

Changing Your Thinking & Feeling Meeting

I WANT TO INVITE YOU TO JOIN ME FOR A BRAND NEW MEETING: *CHANGING YOUR THINKING & FEELING!* HERE IS SOME OF WHAT WE WILL COVER:

- You will be given tools to get better control over feelings like anger, anxiety & sadness.
- You will have a chance to assess your own thinking & beliefs and how they impact your feelings and actions.
- You will learn ways to slightly change thoughts in order to get better emotional control.
- You will learn ways to reprogram your beliefs that are acting as an “anchor” in your life, so that you can fulfill your potential and become who you were created to be.

Those who recently attended this meeting were asked:

“What would you like to say to someone who knows they could benefit from this meeting, but is reluctant to come?” **Here is what a few of them said:**

- *“Don’t be afraid. I believe this class is “a healing” from God. A healing of the mind and heart.”*
- *“It is good to know that others are dealing with the same issues and also seeking professional help and guidance.”*
- *“I would tell them that this will help you know what to do when you have bad feelings/thoughts. In no way will your private problems be opened in front of everyone.”*
- *“The teaching and interaction will help you with real life situations.”*

➤ The format & cost are similar to the other Saturday meetings, saving you more than 50% when compared to individual or marital counseling!

➤ As usual you will **Get one month of counseling in one day!**

➤ There are no “*QUICK FIXES,*” but *this is the next best thing!*

➤ *Others who are attending are clients I know and trust. The session will be a SAFE, CONFIDENTIAL place to simply listen and learn, or ask questions and share. You don’t have to talk!*

• **HAVING A FALSE BELIEF IN YOUR HEART IS LIKE CARRYING A BRICK WITH YOU EVERYWHERE YOU GO. IT’S GET HEAVY AND IT WASTES A LOT OF VALUABLE EMOTIONAL ENERGY.**

• **AND IF YOU HAVE MORE THAN ONE FALSE BELIEF, AS MANY DO, THEY SLOW YOU DOWN EVEN MORE, ROB YOU OF PRECIOUS MENTAL ENERGY, AND HARM YOUR MOST IMPORTANT RELATIONSHIPS.**



There are five main False Beliefs / LIES:

1. **“I must meet certain standards in order to be loved and in order to feel good about myself.”**
2. **“I must have the approval of certain others in order to be loved and to feel good about myself.”**
3. **“Those who fail are unworthy of love and deserve to be punished.”**
4. **“I am what I am. I cannot change. I am hopeless.”**
5. **“If others don’t do as I wish, they do not care about me.”**

Your will learn to reject these false beliefs and replace them with the truth, which will:

1. Eliminate unnecessary emotional pain
2. Free you to think more clearly
3. Give you a more accurate perception of your situation
4. Enhance your relationships by decreasing unnecessary conflicts
5. Help you to solve problems in your life more quickly and easily
6. Empower you with the emotional and mental energy you've been wasting

FALSE BELIEFS's impact RELATIONSHIPS *negatively*:

1. by making you feel you must meet certain standards to earn love or feel good about yourself
2. by causing conflict over rejection
3. by making you feel you must please others and get their approval constantly in order to receive love
4. by making you and your loved one's feel they must punish you if you hurt them or make mistakes
5. by making you feel like there is no point in trying to change or improve relationships
6. by haunting you with the need to control others, and the fear that they don't love you if they don't comply
7. by making you acquiesce to the demands of others to avoid conflict

TRUTH give you FREEDOM by:

1. allows you to receive UNCONDITIONAL LOVE from God & others
2. gives you FREEDOM from the fear of rejection
3. FREES YOU from "approval addiction"
4. Increases feelings of SELF WORTH and self confidence
5. FREES YOU from the "blame game" and the fear of punishment
6. Gives you HOPE that your own positive changes can impact others positively
7. FREES YOU from the "control trap"
8. ALLOWS YOU to be assertive, say no and ask for what you want

Here is what those who attended had to say about this meeting:

- *"Very enlightening and very healing."*
- *"Plenty of valuable information and handouts for future reference."*
- *"It is a step towards healing and the materials and info are useful in combating negative, hurtful thoughts and beliefs."*
- *"This has given me a tool to use when destructive thoughts come to my mind. Very applicable to everyday life."*
- *"Practical teachings for everyday situations."*

WHERE: The meeting will be held in my office where I normally meet with clients.

WHEN: The session will be Saturday, 9 a.m. until 12 noon. DATE TO BE ANNOUNCED
I believe this will give you a *huge boost in your progress*. I've been putting this material together for several years in anticipation of doing a meeting like this!

TO REGISTER: DON'T WAIT. RESERVE YOUR SEAT EARLY. E-MAIL martinLPC@bellsouth.net OR CALL DEB @ (318) 222-6800 TO RESERVE A SEAT. Payments may be made by cash, check or credit card.

I'm looking forward to what the Lord has in store! Please let me know if you would like me to reserve a spot for you. Just call Deb @ (318) 222-6800 or email martinLPC@bellsouth.net to sign up! Hope to see you there!

Rev 5-18-10