

# Life

## #3: I'm stressed out

### How Do You Deal With Stress in a Healthy Way

#### 1. Take control \_\_\_\_\_

a) Limit your \_\_\_\_\_

**Ecclesiastes 2:21** *For a man may do his work with wisdom, knowledge and skill, and then he must leave all he owns to someone who has not worked for it. This too is meaningless and a great misfortune.*

b) \_\_\_\_\_

c) \_\_\_\_\_

**Exodus 31:15** *For six days, work is to be done, but the seventh day is a Sabbath of rest, holy to the LORD.*

#### 2. Monitor and control \_\_\_\_\_

A - Activating factor (Your spouse is rude)

B - Belief that's distorted (My spouse is nagging me and nagging is wrong)

C - Emotional Consequence (You feel angry)

D - \_\_\_\_\_

E - \_\_\_\_\_

**1 Samuel 18:7-9** *As they danced, they sang: "Saul has slain his thousands, and David his tens of thousands." Saul was very angry; this refrain galled him. "They have credited David with tens of thousands," he thought, "but me with only thousands. What more can he get but the kingdom?" And from that time on Saul kept a jealous eye on David.*

#### 3. Cling to \_\_\_\_\_

**1 Thessalonians 5:18** *Be thankful in all circumstances, for this is God's will for you who belong to Christ Jesus.*

**1. ALL-OR-NOTHING THINKING:** You see things in black and white categories. If your performance falls short of perfect, you see yourself as a total failure.

**2. OVERGENERALIZATION:** You see a single negative event as a never-ending pattern of defeat.

**3. MENTAL FILTER:** You pick out a single negative detail and dwell on it exclusively so that your vision of all reality becomes darkened, like the drop of ink that discolors the entire beaker of water.

**4. DISQUALIFYING THE POSITIVE:** You reject positive experiences by insisting they "don't count" for some reason or other. In this way you can maintain a negative belief that is contradicted by your everyday experiences.

**5. JUMPING TO CONCLUSIONS:** You make a negative interpretation even though there are no definite facts that convincingly support your conclusions.

a. Mind Reading. You arbitrarily conclude that someone is reacting negatively to you, and you don't bother to check this out.

b. The Fortuneteller Error. You anticipate that things will turn out badly, and you feel convinced that your prediction is an already established fact.

**6. MAGNIFICATION OR MINIMIZATION:** You exaggerate the importance of things (such as your goof-up or someone else's achievement). Or you inappropriately shrink things until they appear tiny (your own desirable qualities or the other fellow's imperfections). This is also called the "binocular trick."

**7. EMOTIONAL REASONING:** You assume that your negative emotions reflect the way things really are: "I feel it, therefore it must be true."

**8. SHOULD STATEMENTS:** You try to motivate yourself with shoulds and shouldn'ts, as if you had to be whipped and punished before you could be expected to do anything. "Musts" and "oughts" are also offenders. The emotional consequence is guilt. When you direct should statements toward others, you feel anger, frustration, and resentment.

**9. LABELING AND MISLABELING:** This is an extreme form of over-generalization. Instead of describing your error, you attach a negative label to yourself: "I'm a loser." When someone else's behavior rubs you the wrong way, you attach a negative label to him: "He's a damn louse." Mislabeling involves describing an event with language that is highly colored and emotionally loaded.

**10. PERSONALIZATION:** You see yourself as the cause of some negative event which in fact you were not primarily responsible for.

[From: Burns, David D. *Feeling Good*. Morrow, 1980]