Session 10: Renewing the Mind: How Thoughts Drive Feelings and Actions

PHASE 2 — HEALING: MIND, HEART, AND PAST (WEEKS 2–4) · WEEK 2 — A RENEWED MIND

Date: _____ My craving today (0–10): _____ One word for my week: _____

Handout for this session: the Session 10 handout (Catch the Thought) — in the Handouts Packet.

What we're learning

Between something that happens and how we react, there is a thought — often so fast we do not notice it. Two people can get the same short text from a family member. One hears rejection and spirals. The other hears a busy day and moves on. The event was the same. The thought did the damage — or the good. When we slow down and catch the thought, we gain a choice we did not know we had.

- Thoughts are not facts A thought is a mental event — sometimes accurate, sometimes a habit, sometimes a lie with a familiar voice. Seeing it as a thought is the first freedom.
- Speed is the problem Automatic thoughts fire in under a second. Writing the sequence down (next session's record) is how we slow it to a speed we can work with.
- Test thoughts against what is true Renewing the mind means holding thoughts up against what is true — the evidence of our own lives and the counsel of safe people — not against our worst mood.
- Small repetitions rewire Catching one thought a day, honestly, does more than a single dramatic insight. This is a daily discipline because it works like one — small, repeated, and honest.

Goals for this session

☐ I can explain the CBT core link — situation, thought, feeling, behavior — with a recovery example

☐ I can catch one automatic thought from my own week

☐ I can describe 'renewing the mind' as a daily practice, not a one-time event

Check-in

Describe a recent moment your mood crashed or craving spiked. What ran through your mind in the ten seconds before it turned?

Discussion — write your answers

Write what you would say out loud — and more, if it comes. There is no right-length answer; there is only an honest one.

1. Walk the group through an example: what thought sits between 'my call went to voicemail' and three different reactions?

2. Which automatic thought visits you most — about yourself, about others, or about the future?

3. When has a thought turned out to be flatly wrong about someone's intentions toward you?

4. What truth — from your own history and experience — do you most need your mind renewed toward?

Session 10 — Skill Practice

Facilitator works one volunteer example live on the whiteboard in four columns (Situation / Thought / Feeling / Behavior), thinking aloud. Then pairs repeat the exercise with a mild, recent example of their own — low-stakes on purpose; this is reps, not surgery. Each pair reports only the thought they caught, in one sentence.

Work one real, small example in the four columns of the table below: Situation / Thought / Feeling / Behavior.

Situation (facts only)	Thought	Feeling	Behavior

My takeaway

The one thing from this session I most need to remember — in my own words:

Homework — this week's application

☐ Catch and write one sequence a day for five days — situation, thought, feeling, behavior — in your workbook. Keep them small and ordinary. We build Thought Records from these next session.

Space to do the homework and note how it went:

An optional Scripture handout for this session is available from your facilitator on request.