

Paving The Way For Change

Behavior and Thought Approach:

1. What should we emphasize? behavior, thoughts, or feelings?
2. We must work on behavior/ not just thoughts. Behavior is voluntary while thoughts are often involuntary, automatic or highly refined.
3. We are encouraged to work at behavior change, with an increased emphasis on positive behavior... in attitude and feelings, as well as action. (Col. 3:12-15; 3:9-11; Eph. 4:1-2, 32)
4. We must focus on thoughts as we work at behavioral changes.
5. Discover your positive behaviors toward each other in the following factors.

-- existing strengths and positive responses,

-- positive areas you would like to increase.

-- areas or agreement between the two of you.

6. What are some positive responses you should apply or work at?

- showing interest, _____
- a listening ear, and responsive heart, _____
- show more affection, _____
- thoughtfulness, _____
- appreciation, _____
- concern, _____
- empathy, _____
- acceptance, _____
- laughter and joy. _____

7. Focusing on the negative brings-- negative attitudes, alienates, builds more hurts, causes a loss of perspective, progress is hindered,

8. We need to set goals. What are some you need to set for yourselves?
