



Name

Date

CONTENT MODULE SUMMARY SHEET

Taming Your Inner Critic

INTRODUCTION

Today's Iron Forums content module will help us manage that little voice in our heads that often tells us what we CAN'T do vs. what the Spirit might be telling us we CAN do. A philosophy called "Positive Intelligence," developed by Shirzad Chamine has identified 10 "Saboteur Voices" that come about from negative things that have happened to us, or that we've been told in our past that we can defeat with the TRUTH. We think you'll find this discussion and assessment eye opening as well as actionable — because as Paul tells us, we can be transformed by the renewing of our minds.

Our speaker, Mark Danzey has been a minister and provided pastoral counseling for just over 25 years. Mark is passionate about helping couples and individuals looking to make positive changes in their lives through personal relationship coaching, career coaching and executive coaching. Additionally, as a Certified Civil, Domestic and Divorce mediator, Mark helps to mediate difficult situations toward a path of peaceful and amicable resolution. His practice, WisePath Mediation and Coaching, is located in Roswell, Georgia.

SCRIPTURE

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

— Romans 12:2

CONTENT

This is just an outline. Be sure to add your thoughts and listen to the Holy Spirit to see what He may be speaking to you about this topic.

We have 50,000 conversations daily — most with ourselves, and most are negative.

We must consider "Why do we think this way?"

- Often because of something a parent or teacher or family member would say as a criticism.
- Many Psychologists have tried to help people change the way they think
- Shirzad Chamine developed an assessment and plan called "Positive Intelligence" (www.positiveintelligence.com).

"How do I change my perspective from seeing the glass half empty to half full?"

You can rewire how you think about things.

If you change your perspective with the help of a counselor, a coach, or a mentor, you can change your life.

Look at life and find what God is doing through even a negative event to see the good in it and get through it.

Matthew 3:2 "Repent, for the Kingdom of God is here."

Repent = Metaneo = Change the Way You Think.

Scripture speaks to this many times.

There are over 830 names in the Bible that God uses to describe His children, and they are ALL POSITIVE.

List of 10 Saboteurs from Positive Intelligence:

- Judge (everyone has this inner-critic)
- Controller
- Avoider
- Hyper-Achiever
- Hyper-Rational
- Hyper-Vigilant
- Pleaser
- Restless
- Stickler
- Victim

“Don’t believe everything you think.”

How are you renewing your mind?

DO THE OPPOSITE of what your saboteur says!

DISCUSSION QUESTIONS

1. Think of an example of a situation when you are most likely to hear your inner-critic chime in on a decision you need to make or an action you need to take. Share a little bit with your Snapshot Group.
2. Which of the 10 saboteurs do you think you might hear from the most?
3. What are some ways you can most easily renew your mind?

ACTION:

1. Take the assessment at www.positiveintelligence.com/saboteurs/
2. Take a month and NOTICE when your saboteur(s) is active.
3. Once you begin to recognize your saboteur(s), make an effort to renew your mind through scripture and prayer to do the opposite of whatever your self-sabotaging thinking would have you do.