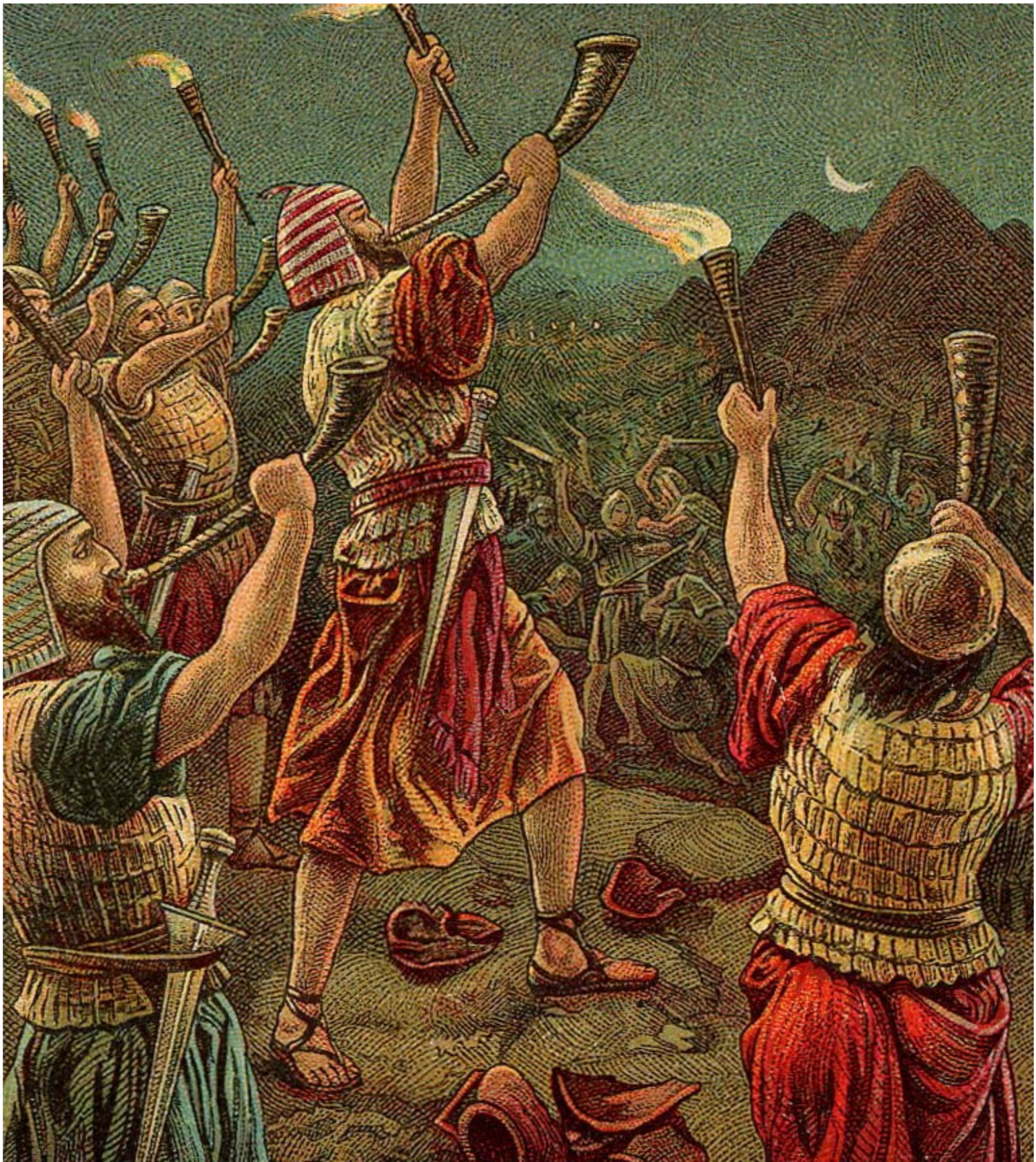


God's Procedure - Part 2

Judges 7:4-7



IANACC

IANAD

Still not at the Holiday Inn Express...

Four Step Process

Many Times Over...



Logic & Reason

Self Evaluation

Call it whatever you like...

Step 1:

**Describe a Negative
Event**

Step 2:

**Write Down How You
Feel**

Because of that event

Step 3:

**Four Column
Technique**

Four Column Technique

Initial Event	First Thoughts	Distortion	Clear Thinking

Step 4:

**Reevaluate Your
Feelings**

Feel Better?

Of course you don't.

It will be hard...

...but it's worth it!