

Living Your Best Life

Class Outline

February 25-March 17

Fireside Room 9:30 AM

Pastor Dave and Dr. Andrew Wingerson

Sunday, February 25

Introduction to the class

The Purpose and Goals for this Class

What does your best life look like?

Looking at Seven common myths about changing our lives.

Steps to take to begin to change your life:

Sunday, March 3

Digging deeper: How do you begin to make positive changes to your life?

An introduction to Cognitive Behavior Therapy (CBT).

Taking small steps to begin the change process.

Giving yourself grace and space to make change happen.

Sunday, March 10

Getting in touch with your feelings

What are your feelings telling you?

Validating your negative feelings

The difference between guilt and shame

Dealing with Trama (EMDR treatment and trauma focused CBT)

Sunday, March 17

How to put into practice the change we wish to see in our lives

Avoiding destructive barriers to change

Abusive behavior and its destructive qualities

Substance abuse disorders and treatment options

Beginning to live your best life now!

Living Your Best Life: Myth Busters
Pastor Dave and Dr. Andrew Wingerson
February 25, 2024
Sundays at 9:30 AM in the Fireside Room
Class Notes

Introduction to the class

The Purpose and Goals for this Class

Devotional: John 5:1-9

What does your best life look like?

Looking at seven common myths to change

Myth #1: My best days are _____ me.

Myth #2: I am unable to make _____ changes to my life.

Myth #3: People who receive psychiatric care are _____.

Myth #4: Only _____ people take medication for mental health issues.

Myth #5: It's impossible to teach an old _____ new _____.

Myth #6: _____ will make everything better.

Myth #7: _____ and _____ use will make all my problems go away.

Mental health statistics:

1. _____% of people experience a mental health condition in a given year.
2. 1 in _____ young people experience a major depressive episode.
3. _____ continues to climb as a leading cause of death in the United States.

Steps to take to begin to make a change in your life:

1. Maintaining a _____ or _____ system contributes positively to mental well-being.
2. Change usually begins with an "_____ Moment!"
3. Pinpoint _____ thing you would like to change.
4. _____ it down on paper.
5. _____ someone about it, even if it is uncomfortable or embarrassing.
6. Set out over the next _____ to make this change happen.
7. Ask _____ to help, and help, and help!
8. Give yourself some _____.

Questions and comments

Closing Prayer