



What can be done to bring about change?

It is important to use the cognitive logical thinking part of the brain to control the powerful emotional needs and desires. (*The following is based on a chapter from Gillian Butler and Tony Hope, 1996, Managing your Mind, Oxford University Press used with permission*)

1. Recognise there is a problem.

This is the hardest part. Is it harmful to me or others?

Denial is so easy. Be honest in prayer.

The challenge is clear.

Finally, brethren, whatever is true, whatever is honourable, whatever is just, whatever is pure, whatever is lovely, whatever is gracious, if there is any excellence, if there is anything worthy of praise, think about these things. Phil 4:8 RSV

2. Motivation to change

If I persist what will be the three worst consequences? If I cease what will be the three most important gains? Make a list of reasons to change. Be clear in your mind why you want to change

3. Six steps for change

a) *Decide to change.* Think about motivation.

b) *Be aware.* It is important to know what is going on. Describe your internet problem. Monitor the problem – frequency and length of time spent. When does it occur? What is going on when you first start? Study your problem. Give it a name. Look at the patterns and influences in your life around the problem

c) *Devise Strategies for stopping*

- Pray each day for strength
- Enlist support from someone you feel you can trust to work with and to monitor you. Use internet filters to prevent access to sites. Use a monitoring web site like www.covenanteyes.com which sends reports out to your support listing the web sites accessed. Change location of computer so others can see what you are doing. Reduce access to the computer.
- Prepare yourself – repeatedly remind yourself why you want to stop. Keep the list of reasons before you to look over at least once a day. Stick it to the computer screen.
- Develop an early warning system. To catch the habit before it starts, learn to be on your guard at the times you are most vulnerable.
- Develop a stop strategy. If you find yourself carrying out the habit, it is not too late. Stop doing it straight away. You could say out loud **STOP!!** Write the word in large coloured type on a card by the computer. Practice a stop routine using your list of reasons to stop. Some have found it helpful to shock themselves to stop by wearing a loose elastic band round their wrist and snapping it hard. Sharp pain can reinforce the logic to stop over the emotional need.

d) *Replace problem with alternative behaviour.* There are other ways to face and deal with the emotional needs and problems. Check out skilled therapy support through your GP. Find soothing in other ways such as exercise, creative hobbies, serving and meeting other's needs through commitment to work in the ecclesia and local charities.

e) *Be consistent.* Keep track of progress. Reward yourself and celebrate an achieved target.

f) *Learn to manage lapses* as they are sure to happen and bring your failures and success to the Lord in prayer.

Have no anxiety about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God.

And the peace of God, which passes all understanding, will keep your hearts and your minds in Christ Jesus.

Phil 4:4-7 RSV