



Stop the Drama, Get Out of Your Head

COURSE SYLLABUS

Course Name: Stop the Drama, Get Out of Your Head – Stopping the Spiral of Toxic Thoughts

Course Materials: Get Out of Your Head – Stopping the Spiral of Toxic Thoughts: Amazon or Lifeway and your Bible

Course Facilitator:

- Pat Hartman – pathartman07@gmail.com

Day & Time: Zoom Sessions: Saturday, 10:00 AM: Nov. 14th & 21st

Course Description: Do you overthink your thinking? Do your thoughts seem to hold you captive? Do your thoughts often swirl in a spiral of destructive thoughts that keep you stuck in drama and toxic thinking patterns? Stop the drama and join us to learn the weapons to fight the battle between our two ears. We will explore the founder of If: Gathering, Jennie Allen’s book, Get Out of Your Head. Get ready to fight!

Course Requirements: Review the four master class sessions prior to attending the Zoom sessions. Complete the thought questions at the end of each session. Be ready to discuss your thoughts during the Zoom sessions.

Course Format: Virtual

Course Outline:

- Session 1 – Introduction & All the Thoughts
- Session 2 – Taking Down the Enemies of Our Minds – Part 1
- Session 3 – Taking Down the Enemies of Our Minds – Part 2
- Session 4 – Thinking as Jesus Thinks