision for the flesh...” Romans 13:14 If your hand causes you to sin, cut it off. Mt 5:29-30
- Get rid of things directly related to the habit when possible. IE: Throw out the cigarettes, vape pens, junk food, or alcohol.
- Write out a list of triggers. Are there any you can eliminate or limit exposure to? IE: Going to the bar, etc.
- Plan ahead when possible. IE: Keep a healthy snack on you rather than eating out or buying junk food. Or have an alternative you can rely on to relieve stress when visiting relatives.

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Motivation Tools

Motivational Tools

- Increasing motivation can go a long way to curbing tempting thoughts or at the very least help you to be willing to stay on track.
- While we can choose without feeling motivated, there are some things we can do to increase “being motivated” and that can be empowering and make it a nicer experience.
- Many of these we’ve covered in other training so we will only dive into the last one on the list, however the Decision Making Form is one of the best motivational tools I’ve discovered so I encourage you to start there.
 - Decision Making Form*
 - Cost Benefit Analysis*
 - Mission Accomplished / Stubbornly Refused*
 - Accountability Partner / Support Groups
 - Self-reflection / Journaling / Tracking / Reminders

Accountability

There is a free online 12 Step program from the Christian perspective:
<https://nadhealth.org/recover/everystepcounts/>

Apps, CBT, accountability partner, specialized coaches and/or support groups to check in with

Self-reflection / Journaling / Tracking

- These three all serve a similar purpose. To slow things down long enough for you to recognize successes and setbacks. “Examine yourselves, to see whether you are in the faith...” 2 Corinthians 13:5 ESV
- They form a data bank you can use to find solutions to triggers, challenges, or anything that gets in the way of your goal success.
- Many ways to do this, what do you think would work for you? A spreadsheet you can just tick off the boxes and write notes? A beautiful journal you write in every evening? An app that prompts you?
- Include the time you spend connecting with God, the source of healing.

“After Christ’s ascension, the disciples were gathered together in one place to make humble supplication to God. And after ten days of heart searching and self-examination, the way was prepared for the Holy Spirit to enter the cleansed, consecrated soul temples. Every heart was filled with the Spirit, as though God desired to show His people that it was His prerogative to bless them with the choicest of heaven’s blessings

”

Ellen White, Evangelism 698.2

“Every follower of Christ should daily examine himself, that he may become perfectly acquainted with his own conduct...”

“They do not see the importance of self-knowledge and self-control. They do not watch and pray, lest they enter into temptation. If they would watch, they would become acquainted with their weak points, where they are most likely to be assailed by temptation. With watchfulness and prayer their weakest points can be so guarded as to become their strongest points, and they can encounter temptation without being overcome.”

Ellen White, 2Testimonies 511.1, reversed order

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Love & Relationship Building Tools

Relationships, General

- ➊ Just building healthy relationships can help motivate us to stick with our positive life choices/goals.
- ➋ Spending time / effort / money on lasting memories reduces the time / money to spend on harmful habits.
- ➌ Fulfilling relationships fill a void that often we are trying to fill with a substance or behaviour.
- ➍ Close relationships can provide an accountability partner. It's easier to stick with an exercise plan if your best friend is always talking about exercise.

Distraction or is it more?

- David lumps several tools as “distraction” tools. That is, we do something to get our mind off the issue and give ourselves a break. This could be deep breathing or doing a different activity that takes up your focus.
- I propose that some distraction tools are far more than a temporary solution.

Volunteer Work & Service

- There is something that empowers us when we do something for others for NO other reason than to be kind. This is different from doing something nice for those we care about, a mutually beneficial relationship, which is ALSO important. But subconsciously we do expect something in return, even if it's just gratitude. Or maybe it's because we want to reciprocate. Again, nothing wrong with this either!
- When we actively serve others, we are actively suppressing self-indulgence. This builds self-control as a point of character which you can use for specific goals.

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Relapse Preparation

Relapse Preparation

- Self-control and positive habit formation deepens with every positive choice
- Each day focus on the process and tiny goals/steps rather than an overwhelming one
- Put God first. Spend more time thinking about Him than yourself and your flaws.
- Know you will have setbacks and be tempted. Being tempted is not failure!
- Even if you slip, you can chose to get back up. One study reported it took an average of 30 attempts to stop smoking before a smoker is successfully a non-smoker!

How to prepare!

- Go over the tools that have worked so far. Which ones are the go tos?
- Do a Habit Log* and the Devil's Advocate*. Record it and listen to it every day for a week, every week for a month.
- Set aside time each day to connect with God and others.
- Get an accountability partner!