

SOLUTIONS

S1040

It's Not My Fault Small Group Study – 8 Sessions

Session 2: You Can Learn To Think Differently

Your thinking is like the software on a computer; it determines what you do. What you think determines your actions and behaviors. Your behaviors then produce some sort of results—and not always the results you want. It is important to understand that you have the power to re-write your software and learn to think differently. You can challenge your thinking, and then change it. Dr. Cloud will help you begin to reprogram your thinking, so that you can take charge of your life.

Small group discussion questions:

1) In what areas of life do you feel stuck? Identify an area you would like to change.

2) How does your current thinking contribute to being stuck?

3) Dispute this thinking with thoughts of faith, belief and others' input.