The hardest thing any leader is in charge of is him/herself.

Often leaders begin a “downward spiral” because they lose control of themselves.

The one’s who believe they CAN – will every single time!

The single biggest factor that will take you from ‘here to there’ is if you believe it can happen.

All leaders believe they can at the start- but then something happens where they lose the belief they can do IT- and they become out of control and spiral down.

What happens to the brain when it finds itself in a situation it cannot control?

The 3 P’s – what happens in the brain

1. **Personal** – the brain processes it in a personal “I am not good enough” sort of way (i.e. “something is wrong with ME”)

2. **Pervasive**- it goes from that one situation to EVERYTHING (“all my customers don’t like me,” or “all my co-workers don’t like my leadership.”

3. **Permanent**- the overwhelming thought is that this is the way it will always be

*Science and the Bible always agree*

Reversing The 3 P’s

1. **Log and dispute the negative thoughts**
   a. Look for what is false in the negative thoughts
   b. Go to God’s Word and write down what God’s Word has to say about the thoughts you are having
- **Write down why things are not PERVASIVE**
  
c. Look for true things that indicate that not everyone feels this way about you

  - **Write down some of the GOOD things going on** (disputes the pervasiveness factor)

- **Write down why the situation is not PERMANENT**
  
d. Log what a positive future might look like
  e. Go to God’s Word and write down promises God has for you in your future

2. **Log what you can and cannot control**

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<tr>
<th>What You CAN Control</th>
<th>What You CANNOT Control</th>
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3. **Connect**

   The opposite of bad is LOVE – it is building RELATIONSHIP

   When there is relationship- together you can solve problems

   Get others together and discuss how you can solve the problem
Application / Case Study

What are you facing right now that is “bigger” than you? In other words, what challenge or problem, if you do not get a handle on it, has the potential to put you and/or others around you in a “downward spiral?”

How long has this been an issue?

What is the impact if you do not get it solved?

What have been the prevailing thoughts/fears/concerns you have been having about it?

In what ways have you been thinking this is PERSONAL- PERVASIVE-PERMANENT?
Game Plan To Prevent/Reverse The Downward Spiral:

1. Log & Dispute

- What is really true about the situation?

- Is this really about you? Why or why not?

- Write down 3-5 Bible verses that speak truth into this situation? (What does God have to say about it?)

- Write down a few thoughts /items that would indicate not EVERYONE feels this way about you or the situation

- Write down a few things going on that are good: (disputes the Pervasive)

- Write out what a positive future/outcome might look like (include 2-3 Bible verses containing God’s promises):
2. Chart

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</table>

3. Connect

- Who Needs To Be Involved To Help Find A Solution
- Pull That Group Together
- Complete Steps #1 and #2
- Bring your findings to next month’s Truth At Work Meeting