

## Principle # 5: Let virtue garnish your thoughts unceasingly.

Correct thinking is a vital element in recovery and spiritual living. Learn to change your thoughts and more effectively manage anxiety, anger, guilt, depression, and low self-worth. The adversary strives to weaken us with powerful lies that create doubt, despair, and self-condemnation and distance us from our Heavenly Father. These self-defeating ideas must be challenged with logic, scripture, and corrective emotional experiences. The Holy Spirit can help guide us in our quest for truth.

*And ye shall know the truth, and the truth shall make  
you free. (John 8:32)*

# Quieting the Winds of the Mind

## Tips, Tricks, and Techniques



(c) Virginia Payne - Our Growing Paynes

# Observation



Avoid struggling with unwanted thoughts. Just observe them and watch them **slide by** like clouds in the sky.

# Distraction

- Music
- Exercise
- Reading
- Art
- Socializing
- Work
- Playing with pets
- Games



# Commentary

Defusion techniques from ACT take away some of the power of negative thoughts.

We can make comments that provide a better perspective and give ourselves permission to let go and move on.



# Critical Thoughts

“Wicked witch go away!”





# Angry Thoughts

“Whoa, Hulk. Take a chill pill!”



# Overanxious Thoughts

“The sky is falling! The sky is falling!”





# The ABC Theory of Emotions

Albert Ellis

**A (actual event) > B (consequences)?**

**A (actual event) > B (beliefs) > C (consequences)**



# The Importance of Thought Management

*Let thy bowels also be full of charity towards all men, and to the household of faith, and let virtue garnish thy thoughts unceasingly.*  
(D&C 121:45)



**Elder Dallin H. Oaks:** To achieve spirituality and to reform our motives and perfect our desires, we must learn to control our thoughts. In the great revelation given in Liberty Jail, the Lord commanded the Prophet Joseph Smith to conform his thoughts to this high standard: (See D&C 121:45.) This means that in our innermost feelings we should always be full of love towards all men and that our thoughts should always be garnished with virtue, which is goodness, purity, and truth.

# Thinking Errors

The great majority of negative emotions spring from false thoughts and beliefs. These negative thoughts are closely connected to our ineffective strivings to control our earthly experience. We make ourselves miserable mainly by using dramatic repetitive self-talk in response to perceived problems.

*For as the heavens are higher than the earth, so are my ways higher than your ways, and my thoughts than your thoughts. (Isaiah 59:20-21)*

*As a man thinketh in his heart, so is he. (Proverbs 23:7)*

# Exaggeration

Is it really that big?



# Labeling

Labels are for soup cans

*“Stupid, worthless, jerk, hopeless, loser”*





# Not Accepting Reality

If we just ran faster, we could get out of here.



# Predicting

100 percent accurate?



# The Editing Technique

## (Short Version)

- a. Write out your distressing thoughts about the past problem.
- b. Cross out lines containing exaggerating, labeling, denial of reality, or predicting from your self-talk. Re-write the issue of concern in strictly logical and practical terms.
- c. Read the new statement five times. (Say the words out loud or silently mouth them.)

# Anxiety



An attempt to control  
the future through  
“magic worrying.”

# Centering Activities



Prayer and scripture study

Exercise

Meditation or yoga

Music

Being out in nature



# Finding Peace



*Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid. (John 14:27)*

Keep an eternal perspective. Make spirituality your primary goal.

Practice radical acceptance: be ready to accept the worst, but hope for the best.

Use the victory sheet to bring out confidence.

Have faith. Remember the Lord is with you in every righteous endeavor.

# The Victory Sheet

1. Logical statements to reduce fears
2. Past positive experiences in this area
3. Problem-solving strategies
4. Personal strengths
5. Other advantages (resources, information sources, supportive people)
6. Positive and hopeful messages

# Panic Attacks and OCD



**Panic attacks-** breathing exercises, calming thoughts, learn to wait it out.

**OCD-** Exposure and response prevention, medication

Also treat the hidden unsolvable problem.

# Anger Management



Anger is a secondary feeling. It arises when we feel hurt, unfairly treated, or threatened. The intent of the emotional system (the heart) is to protect our rights or interests.

# Judge Not



We get hurt or angry when someone does not live up to our expectations of how we think they should act. We decide they are not living by the moral code in our rule book. We get angry as we judge them. We also may decide how they should be punished.



# Forgiveness

First line of defense- take a **timeout**. “No excuse for abuse.”

Thoughts and acts of **compassion** cool the fires of anger.

**Acceptance**: People do the best they can according to their knowledge and habits. Avoid the use of the word “*should*.”

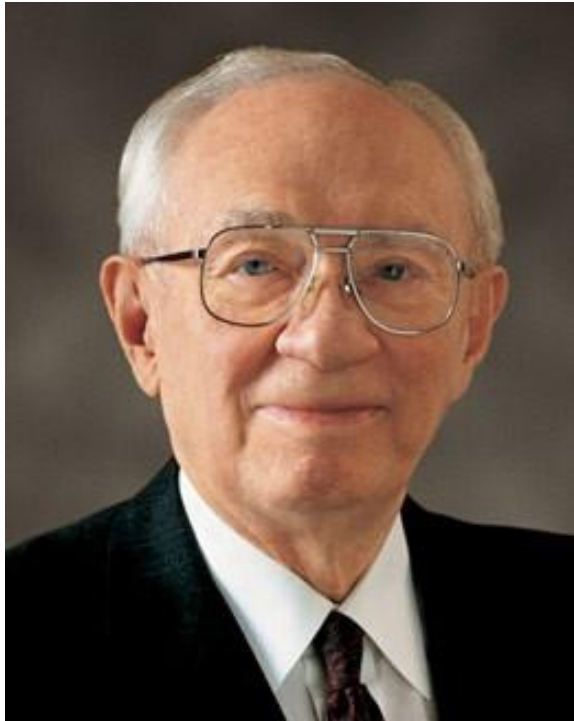
*I, the Lord, will forgive whom I will forgive, but of you it is required to forgive all men.(D&C 64:9)*



# Anger Management Card

1. Why is the person acting this way—bad mood, not understanding the situation clearly, personality trait?
2. What did I do to possibly contribute to the problem?
3. What emotion lies beneath my anger—frustration, hurt, jealousy, resentment, guilt, or insecurity?
4. What rule of mine is this person breaking? Can I accept his behavior and not judge him?
5. Am I being fully logical about this problem, or do I need to calm down or take a time-out in order to think more clearly?
6. What is my fantasy about what will happen if I act on my impulse?
7. What would the likely consequences be if I express my anger?  
Considering these consequences, would acting out be worth it in 30 days?
8. Is there any solution or compromise that would resolve this situation?
9. What could I say to appropriately express my feelings?
10. Is this problem so great that I can't forgive the person or just put it aside? What would Jesus do?

# The Art of Positive Thinking



## **President Gordon B. Hinckley:**

I am an optimist. My plea is that we stop seeking out the storms and enjoy more fully the sunlight. I am suggesting that as we go through life, we accentuate the positive.

# Persistence Can Pay off!



Walt Disney's first cartoon company Newman Laugh-O-Grams went bankrupt. Ever the optimist, Disney packed his bags and headed for Hollywood. The rest is history!

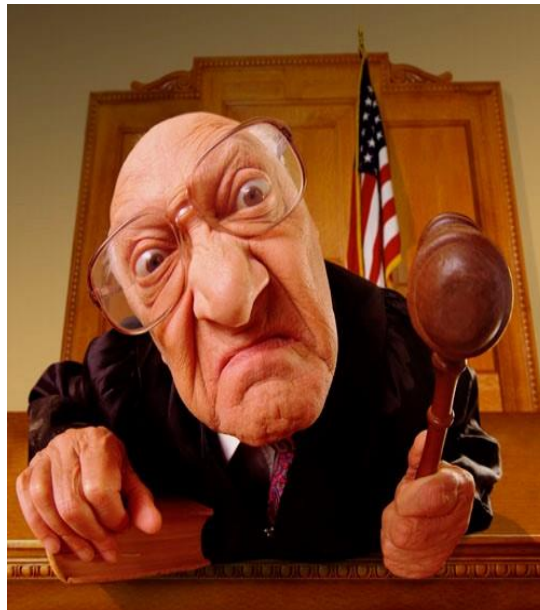
# Tips for Being a Positive Person

## 1. Focus on the good qualities of others



**Will Rogers:** “I never met a man I didn’t like.”

## 2. Avoid judging





### 3. Be grateful

Gratitude is not only the greatest of the virtues,  
but the parent of all others.

-Cicero

### 4. Appreciate beauty



## 5. Be hopeful about the future



Nelson Mandela resisted the apartheid policy and served 27 years in prison before becoming President of South Africa

6. Turn negative thoughts  
into positive ones  
Find the silver lining



# Examples of Turning Thoughts

I will never be able to learn this.

- I can try. If I take it one step at a time it might begin to make sense.

No one at the party will talk to me.

- I can say hello to people and see what happens. There are friendly people everywhere.

No one is hiring. Why even bother looking?

- The situation may be difficult, but the more businesses I approach the better the chances.

# Turning Thoughts Quiz

- No matter what I do, everything seems boring.
- I'm so disorganized and lazy. I'll never get my house clean.
- People are such bad drivers. I can't stand it.
- I never have any extra money.
- No one bothers to communicate with me.
- Nothing I do is any good.

# Assignment

## **Action Steps**

1. For one week make a concerted effort to notice and correct your negative thought patterns. Utilize the editing technique provided in this chapter to aid you in this endeavor. Also make a concerted effort to be more positive. Gaining a testimony of the power and significance of managing our thoughts is one of life's great lessons.

2. Practice using the Anger Management Card when frustration gets the best of you.

Note: It might be helpful to make copies of some of these thought guides and keep them in your wallet or purse for quick reference.

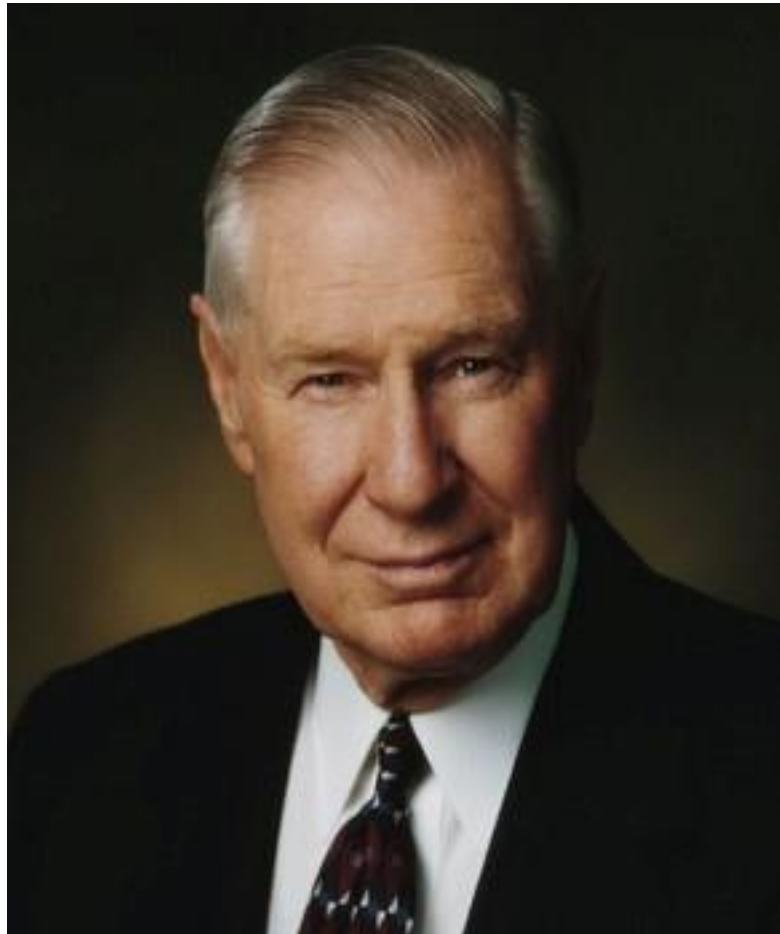
3. Read chapter 6 for next week

## Principle #6 Take care of the inner self

The inner self is the core part of man and the center of our emotions and desires. Greater inward harmony can be achieved by becoming more aware of deeper thoughts, emotions, and desires, and by providing effective conscious direction. Emotional success involves developing the wisdom and self-discipline to lead a moral and responsible life, while also taking care of personal needs.



# The Inner Self



**February 2003 Ensign First  
Presidency Message**

**President James E. Faust:**  
“The basic program of the  
Church today is to  
strengthen the inner self.”

# The Dual Mind Theory



- The inner self “the heart” is the most powerful part of the personality
- *For out of the heart proceed evil thoughts, murders, adulteries, fornications, thefts, false witness, blasphemies. (Matthew 15:19)*

# It's All about the Relationship



The conscious mind can direct the heart through logic and persuasion. However, the heart can rebel at any time.

# Recognizing the Heart

Emotions

Desires

Intuition

Wisdom

Emotionally-based thinking

# Growing Up



As we mature, we learn to suppress our desires and emotions and conform to direction from authority figures, social pressures, and the demands of life.

# Surviving Childhood



Adverse treatment can interfere with emotional development. Children raised in less effective family systems may have trouble recognizing and expressing emotions. This can lead to future problems such as depression, anxiety, relationship difficulties, or substance abuse.



# The Persona



We present a false self to the world, the way we “should” look. The real self can get lost.

# Losing Touch



We can get so focused on pleasing others and doing the right thing that we neglect the needs of the inner self.

# Limited Opportunities to Learn Good Coping Skills Can Lead to Mood Problems in Adulthood



# And Addictions





# Close Relationships Can Seem Terrifying



Abuse

Neglect

Betrayal

Bullying by peers

Rejection

Losses

Death

# Be a Friend to Your Self





# My Promise to Myself

“I will take care of myself every day. If I’m constantly meeting the needs of others, I will eventually end up frustrated and burned out. I cannot fully love others unless I am taking care of myself. Additionally, my body needs sufficient rest and relaxation or it breaks down. Being kind to myself is a good investment. It is not selfish. It is realistic!”



# Tap into Your Inner Strength



Believe in yourself!

# Silence the Inner Critic

Be kind, respectful, and encouraging



# Learn New Effective Coping Skills



Emotions must be expressed and channeled.

Recognize and process the thoughts behind the emotions. (The editing technique, radical acceptance, and the contemplation hour)

Find solutions. Learn new skills and search for creative approaches to problems. The past does not have to repeat itself.

# Balance Work and Play



Download from  
Dreamstime.com



Download from  
Dreamstime.com

# Getting Acquainted

## **Format for the Letter to the Inner Self**

- Greeting - Dear heart of my soul
- Recognize its existence
- Empathize with his or her difficult journey
- Point out positive actions and accomplishments throughout life
- Apologize for less than perfect parenting
- Suggest a closer working relationship
- Promise to be kinder and more sensitive in the future



# Executive Tasks

- Logical thoughts to manage strong emotions
- Supportive thoughts (self-acceptance)
- Impulse control – reminders of long-term consequences
- Motivation and goal achievement
- Problem-solving
- Taking safety measures
- Finding satisfaction by meeting needs appropriately

# Motivation



The buy-in. Ask pointed questions about the consequences of not doing the right thing.

Note the rewards

Set small, achievable goals

Use persuasion to get started. Remind of immediate benefits

# Event Card

- 1. In reaction to the event (or thought), what is my inner self thinking and feeling?
- 2. What action does the inner self impulsively want to commit? Would this action create problems?
- 3. In thinking about the event, what is a more logical and rational response?
- 4. Am I being overly self-critical? What words of encouragement and support can I give to myself?

## Principle #7 Recognize individual worth

All souls have equal worth in the eyes of God. Cease to base your value upon the approval of others or the achievement of perfectionistic standards. Particularly avoid comparisons as this is pride. Secure self-worth comes through humility, acknowledging personal progress, and acceptance of one's value as a child of our Heavenly Father.

# The Challenge of Raising Self-Esteem

*Low self-esteem has been found to be related to depression, suicide attempts, being bullied, eating disorders, and teen pregnancies. Personality variables, in general, are thought to remain fairly stable over time and are considered difficult to alter.*



# Lifestyles of the Rich and Famous





# The California Task Force

*In the 1980s the State of California established a 25 person task force for studying self-esteem and personal responsibility. After three years of work, they concluded in their final report that none of the programs they devised for raising self-esteem had a significant effect on the social problems they were concerned about.*

*At present, there appears to be no widely accepted empirically validated method for improving self-concept.*



# Paradigm Shift



The Amazon River is 200 miles wide at its mouth. The volume of water it produces is 5 times that of the Congo, the river with the second highest volume of water.

# Paradigm Shift Continued

The word “self-esteem” is not mentioned even once in the scriptures. The concept of self-esteem is mentioned in a negative connotation. The scriptural word for self-esteem is **pride**.

And also he hath need to repent, for I, the Lord, am not well pleased with him, for he seeketh to excel, and he is not sufficiently meek before me. (D&C 58:41)

For behold, if the knowledge of the goodness of God at this time has awakened you to a sense of your nothingness, and your worthless and fallen state. (Mosiah 4:5)

# Eternal Truth



**President Benson:** In the scriptures there is no such thing as righteous pride - it is always considered a sin.

“We are tempted daily to elevate ourselves above others and diminish them. The proud make every man their adversary by pitting their interests, opinions, works, wealth, talents, or any other worldly measuring device against others.”

# The Relationship of Competition to Pride



In the words of C.S. Lewis:  
"Pride gets no pleasure  
out of having something,  
only out of having more of  
it than the next man...It is  
the comparison that  
makes you proud: the  
pleasure of being above  
the rest. Once the  
element of competition is  
gone, pride has gone."

# Pride Affects All People



Pride is a sin that can readily be seen in others, but is rarely admitted in ourselves. Most of us consider pride to be a sin of those on the top, such as the rich and learned, looking down at the rest of us. There is, however, a far more common ailment among us—and that is pride from the bottom looking up.

# The Slippery Slope of Pride



**President Benson:** The proud do not receive counsel or correction easily. Defensiveness is used by them to justify and rationalize their frailties and failures. The proud depend upon the world to tell them whether they have value or not. Their self-esteem is determined by where they are judged to be on the ladders of worldly success. They feel worthwhile as individuals if the numbers beneath them in achievement, talent, beauty, or intellect are large enough. Pride is ugly. It says, "If you succeed, I am a failure."



# Beware of Pride

And the hand of providence hath smiled upon you most pleasingly, that you have obtained many riches; and because some of you have obtained more abundantly than that of your brethren ye are lifted up in the pride of your hearts, and wear stiff necks and high heads because of the costliness of your apparel, and persecute your brethren because ye suppose that ye are better than they.

And now, my brethren, do ye suppose that God justifieth you in this thing? Behold, I say unto you, Nay. But he condemneth you, and if ye persist in these things his judgments must speedily come unto you. (Jacob 2:13-14)



# Pride is Addictive

Seeking the praise of others provides a temporary boost in self-esteem. If you usually feel like you are going down, the draw is almost irresistible.



Pride is the universal sin, the great vice. The antidote for pride is humility- meekness, submissiveness. It is the broken heart and the contrite spirit.

-President Benson



# The Blessings of Humility

They did fast and pray oft, and did wax stronger and stronger in their humility, and firmer and firmer in the faith of Christ, unto the filling their souls with ***joy and consolation***. (Helaman 3:35)

Humble yourselves even in the depths of humility and be ***filled with the love of God***, (Mosiah 4:11-12)

Be thou humble and the Lord thy God shall give thee ***answers to thy prayers***. (D&C 112:10)

If they humble themselves before me, I will ***make weak things strong unto them***. (Ether 12:27)

He that humbleth himself shall be ***exalted***. (Luke 14:11)

Let him that is ignorant ***learn wisdom*** by humbling himself. (D&C 136:32)

By humility and the fear of the Lord are ***riches and honor and life***. (Proverbs 22:4)

# A Singular Goal



We don't discover humility by thinking less *of* ourselves; we discover humility by thinking less *about* ourselves. It comes as we go about our work with an attitude of serving God and our fellowman.

# Mother Teresa



If you are humble,  
nothing shall touch  
you, neither praise nor  
disgrace; for you know  
who you are.



# Accept the Gifts of God



We do not need to earn worth, nor can we. It is a gift to us because we are God's children. He sees all people as equally valuable.

## The Four Great Gifts of God

Life and the Plan of Salvation

The Atonement

The Gift of the Holy Ghost

Eternal Life

# See Oneself Honestly with God's Eyes



# Recognize Your Good Qualities

1. Positive Adjective List.
2. List any talents and significant lifetime accomplishments.
3. Note a few good things you have done in the past week.



# Pledge Self-Respect

Promise to stop using cruel, unfair, inaccurate labels on oneself

~~Stupid, worthless, lazy~~



# Achievable Standards!

I will accept myself each day if I make a good effort on my tasks and strive to be kind to others.



# Humility Conquers Esteem Problems



Identify weaknesses and limitations honestly (repentance).  
Take the drama out!

I am not as effective in .....  
as I would like to be.

I can improve by .....

Add a positive thought “I am  
doing OK, I am making steady  
progress.”



# Building Confidence



**The three jewels in the  
crown of self-worth**

Service

Productivity

Virtuous thoughts

Confidence comes not from surpassing others, but in relating better to others and being a positive influence on the world.

# Escaping the Jail of Shame



Negative experiences and mistreatment from others sets young people up to develop negative ideas about themselves to explain those painful circumstances. Emotional freedom comes from correcting those destructive lies (schema).

# Assignment for Next Week

Practice some of the steps for building self-worth.

Read Chapter 8 *Beliefs and the Subconscious*

Thanks for coming!



## **Principle # 8: Change self-defeating inner beliefs (schemas)**

Schemas are “beliefs” we developed to understand past difficult situations. If these powerful ideas are negative, they can greatly influence one's life. Lack of hope and fear of failure keep us from improving our circumstances. These self-defeating beliefs must be challenged with logic and resolved through positive emotional experiences.

# *The Subconscious Map*

This aspect of our intelligence is composed of the collection of beliefs the inner self uses as a frame of reference in order to operate in the world. Since the subconscious is much more powerful than the conscious mind, its preferences tend to prevail.

**Our personal programs**



# Programmed Survival

The subconscious map functions as an effective survival mechanism. It tells us quickly how to think and behave without having to fully evaluate every situation.





# Beliefs Can be Impersonal

**Fire can burn you**



# Beliefs Can Be Personal

You can't trust anyone. They will steal your Ring of Power!



# I Get All the Bad Luck



# Some Schema are Positive



Most people are nice if you are nice to them.

Reading is great!

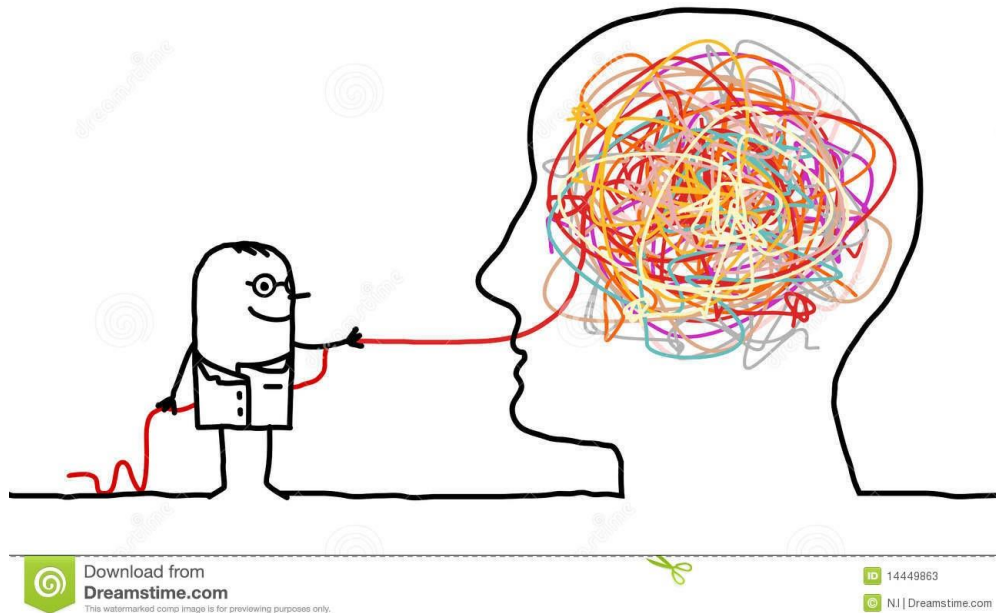
The Church is true.

# Common Mistaken Beliefs

- I will never have friends
- I am stupid
- I am worthless
- I will always be depressed
- You can't trust anyone
- I am unlovable
- I cannot change
- I will never be successful
- Everyone leaves me, why get close and get hurt
- My sins can never be forgiven
- I am unworthy unless I have my parents' approval
- I cannot do anything right
- I am weaker than other people
- I am not good enough
- I don't deserve to be happy



# It is important to Untangle the Past





Engaging in New Experiences That Disprove Past Beliefs is the Best way to Change Schemas.

I can take on new challenges and succeed!



# We Can Approach Scary Situations by Changing Our Perspective

**There Are  
Real Reasons  
to Have a  
Fear of  
Public Speaking**



We would like to ask you to speak in sacrament meeting in two weeks.

*Everyone recognizes that we are not professional speakers. If I start with a story, share a few scriptures, and make a few good points it should go OK. The worst that can happen is that I put a few people to sleep.*

# Fire Walking



We can talk the inner self into doing tough things by gaining new information.

Modern physics has explained fire walking, concluding that the amount of time the foot is in contact with the ground is not enough to induce a burn, combined with the fact that embers are not good conductors of heat.

# Gaining New Skills



We can learn to do new things with study, preparation, and help from others and the Lord.

*If ye are prepared, ye shall not fear. (D&C 38:30)*

# Escaping the Jail of Shame



Negative experiences and mistreatment from others sets young people up to develop negative ideas about themselves to explain those painful circumstances. Emotional freedom comes from correcting those destructive lies (schema).



# Children Try to Make Sense of Their World



**I am always in trouble. I must be a bad kid!**



# The Bright Light of Truth



It is our mission and destiny to rescue the inner self from its prison of the past.

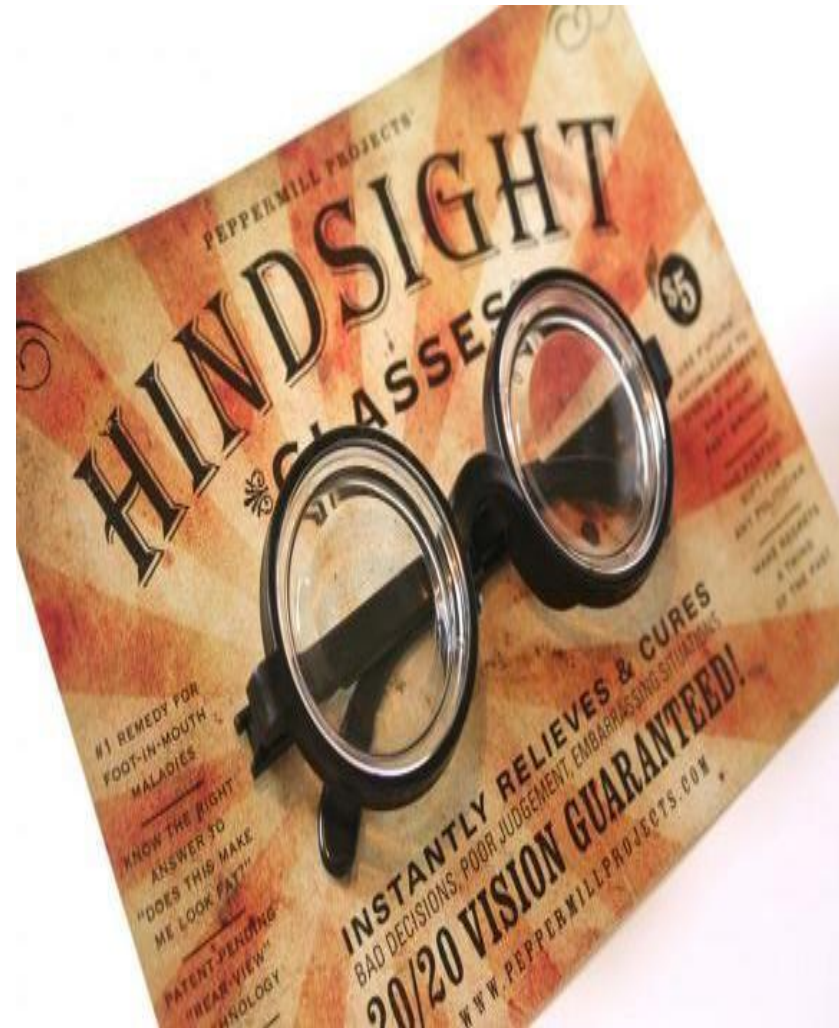
# Critical Events Analysis

1. Select an undesirable behavior pattern or negative belief.
2. Tie the behavior or belief to a past significant event(s). Sit in a quiet place and ponder the different periods of your childhood to help with recall.
3. Recognize what your younger self was feeling and thinking in response to this situation.
4. What explanation or belief did you develop at the time to understand those events?
5. Was this belief totally logical? Can you interpret things differently now? (Use the editing technique. See instructions on the next slide)
6. How would you act or think differently if you had your present adult knowledge and intelligence and were back in the same situation?

# The Editing Technique

- a. Write out your distressing thoughts about the past problem.
- b. Cross out lines containing exaggerating, labeling, denial of reality, or predicting from your self-talk. Re-write the issue of concern in strictly logical and practical terms.
- c. Read the new statement five times. (Say the words out loud or silently mouth them.)

# Letting Go



*Freedom from the past often comes when we have compassion on ourselves and others for their ignorance and weakness.*

*Be ye therefore merciful, as your Father also is merciful. Judge not, and ye shall not be judged: condemn not, and ye shall not be condemned: Forgive, and ye shall be forgiven. (Luke 6:36-37)*

# Moving On



Shining the bright light of truth on false subconscious beliefs allows us to experiment with new attitudes and behaviors. New opportunities will arise and life will become more emotionally fulfilling.

*And ye shall know the truth,  
and the truth shall make you  
free. (John 8:32)*