SPEARS WORKSHEET

STIMULI:

PERCEPTION:

	Deconstruction	**Reconstruction**
	OLD WAY= Me-centered	NEW WAY= God-centered and God-directed
Rubik's Cube		
Greatest Perceived Need		
Greatest Perceived Threat		
Life Depends On		
Confidence		
Motivation		

EMOTIONS:

Volume E = T =	Volume E = T =

ASSESSMENT: Use GPN, GPT, LDO, C, M to assess options and pros/cons; also effects on Spirit, Mind, Body

	Options	Pros	Cons
Decon	1. 2. 3._____	1. 2. 3._____	1. 2. 3._____
Recon	1. 2. 3.	1. 2. 3.	1. 2. 3.

RESPONSE:

Deconstruction	**Reconstruction**

SUMMARY THOUGHT:

Deconstruction	**Reconstruction**

PAIN:

Old Beliefs	**New Beliefs**