

Abound and Abide – Part 2 of 2

Discussion Questions

1. Discuss the model John talked about: Adversity (Antecedent), Beliefs, Consequences, Dispute, Energized. Do you think it would be helpful for you to use this as one method of mental hygiene for setting your mind on things above? (Others: speaking the 23rd Psalm or the Lord's prayer.)
2. What do you think of the movie analogy: "how would I want the person playing me to act in this situation?", would you think it's helpful?
3. Hurry verses busy. Do you find yourself more hurried or just busy? What is the value of eliminating hurry from your life?
4. Quaker clearness committee. Have you ever called together Godly friends who would help you to make a big decision in a similar way? What is the value in that?
5. What is your takeaway from this session?

Notes:

Key Points:

- Dallas said with regard to any practice or discipline, it will be self-validating. That is, I will find that I like my life better when I do it than when I don't.
- What matters in life isn't so much time management as it is energy management.
- Activities that demand will-power drain us quickly.
- If I'm going to abound and abide, I need to recognize the signs of destructive hurry.
- You must ruthlessly eliminate hurry from your life. Busy is an outward condition of the body but hurried is an inner condition of the soul.

The "ABCDE" method for changing your mind – for the better!

From <https://wishfulthinkingworks.com>

1. Adversity:

- Describe a recent Adversity.
- Include the Who, What, When, and Where of the situation.
- Be specific and accurate in your description.
- Don't let your beliefs about the adversity creep in!
- Be objective. I call these truth statements, because they focus solely on the facts.

EX: I got rejected today from an interesting program.

2. Beliefs:

- Record what you were saying to yourself in the midst of the Adversity.
 - What was running through your mind?
 - Write it down verbatim. Don't worry about being polite!
- EX: "Man, this always happens." "I'm just not good enough." "It's all about who you know, and I don't know anybody." "Maybe I'm not cut out for this sort of thing."

3. Consequences:

- Record the Consequences of your Beliefs. (What did you feel and what did you do?)
- Be specific. List all of the emotions you experienced and as many reactions as you can identify.
- Ask yourself: Do your Consequences make sense given your Beliefs?
- If you don't have the Aha! experience, see if you can identify other Beliefs that you may have not been as aware of initially.

EX: I felt worse and worse thinking this way. I began to not take any action on other projects that I wanted or needed to do today. I felt pretty low, and I began comparing myself negatively to others that I thought were better off than me.

Yes, these feelings and actions DO make sense given those beliefs!

4. Dispute:

- Generate one piece of Evidence to point out the inaccuracy in your Beliefs,
- or generate a more accurate/optimistic Alternative belief about the Adversity,
- or Put into Perspective your Belief.
- You can use the tag lines below to craft your responses:

a. Evidence: That's not completely true because...

EX: That's not completely true because I know a lot of great people, and some of them are in great positions. I have achieved great things like this in the past.

b. Alternative: A more accurate way of seeing this is...

EX: It really is only for one week, it's not like I got rejected from Yale.

c. Putting It in Perspective: The most likely outcome is... and I can... to handle it.

EX: The most likely outcome of this is that I put my energy into another big project I'm currently working on, and I can work harder and be more focused on this project and that will help me handle the rejection from the scholarship.

5. Energy:

- Write a few sentences about how your Disputation changed your Energy.
- What happened to your mood?
- How did your behavior change?
- What solutions did you see that you didn't see before?

EX: My energy became more focused and clear. I felt much more competent in my abilities and in my future. My behavior changed by getting me back to working hard on the things that matter to me, because I want a positive future for myself. The solutions I saw were about what I could DO for myself, rather than letting the world happen to me.

This video and the others in the series are available at <https://livinglikejesus.info>.