REFUSE TO RELIVE THE PROBLEMS OF THE PAST

1. Separate yourself now from the past by seeing yourself on a new course. Imagine the Lord Jesus at your side on this course. He gently guides and holds you along the way. He is your friend and Lord. It is His desire that your new choices by constructive, good ones in order that you be fully blessed.
2. It is not true that nothing can change for the better, or that you've made you bed and now you'll have to lie in it.
3. If you have failed in past relationships, it is not true that you will not be able to act differently and more constructively in new relationships.
4. It is a lie that people can't change and that "you can't teach an old dog new tricks." All behavior is learned; therefore, bad behavior can be replace by learning healthier and more constructive behavior.
5. Do not be afraid that past pain will be repeated and that all people are alike.

These above points help a person to restore some emotional damage from wrong thinking.

<u>Growing Closer</u> by Marie Chapian p. 142 & 143