

# Battle Plan

## Triggers

These are emotions and situations that you are in that make you want to go back to your “old behavior”. A part of learning how to move forward is learning how to identify what makes you impulsively do the behavior.

- Lonely
- Stressed
- Anxious
- Angry
- Hopeless

## Truth

Knowing truth vs. practicing truth is hard. Receiving truth is a great first step but practicing it every day is where the victory comes into fruition.

Creating new “habits” means creating new pathways of thinking in your literal brain, which take repetition and dedication.

Saying these truths out loud, even if it feels silly, is powerful. When we speak truth out loud, we take away the power from the lie.

- LIE, lonely: “When I feel lonely, God doesn’t really care and is far away.”
  - **TRUTH: I do care, I am not far away and I’m here.**
- LIE, stressed: “I’m really tired and I don’t want to do anything.”
  - **TRUTH: It’s okay to do that but you need to not give into those feelings, it’s okay to be stressed but it is not hopeless.**
- LIE, anxious: “I feel alone, and everything is going to go wrong. When things go wrong, everything is ruined.”
  - **TRUTH: God knows what is going to happen and He is there.**
  - **TRUTH: JEREMIAH 29:11**
- LIE, angry: “God, why aren’t you answering me? What’s the point if you aren’t going to be here for me?”
  - **TRUTH: He is there, and He does care. He is not far away; He is just waiting for me to realize that.**
  - **TRUTH: God loves me.**

- LIE, hopeless: “What’s the point? I’m never going to change, and it’s always be this way. I’m never going to be able to move forward in my relationship with God.”
  - **TRUTH: You can change with God and you don’t have to feel this way.**
  - **TRUTH: It’s not hopeless because you can get through this with God.**
  
- LIE: Inner voice that’s always saying you’re not good enough and that you’re worthless, you’re disgusting.
  - **TRUTH: I love you and that’s the only thing that matters because I made you.**
  - **TRUTH: He’s the one who made me so why should I worry about what that inner critic says?**

## **New Coping Mechanisms**

Having easy new physical behaviors to do when feeling an impulse, is crucial. If you have a big test the next day, you go to bed at a decent time and study beforehand. New coping mechanisms are our study guides to cultivating new behaviors and ways of thinking.

- Lying in bed:
  - Get up and go do something productive
  - clean room
  - bake
  
- On phone (youtube)
  - Pray and ask God for strength
  - Get off of bed

## **Practical Behavior Changes**

A physical list to remind us what to do when we feel like we’ve forgotten what to do will help in so many ways. We’ll now walk through all your triggers and create new practical things for you to do.

- When I feel lonely, I will go find something to do with a family member.
- When I feel stressed, I will go read my bible or book in the living room.
- When I feel anxious, I will not be alone.
- When I feel angry, I will walk my doggo or journal.
- When I feel hopeless, I will talk and pray with my mom about it.