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## Spiritual Nature of Psychological Problems – 8 Part Series

In this series, Drs. Cloud and Townsend explain why they believe all of our emotional and relational problems are spiritual issues at their core. They discuss why symptoms such as depression, anxiety, compulsive behavior, and addictions are a result of our broken relationship with God, and give you helpful information to begin healing these areas of your life.

### Thinking Problems: When Thinking Goes Awry

God intended our thinking to work in relationship with him and with other people. Thinking helps us to find meaning in, and make sense of, our experiences. It helps us to know ourselves, and to understand others; it provides a structure for relationships. However, there are many ways your “thinker” can break down: intrusive thoughts, fixations, paranoia, distorted beliefs. “Problem thinking” can occur when brokenness begins to creep into your thought processes; this is often a sign that you have become alone and disconnected. Dr. Townsend tells us that normal thinking is reality-based and has a relational foundation. He explains that we must see our emotions as a signal and our thoughts as the structure.

#### Small group discussion questions:

1) Do you recognize any faulty thinking patterns in your life? What are your emotions signaling?

2) What has led to these distorted thoughts about you or about life? Have you allowed yourself to become isolated and disconnected from others?

3) Who are some safe people in your life, whom you can ask how they experience you, and receive the truth? How can you bring your thinking back into reality, and who can support you in this endeavor?