

MENTAL
HEALTH
SERIES
SESSION 5



What the Bible Says



Presented by Chris Guzniczak, LPC
Flower Mound Counseling

TODAY'S DISCUSSION

- Introduction
- Understanding your negative feelings
- Change the Way you Think
- Self-Acceptance
- Communication without Conflict





CHRIS GUZNICZAK, LPC

LICENSED PROFESSIONAL COUNSELOR

EXPERIENCE

Partner and counselor at **Flower Mound Counseling**

Individual, Couples, & Groups

CERTIFICATIONS

TEAM CBT Level 3

Gottman Institute Level 2

First Responder Counseling, Professional Coaching, & Christian

Caregiver training



Understanding negative Thoughts & Feelings

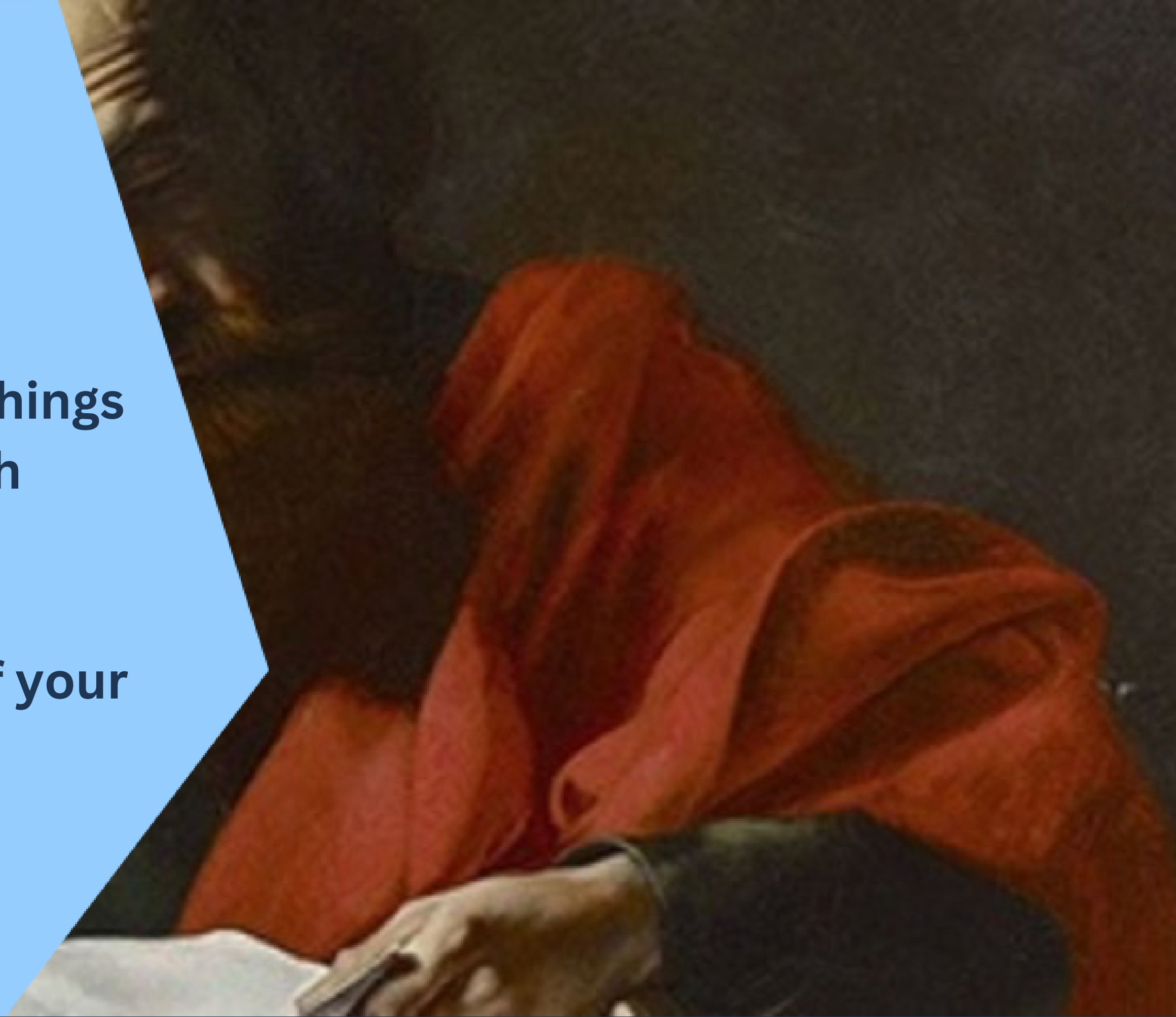
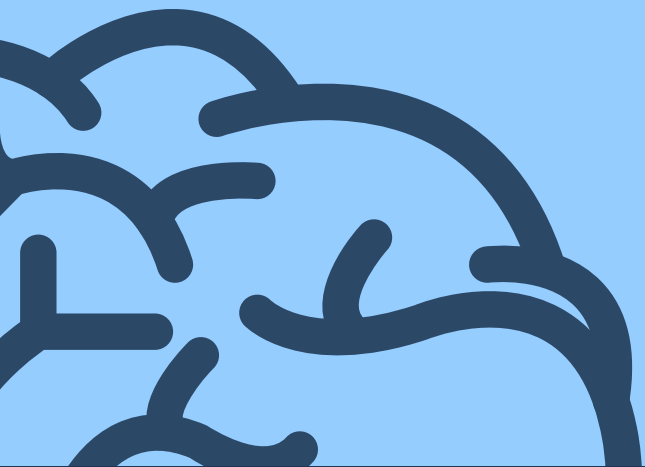
- **Romans 5:3-4**
 - Suffering =
 - Perseverance =
 - Character = Hope

- **1 Peter 3: 17**
 - Better to suffer for doing good



Change the way you Think

- **Colossians 3:2**
 - **Set your mind on things above, not on earth**
- **Ephesians 4:22-24**
 - **Renew the spirit of your mind**





Self-Acceptance

- **Genesis 1:27**
 - We are created in His image
- **John 8: 1-11**
 - Jesus preaches forgiveness

You yourself, as
much as anybody in
the entire universe,
deserve your love
and affection.

MAHATMA GANDHI

Let go of who
you think you
are supposed to
be and be who
you are.

Brene Brown

You can't go back and change the
beginning, but you can start where
you are and change the ending.

C.S. Lewis

what is self- acceptance?

the awareness of one's strengths & weaknesses, the realistic appraisal of one's capabilities & general worth, and feelings of satisfaction with one's self despite deficiencies & regardless of past behaviors a&choices.

Accept
Yourself



*"God never gets tired of forgiving.
We get tired of asking for forgiveness."*

— Pope Francis

Communication Without Conflict

- **Romans 12:5**
 - **One Body in Christ**
- **Philippians 2:3**
 - **Count others more significant than yourself**
- **Proverbs 11:2**
 - **Pride = Disgrace**
 - **Humble = Wisdom**



*"Today, love must not be hidden ...
It must be living, active, and true!"*

- St. Frances Xavier Cabrini

David Burns MD, from “The Feeling Good Handbook,” copyright 1989

Chris Guzniczak, LPC, feedback from individual clients, 2018-2024

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RESOURCES

