

# MIND MAPS



## PART 4

### Breaking Free from the All-or-Nothing Mind Trap

In order to break free from a mind trap, we need to adopt a new mindset. Our thoughts can become patterns of thinking similar to streams that carry water down a mountain. To create a new way of thinking, we have to chart a new course.

#### EVALUATING WHERE YOU ARE

Plan for time when you are free of distractions and consider the answers to these questions:

- The all-or-nothing trap is the tendency to think in terms of polar opposites without accepting the possibilities that lie between the two extremes. Is there an area where you have fallen into this trap?
- Can you identify any all-or-nothing thoughts that circle through your mind? Here are some examples:
  - Since I didn't make the right choice, I'm terrible.
  - Since I lost the account, I'll never get the promotion.
  - Since I blew the diet, I'll never lose weight.
- Have you ever applied all-or-nothing thinking to your faith?

#### CREATING A NEW MIND MAP

##### **Step 1: Keep your mind alert and sober.**

*Look for thoughts that lead to this potential mind trap.*

- Consider times, people, or places that may be triggers for your all-or-nothing thinking. What can you do to be on alert?
- Consider ways your mind gets intoxicated with all-or-nothing thinking. How can you pursue sober thinking?



## **Step 2: Set your hope on grace.**

*Discover the freedom that grace can bring.*

- Consider what grace really means to you. Do you have a hard time receiving it?
- If you are a follower of Jesus, do you see yourself in light of the grace that Jesus has made possible?
- In light of the grace provided to you through Jesus, is there someone to whom you need to extend grace?

## **Step 3: Focus on growth.**

*Allow God to transform your thinking and lead you toward growth.*

- Consider a time when you...
  - Wished something for someone that wasn't good for them.
  - Had negative thoughts about yourself.
  - Wanted something that wasn't yours to want.
  - Desired something more than God.

- Consider how you could invite God to help you grow.

Here's a prayer to help you get started:

*God, your ways are better than my ways. Help me be alert and sober and clearly see the thoughts that lead to an all-or-nothing mind trap. Because of the grace you've provided through Jesus, I'm already your son/daughter. There's nothing I could ever do to make you love me more or less. You've already called me your child. Keep moving me on the road of holiness. Let holiness be my guardrails as you grow me through this.*



## MOVING FORWARD

Therefore, with minds that are alert and fully sober, set your hope on the grace to be brought to you when Jesus Christ is revealed at his coming. As obedient children, do not conform to the evil desires you had when you lived in ignorance. But just as he who called you is holy, so be holy in all you do; for it is written: “Be holy, because I am holy.” 1 Peter 1:13–16

## ADDITIONAL RESOURCE

We all want to live life to the fullest, but when you feel trapped or hopeless, it can be hard to know what to do. That’s why we created Counseling Referrals. With a quick search of our licensed professionals, you’ll find a partner who can help you find freedom. To learn more, visit [counselingreferrals.org](https://counselingreferrals.org).