

*The Rest of Health*

Written by David and Sonya Cameron

Appendix B

How To Change Your Thoughts

**How To Change Your Thoughts**

- 1) If you'd like to, invite God into the process of repairing your thoughts.
- 2) Monitor your thoughts. Identify the Faulty Thinking Patterns. Observe mood changes, as this will help you to recognize when you've begun to think poorly.
- 3) Stop the flow of your thoughts when you notice they are flawed.
- 4) Reject inaccurate, troublesome thoughts and replace them with accurate, truthful thoughts.
- 5) Develop these skills into a habit. Practice them until it gets easy and fast.

Faulty Thought Pattern To Watch For: \_\_\_\_\_

Healthy Thought Pattern To Substitute: \_\_\_\_\_

Carry this card around with you in your wallet or purse.  
Keep it on your night table by your bed.  
Practice these skills and you'll reap boundless rewards.

More resources and copies of this innovative book are available at:

[www.TheRestofHealth.com](http://www.TheRestofHealth.com) and [www.TrueFoundation.com](http://www.TrueFoundation.com)