

## Outline

### Change Your Brain – Change Your Life

In this session, Dr. Cloud introduces us to a highly researched pattern of thinking. The pattern is called, “The 3 P’s” and will absolutely have either a positive or negative influence in every area of your life. They influence how you behave and respond with regard to relationships, marriage, career and reaching goals. Not only is it important to understand these concepts, but more importantly, you will learn that you *can* change your brain and how you think. Taking charge of how you think allows you to begin to change our life.

#### Small group discussion questions:

- 1) Where have I felt helpless?
  
  
  
  
  
  
  
  
  
  
- 2) What areas do you see “The 3 P’s” operating now?
  
  
  
  
  
  
  
  
  
  
- 3) How are you going to dispute those?