

# Three Hurdles

## INTROVERTS (AND EXTROVERTS)

Our \_\_\_\_\_

2 Corinthians 10:5 *We take captive every thought to make it obedient to Christ.*

Introverts are quiet, but their minds are \_\_\_\_\_.

A negativity bias can help with physical well-being, but left untamed and untrained, negativity bias can threaten your \_\_\_\_\_ well-being.

Romans 12:1-2 (NLT) *Give your bodies to God because of all He has done for you. Let them be a living and holy sacrifice—the kind He will find acceptable. This is truly the way to worship Him. 2Don't copy the behavior and customs of this world, but let God transform you into a new person by changing the way you think.*

What is happening in the moment is rarely the whole \_\_\_\_\_.

Philippians 4:8-9 (NLT) *Fix your thoughts on what is true, and honorable, and right, and pure, and lovely, and admirable. Think about things that are excellent and worthy of praise. 9Keep putting into practice all you learned and received from me—everything you heard from me and saw me doing. Then the God of peace will be with you.*

1. \_\_\_\_\_ - the repetitive, often obsessive thinking about a particular problem, worry, or fear. It's \_\_\_\_\_-focused and can fuel anxiety, depression, and obsessive-compulsive thoughts and behaviors.

Rumination won't \_\_\_\_\_ a problem. It \_\_\_\_\_ the problem.

Think of a concern in your life and then answer true or false to the following statements:

- \_\_\_ My thoughts about this event or topic are negative.
- \_\_\_ I repeat the same thoughts about this event or topic over and over without resolution.
- \_\_\_ When I rethink about this, I feel guilt, shame, or condemnation.
- \_\_\_ When I think about the role of others, I feel hopelessness, bitterness, or despair.
- \_\_\_ When I think about this event or topic, I feel overwhelmed rather than empowered.
- \_\_\_ The longer I think about this event or topic, the worse I feel.

If most of those statements are true, then it's likely you are ruminating.

A few tips to help you exit rumination:

- A. \_\_\_\_\_ God or someone else.
- B. \_\_\_\_\_ yourself.
- C. \_\_\_\_\_ of three other explanations.
- D. \_\_\_\_\_ one small step.

## 2. \_\_\_\_\_ - criticism - negative thoughts about who we are.

Proverbs 4:23-24 *Guard your heart above all else, for it determines the course of your life. Put away deception from your mouth; keep your lips from perverse speech.*

\_\_\_\_\_ reject any dishonest, deceitful, or immoral speech from coming into your heart or out of your mouth.

Matthew 12:34 *For whatever is in your heart determines what you say.*

## 3. \_\_\_\_\_ - Rumination is about our circumstances. Self-criticism is about our identity. Perfectionism is about our \_\_\_\_\_.

External Perfectionism	Internal Perfectionism
Focuses on what's _____	Focuses on what's _____
Notices what's not right with physical environment (Clutter/messes)	Notices what's not right with emotional environment
Driven to fix _____ problems	Driven to fix personal or _____ problems
Strives for outward order (cleanliness, organization) at home and work	Strives for inward order (tranquility, authenticity) at home and work
Sets high standards for people	Sets high standards for self
Will see any messes in the _____	Will see any messes in _____

The best way to address perfectionism is to do it \_\_\_\_\_.

The Greek word for "perfect" is *teleios* -the idea of completeness brought to its intended goal. It's more about \_\_\_\_\_ than flawlessness.

Perfectionism is all or nothing. Growth is little by little.

Perfectionism is all about the goal. Growth is about the journey.

Perfectionism is about outward appearances. Growth is about what happens on the inside.

Perfectionism is about what we do. Growth is about who we are becoming.

Replace rumination with \_\_\_\_\_.

Psalm 143:5 (NLT) *I ponder all your great works and think about what you have done.*

Psalm 18:29 *With my God, I can scale any wall.*