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TOXIC THOUGHTS TO RELEASE

1. Grievances against others.
2. Complaints or gripes about situations or people.
3. Resentment over things that didn't work.
4. Reasons we think we will not succeed in life.
5. Behaviors we want people to change.
6. Standards we expect others to meet.
7. Expectations that become demands.
8. Disappointments that consume our thoughts.
9. Chronic negative self talk.
10. Lies we believe about ourselves or others.
11. Excuses we make for poor attitudes or behavior.
12. Hyper-focusing on failures.
13. Dwelling on faults we see in others or ourselves.
14. Allowing frustrations and irritations to take over.
15. Being consumed with fear, worry, or concerns.
16. Accusations against ourselves or other people.
17. Dwelling on times we believe God let us down.
18. Reasons we worry God won't forgive our sins.
19. Prayers we think God didn't answer.
20. Focusing on the things we aren't good at.