



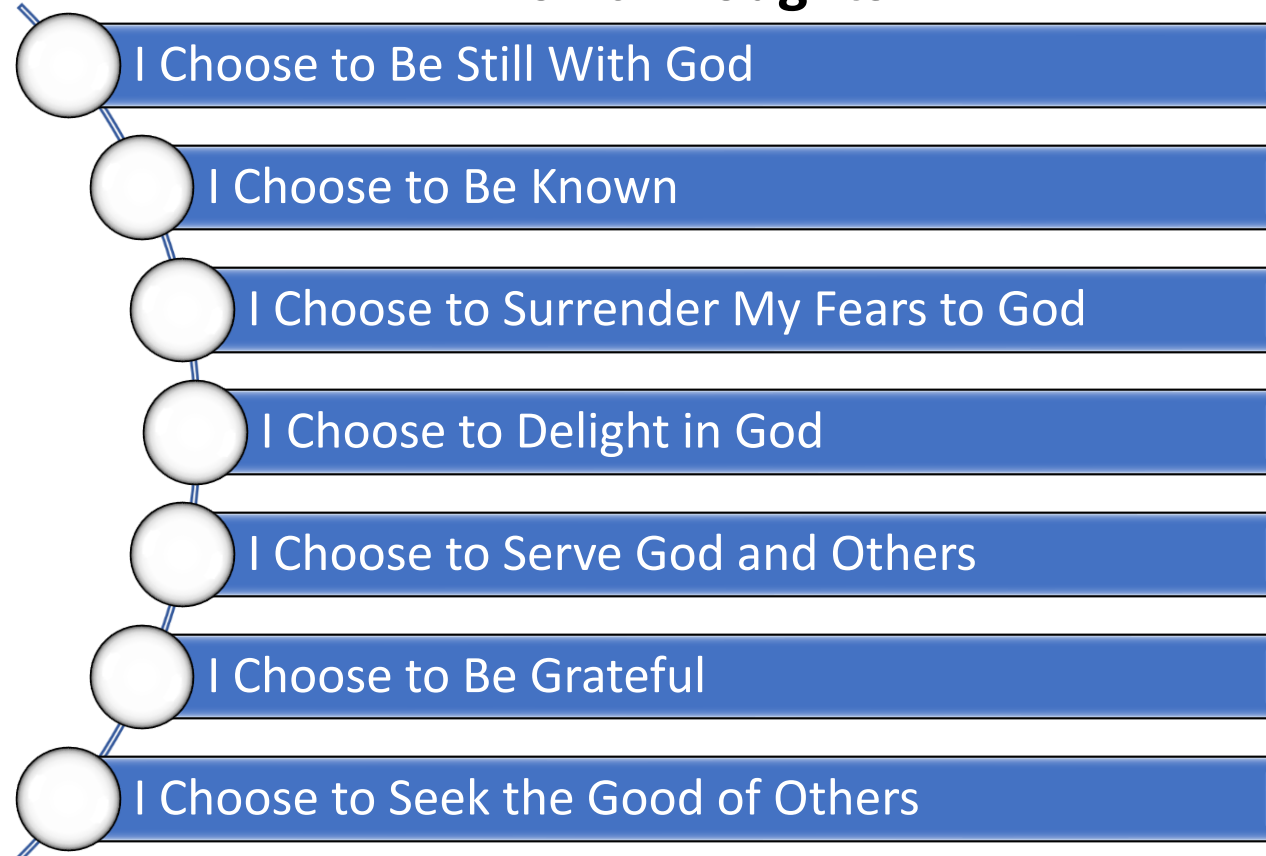
Stop the Drama, Get Out of Your Head

Session #4

Pat Hartman, Facilitator

Session 4

Seven Weapons to Fight Against Toxic Thoughts

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- I Choose to Be Still With God
 - I Choose to Be Known
 - I Choose to Surrender My Fears to God
 - I Choose to Delight in God
 - I Choose to Serve God and Others
 - I Choose to Be Grateful
 - I Choose to Seek the Good of Others