

the Science behind your Thoughts

■ by Gregory Rodriguez, MA, LCPC

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Picture your thoughts as a boat racing across your brain, while behind the boat picture your emotions as the wake created by the racing boat across the water. Each time you find yourself thinking those same old thoughts, for example, "I'm a failure" (thought), and then feel sad (emotion) because you believe that thought, your body secretes chemicals which change your brain structure. You are essentially creating a neurological pathway linking your thoughts to your emotions and storing them in parts of your brain and cells in your body via an electrical charge that are found in some of the molecules of those chemicals secreted by those emotions.

Don't Believe all Your Thoughts

"I'm not worthy"

"I'm a failure"

"I've been rejected so there must be something wrong with me and that's why I'm alone"

"God can't use me unless I'm spiritually strong"

"God can't love me because I'm a sinner"

I see many clients with unhealthy thoughts. In my work as a Christian therapist, I help my clients expose and change thoughts that are actually false. Unhealthy false thoughts do, in time, change our brain chemistry. The chemical changes can result in anxiety, depression, and other mental health issues. Proverbs 23:7 states, "For as he thinks in his heart, so is he." Our thoughts about ourselves play a big role in who we are and our ability to deal with life's challenges and expectations.

Replace False Thoughts with God's Truth

Allow Jesus to renew your mind through the washing of the Word. Ask the Holy Spirit to help you take your thoughts captive to Christ, to think new thoughts about yourself, replacing those old thoughts that made you feel unloved, unworthy, and empty. Let Jesus replace them with His Love, His truth, His comfort, trusting in the healing process and begin to live by the power of His love!

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is – his good, pleasing and perfect will. Romans 12:2

We demolish arguments and every pretension that sets itself up against the knowledge of God, and we take captive every thought to make it obedient to Christ. 2 Corinthians 10:5

¹ Leaf, Caroline, *Who Switched Off My Brain*, 2007

² Clinton & Laaser, *The Fight of Your Life*, 2015



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