



Love God Love People Live Like We Mean It

Healthy Mind, Healthy Life

Group Share

1. What is one way you won last week?

Studies estimate that 80% of the average human's thoughts are negative

10 Types of Negativity (Circle your top 3)

1. **Cynicism:** A general distrust of people and their motives.
2. **Hostility:** Unfriendliness towards others; unwilling to develop relationships.
3. **Filtering:** Only noticing the bad in what should be a happy experience or memory.
4. **Polarized Thinking:** The belief that if something or someone is not perfect, then they must be horrible.
5. **Jumping to Conclusions:** Assuming something bad will happen because of circumstances in the present.
6. **Catastrophizing:** The belief that disaster is inevitable.
7. **Blaming:** Blaming others for personal issues, and feeling that you are a victim to life's uncontrollable events.
8. **Emotional Reasoning:** Using your emotions to define what is real and what is not.
9. **Fallacy of Change:** The thinking that if people or circumstances change, you can then be happy.
10. **Reward Fallacy:** Type of negativity that assumes there will always be a reward for hard work and sacrifice. When the reward does not come, you become bitter and depressed.

Impact of Negativity

Extended periods of negativity slows digestion, and decreases the immune system's ability to fight inflammation. This is why negative people are more likely to get sick than optimists. Common effects of negativity include:

- Headache
- Chest pain
- Fatigue
- Upset stomach
- Sleep problems
- Anxiety
- Depression
- Social withdrawal
- Drastic changes in metabolism (i.e. overeating or under-eating)
- Increased chances of developing dementia

Prolonged negativity also hurts mental health, making individuals more likely to turn to smoking, drugs, pornography, sex, self-harm, or substance abuse as ways of coping.

Romans 8:6

For to set the mind on the flesh is death, but to set the mind on the Spirit is life and peace.

Pause for 5 Minutes of Journaling

Break into small groups to discuss the following questions.

Questions to Consider:

1. Which negative mindsets listed above do you struggle with most?
2. What lie do you believe keeps you from letting go of that particular negativity?
3. What truth from God's Word gives you freedom from that specific negativity?

Gather Back as One Group and Share What You Got From Today's Discussions - End In Prayer