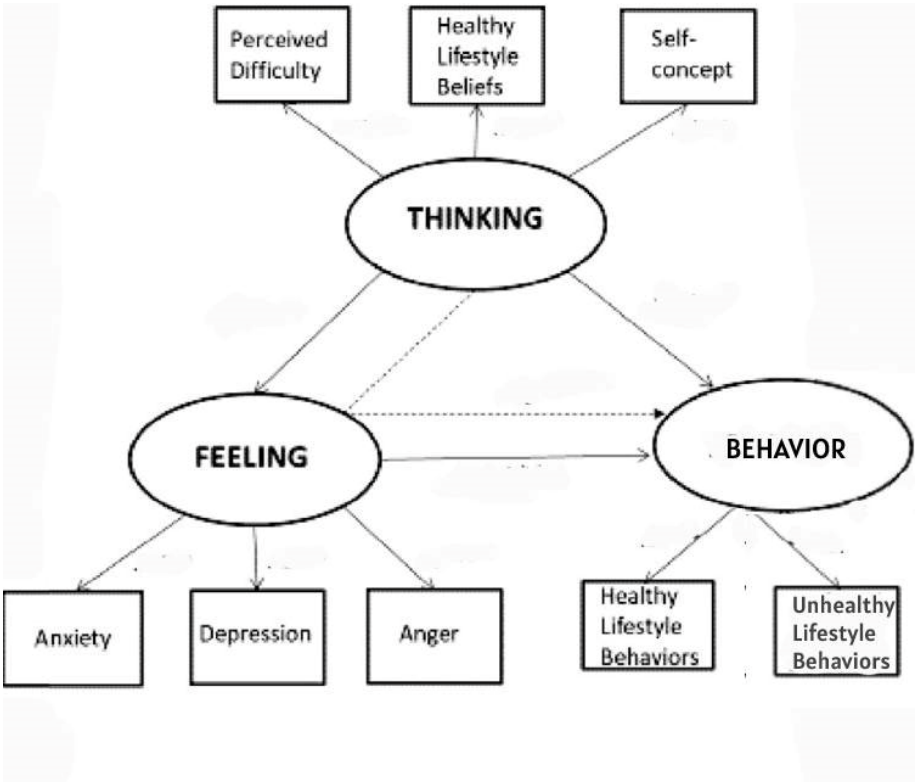
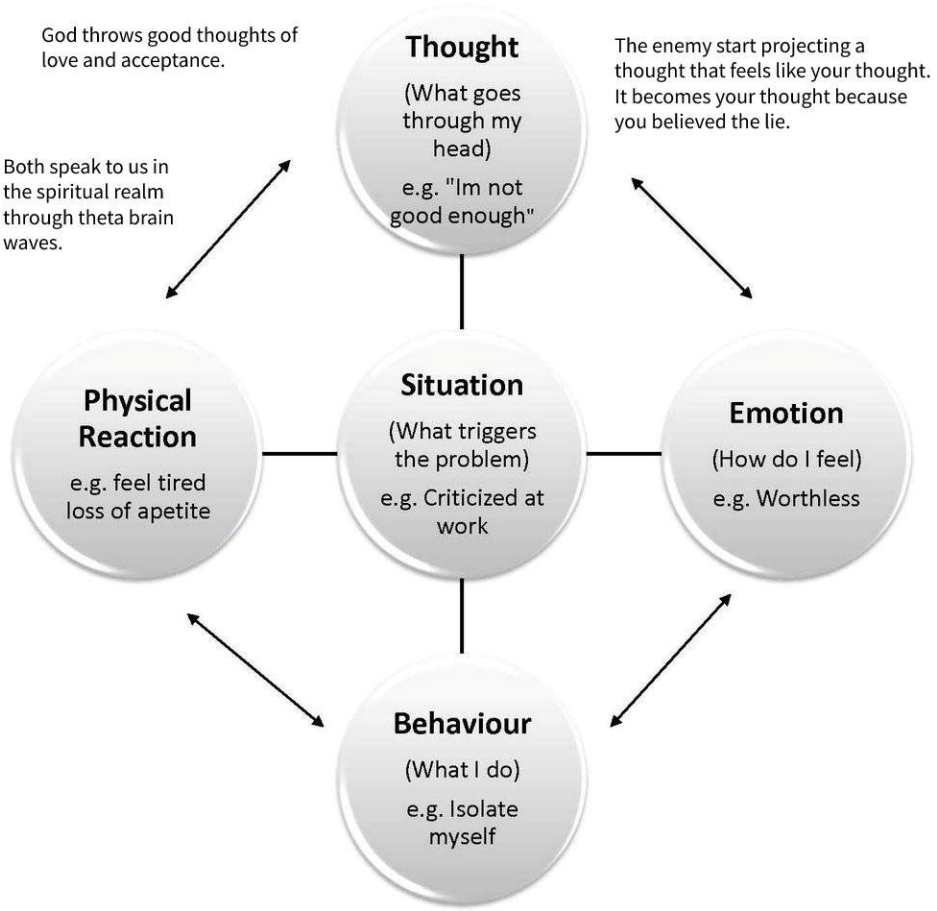
Process of Thoughts




God throws good thoughts of love and acceptance.
Thought
(What goes through my head)
e.g. "Im not good enough"
The enemy start projecting a thought that feels like your thought. It becomes your thought because you believed the lie.
Both speak to us in the spiritual realm through theta brain waves.
Physical Reaction
e.g. feel tired loss of apetite
Situation
(What triggers the problem)
e.g. Criticized at work
Emotion
(How do I feel)
e.g. Worthless
Behaviour
(What I do)
e.g. Isolate myself