



Core Elements of Christ-Centered Brain Rewiring

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MINDSET SHIFTS

1. Understand that trauma, illnesses, injuries, repressed emotions, perfectionism, prolonged stress, etc., can push the limbic brain into a state of hypervigilance.
2. Accept that a hypervigilant brain will often ramp up its “alarm systems” in misguided efforts to protect you. This can cause very real pain and/or physical, mental, or emotional symptoms, regardless of whether there is any actual danger, or just a perception of danger.
3. Fully realize that your brain has just been trying too hard to protect you. That’s all. You are not broken. You can and will heal.
4. Believe that as you study the brain’s ability to change and heal, your confidence in the proven science of neuroplasticity in increase.
5. Trust that as that confidence grows, you will more clearly see the harmony between brain science and the gospel of Jesus Christ.
6. Allow your confidence to fully blossom into expectations of health and a joy-filled future.
7. Increase your awareness of unhelpful habits you may have developed in how you think, speak, feel, and respond to challenges. Believe those habits will change as you learn to implement loving self-correction daily.
8. Give yourself the gift of compassion. You are, and always have been, doing the best you can. Love & forgive yourself unconditionally.
9. Understand that what has happened (and may still be happening) is an opportunity to learn and grow, which will allow you to help and bless others someday.

IMPORTANT DOs

1. Continually deliver *messages of safety* to your brain, and reassure yourself that you are on the right path. Many others have done this! You can too!
2. Take responsibility for your own healing.
3. Express and share written and verbal gratitude daily.
4. Expect *and lean into* setbacks, roadblocks, and detours.
5. Set boundaries with people who don’t support you.
6. Consider therapy from a professional, so long as the efforts to “process trauma” don’t just reactivate it. (See #13 below)
7. Adopt daily meditation and/or affirmation practices. Affirmations should be out loud, with elevated, positive emotions attached. (It will get easier with practice.)
8. Envision sought-after future joys as if they’re happening now... out loud, often, and in great happy detail. (See above!)
9. Pray with a new bold mindset, asking for what you want and need, with an expectation of being blessed regardless of the nature of the answer. Feel the gratitude in advance.
10. Enjoy free online educational materials/success stories to gain hope and inspiration from the healing paths of others.
11. Prioritize self-care while also looking for opportunities to serve and bless others.
12. Use creative writing to process and release emotions like shame, anger, bitterness, rage, and guilt... then throw your writing away. (NOTE: All emotions are normal and okay to feel. It’s what you learn to do with them that matters.)
13. Purchase/implement a brain-rewiring program or book(s), participate in a brain-rewiring group, and/or enlist the help of a brain-rewiring coach. (Not required, but very helpful.)
14. Fill your life with love, connection, laughter, scriptures, art, music, movement, creativity, nature, and beauty.
15. Continue as long as it takes, and celebrate every success!

IMPORTANT DON'Ts

1. Cling to doubts about whether or not brain rewiring will work for you.
2. Speak to or about yourself with words of criticism, judgement, blame, or shame.
3. Look for pity from others.
4. Catastrophize when something unpleasant happens or might happen.
5. Ruminant on negative things of the past.
6. Continue to identify yourself with labels, symptoms, illness, or a discouraging diagnosis.
7. Avoid doing everyday normal things out of fear. (Just take it easy and don’t push too hard too soon. Pace yourself and keep at it.)
8. Look at your brain as the enemy. It is not.
9. Compare yourself and your healing process with others.
10. Try to do everything, do it all at once, do it perfectly, or do it better than anyone else.
11. Set yourself up for failure by attaching timelines or deadlines to your healing.
12. Overreact to a new symptom, an increased symptom, or the return of an old symptom. They are all signs that your brain is just trying harder to get your attention. It will eventually catch on, and *this too shall pass*.
13. Join “support” groups where people dwell on symptoms, live in despair, and assume they can only manage symptoms, not eliminate them.