



Use this when your mind feels overwhelmed by negative, tempting, fearful, accusing, or destructive thoughts.

Step 1: Stop

Do not react immediately.

Say: I do not have to obey this thought.

Step 2: Pray

Lord Jesus, help me. Holy Spirit, lead my mind into truth, life, and peace.

Step 3: Name the Thought

What thought is attacking or troubling you?

Step 4: Identify the Direction

Is this thought leading toward:

- Life or death?
- Peace or fear?
- Obedience or sin?
- Hope or despair?
- Love or bitterness?
- Truth or confusion?

Step 5: Test It

Ask:

- Does this thought agree with God's Word?
- Does it reflect the mind of Christ?
- Does it produce the fruit of the Spirit?
- Does it lead me to trust and obey God?



Step 6: Reject the Lie

Say:

In Jesus' name, I reject every thought that disagrees with God's truth.

Step 7: Receive Truth

Ask:

What does God say instead?

Step 8: Take One Safe, Godly Action

You may need to:

- Pray
- Read Scripture
- Call a trusted believer/friend
- Leave a tempting situation
- Stop replaying the offence
- Confess all known sin
- Ask for help
- Worship
- Rest
- Contact emergency support if you are unsafe

Safety Note

If you feel at risk of harming yourself or someone else, or you feel unable to keep yourself safe, contact emergency services or a trusted person immediately.

Purchase the Workbook & Worksheets at:

MindFixGym.com