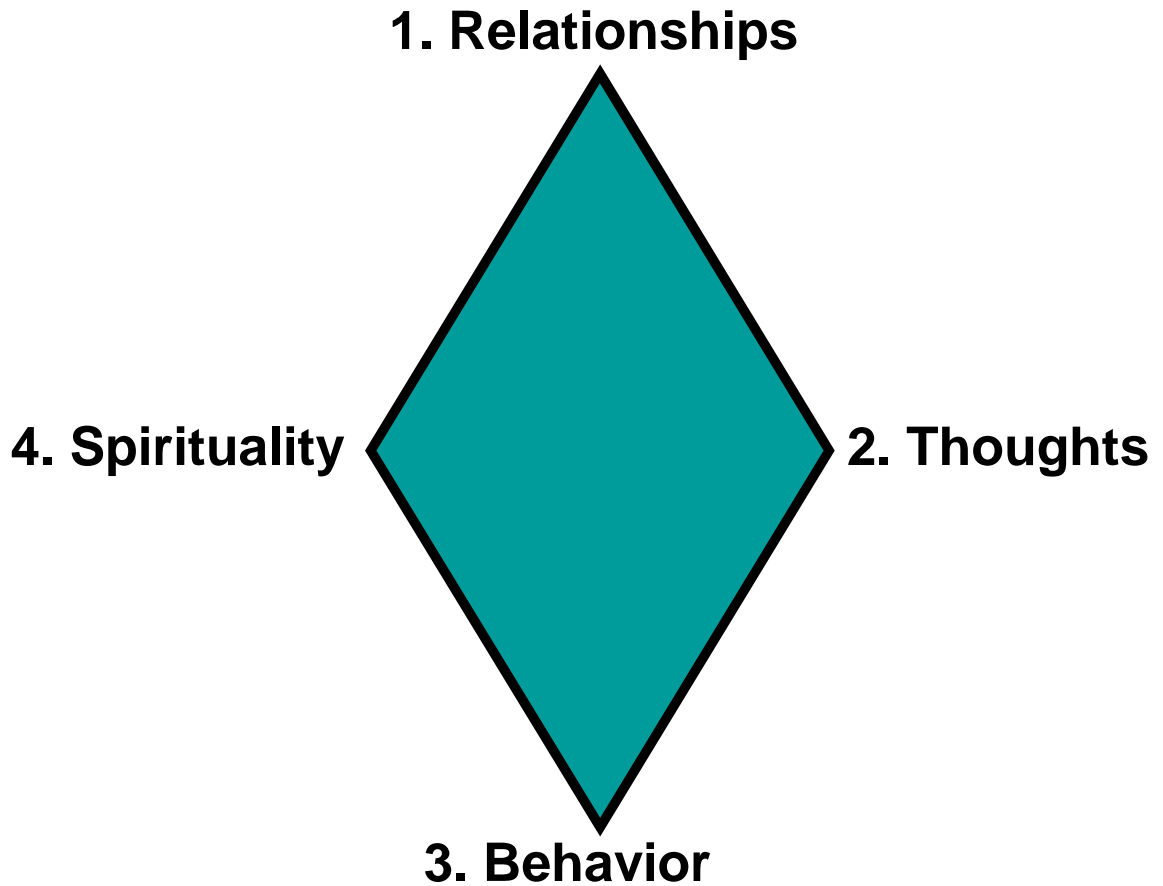
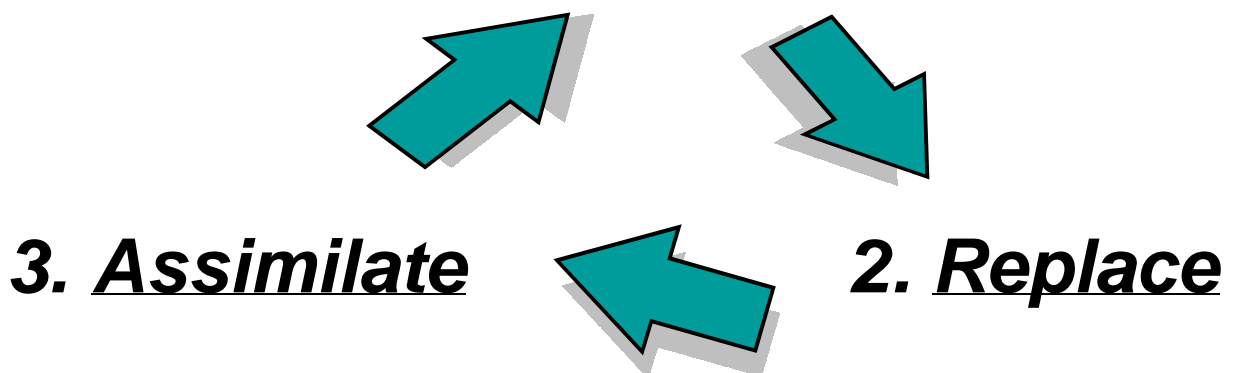


## ***4-Phase Model for Awareness and Change***



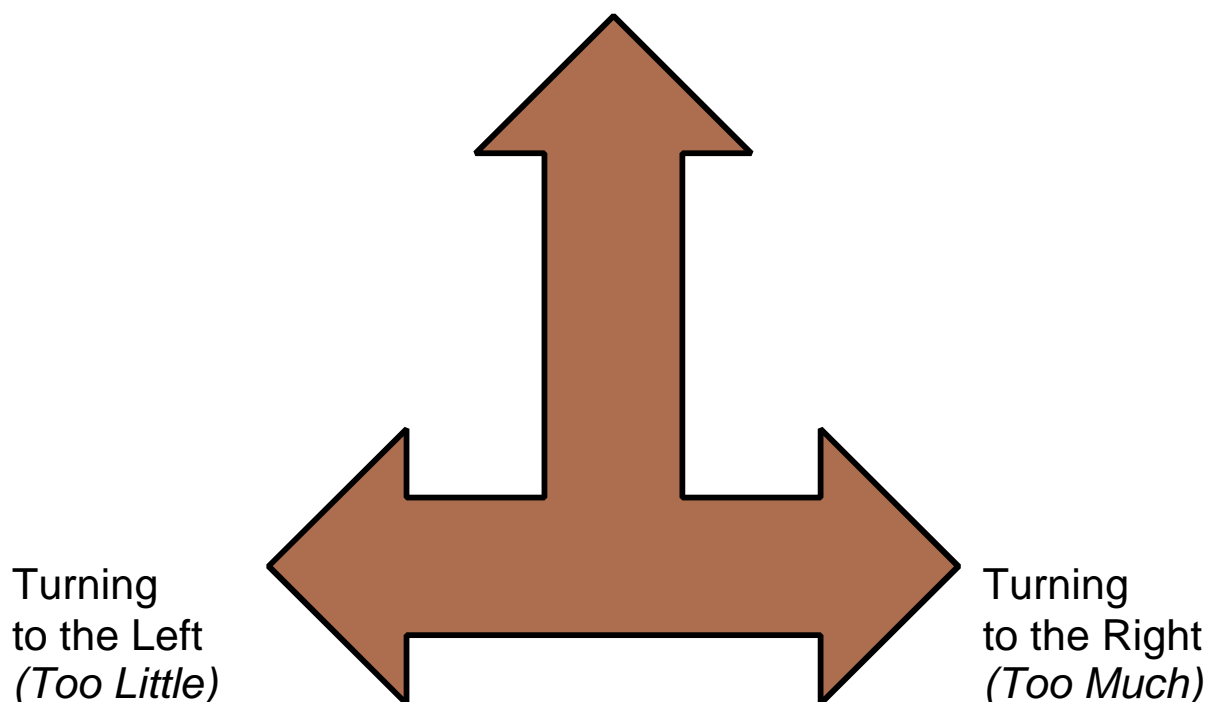
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### ***1. Identify***



# Three Possible Paths:

The Straight  
and Narrow Path

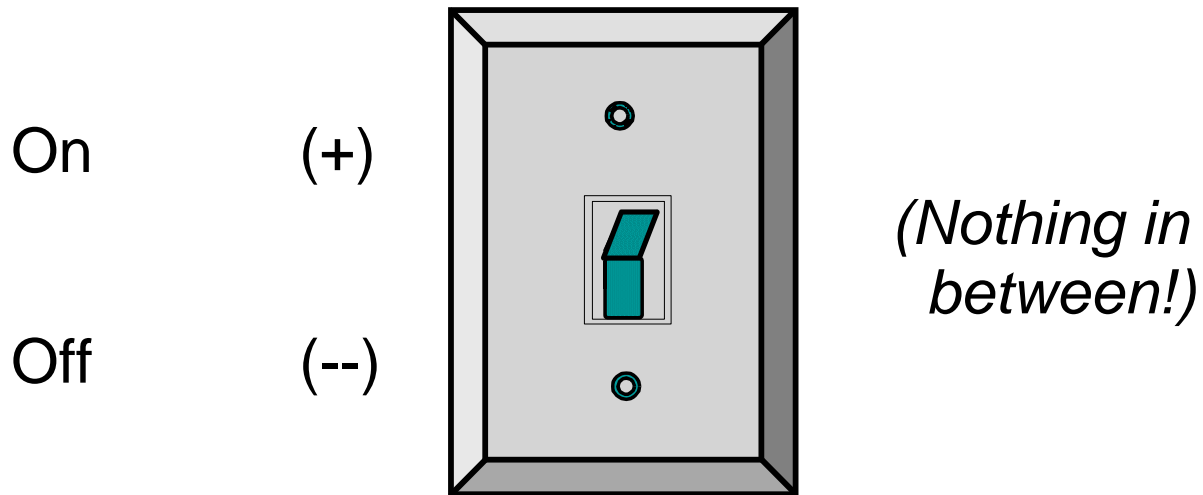


*“For God doth not walk in crooked paths,  
neither doth he turn to the right hand nor to the  
left...”*

-- D&C 3:2

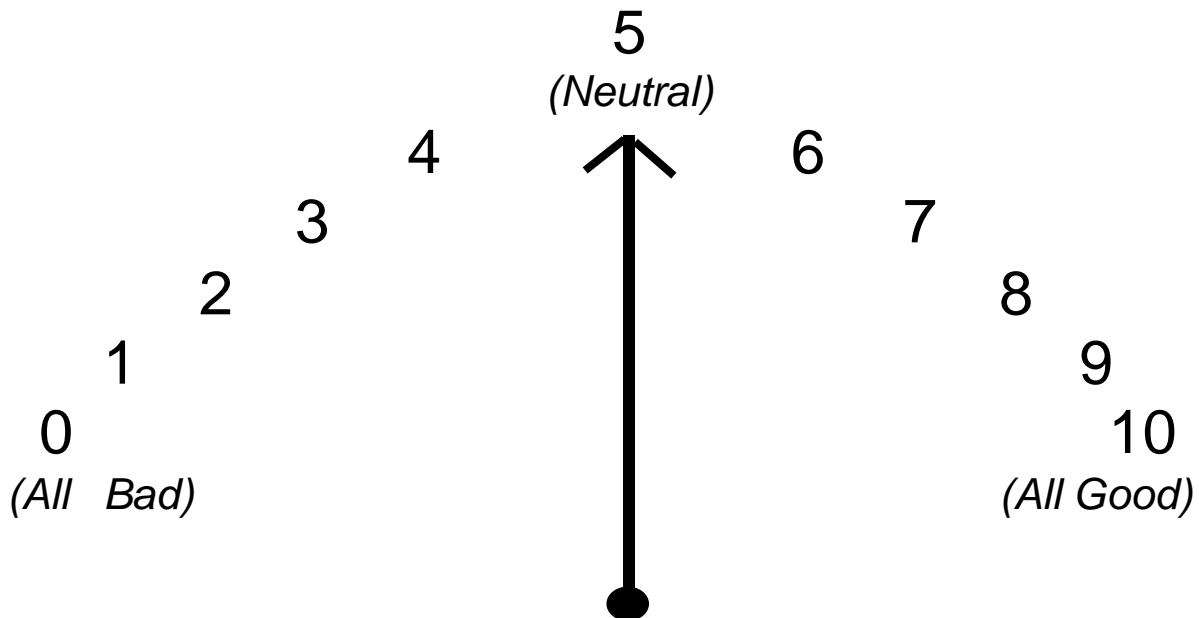
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## All-or-Nothing Thinking *(“The Light Switch”)*



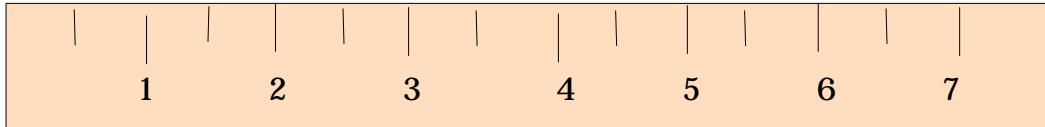
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## Continuum Thinking *(“The Dial”)*



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# *Comparative Worth*

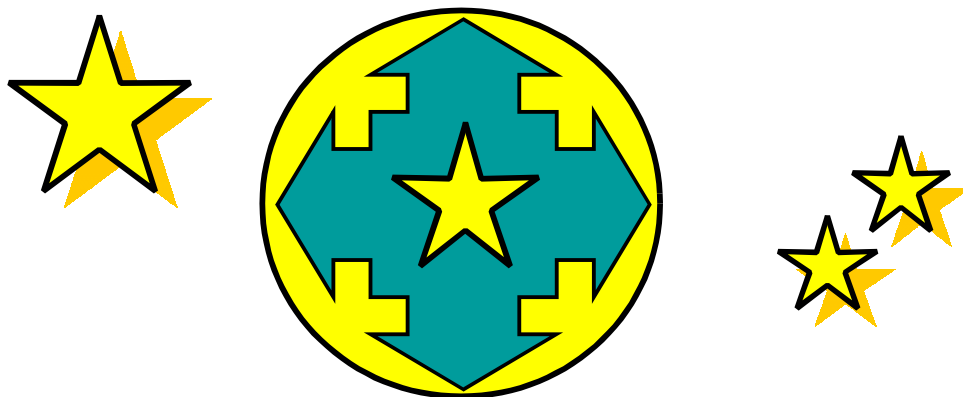


*“They measuring themselves  
by themselves,  
and comparing themselves  
among themselves,  
are not wise.”  
– 2 Cor. 10:12*

*“Thou shalt not covet.”  
–Exodus 20:17  
(The 10th Commandment)*

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# *Infinite Worth*



# Replacing Depressive Thoughts & Behaviors With Positive Ones:

## Thoughts:



All-or-Nothing Thinking

\_\_\_\_\_ *Continuum / "Grace for grace"*  
Mental Filter (Focusing on the negative)

\_\_\_\_\_ *Gratitude / Finding the positive*

Comparing and Competing

\_\_\_\_\_ *Infinite worth / Value self, others*

## Behaviors:

Paralysis (Waiting "till I feel like it")

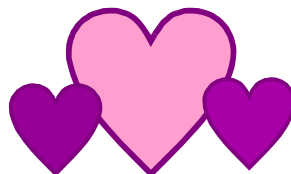
*Acting "As If"*

Neglecting and Criticizing Self

*Nourishing Body, Mind, Spirit*

Self-Absorption / Alienation

*Compassion and Service*



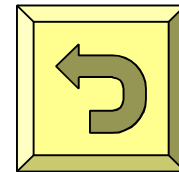
# Change in a Nut-Shell

1. Identify problem
2. Learn positive replacement  
(thought, behavior)
3. Choose it, over and over  
again

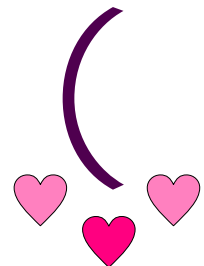
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1. Think Different



2. Do Different



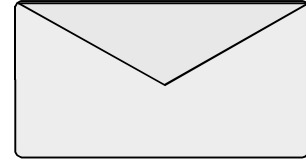
3. Feel Different!



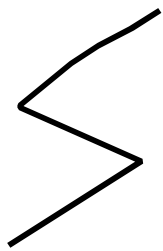
# Types of Junk Mail:

1) Physical junk mail (*mailbox*)

2) Cyber junk mail (*inbox*)



3) Spiritual junk mail (*mind & heart*)



**Spiritual Junk Mail -**  
*Destructive messages sent,  
whose messages, if heeded,  
will bring destruction and misery*

***You can't stop junk mail being sent,  
but you can stop from opening it,  
perusing it,  
and bringing it into the house!***



***Rejoice, O my heart,  
and give place no more  
for the enemy of my soul.  
– 2 Nephi 4:28***



# *Finding Joy in Life*

*Richard G. Scott, Ensign, May 1996,24*

*Children teach us how to **find joy** even under the most challenging circumstances.*

*Children haven't yet learned to be depressed by concentrating on the things they don't have. They find joy in **what is available to them**.*

*Find the **compensatory blessings** in your life, when, in the wisdom of the Lord, He deprives you of something you very much want.*

*... You will discover **compensatory blessings** when you willingly accept the will of the Lord and exercise faith in Him.*





***We live in a day when the adversary stresses on every hand the philosophy of instant gratification. We seem to demand instant everything, including instant solutions to our problems.***

***We are indoctrinated that somehow we should always be instantly emotionally comfortable. When that is not so, some become anxious, and all too frequently seek relief from counseling, from analysis, and even from medication.***

***It was meant to be that life would be a challenge. To suffer some anxiety, some depression, some disappointment, even some failure is normal.***

***Teach our members that if they have a good, miserable day once in a while, or several in a row, to stand steady and face them. Things will straighten out... There is a great purpose to our struggle in life.***

***(Boyd K. Packer, That All May Be Edified, p.94)***

***We can rise above the enemies of despair, depression, discouragement, and despondency by remembering that God provides righteous alternatives.***

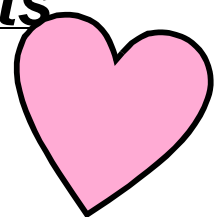
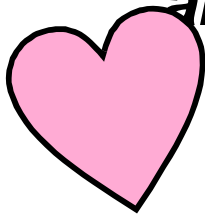
*As it states in the Bible,*

*"There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it"  
(1 Corinthians 10:13)*

***There are times when you simply have to righteously hang on and outlast the devil until his depressive spirit leaves you.***

– *Teachings of Ezra Taft Benson*

***The Lord our God has sent us here  
to get experience in these things  
so that we may know the good  
from the evil  
and be able to close our hearts  
against the evil...***



***Everyone has the power  
to close his heart  
against doubt, against darkness,  
against unbelief, against depression,  
against anger, against hatred,  
against jealousy, against malice,  
against envy.***

***God has given this power unto all of us,  
and we can gain still greater power  
by calling upon Him  
for that which we lack.***

(George Q. Cannon, Gospel Truth, Vol. 1, p. 19)

