

IMPROVE THE MOMENT



Improving the moment is about staying fully present, being courageous and capable enough to stay in the uncomfortable moments of life and pressing through toward the abundant life the Lord intends for you to have. "The thief comes only to steal and kill and destroy. I came that they may have an abundant life," John 10:10.

I MAGERY

- Remember & LIST times you have been successful or achieved some goal.
- Remember & LIST any good memories or people from your past who were kind or helpful.
- Play the positive "What if..." Game and imagine good things happening. What if everything turned out better than you hope? See yourself having the confidence and power to succeed or handle the situation with your expected outcome in mind.
- When having intrusive thoughts or images or memories:
 - Imagine having a bag of balloons, take one out and blow the thoughts or memory into a helium balloon, tying it off, and letting it go, watching it go up and further and further away, getting smaller and less intimidating
 - Change the colors in the image to black & white
 - See the image or words as a pixilated image then deconstruct it by blowing it away or hitting it with a hammer and imagine the tiny, pixilated pieces dropping to the ground and sweep them away.
 - Make the memory out of focus or turning it upside down or fast forwarding it as you watch it.
 - Take yourself out of the memory and observe it as a witness, changing yourself from the victim role to the defender role...what can you now do or say that you couldn't then?

M EANING

- What can I learn from this experience?
- What are my emotions trying to tell me?
- How can I use this situation to draw closer to God?
- As a result of what happened that was hurtful, how can I use it to live differently in a better way?

P RAY

- Lamenting - expressing sorrow to God
- "Why me? Prayer
- Ask for help, release or healing.
- Accepting, pray for courage and peace to accept what cannot be changed. Philippians 4:7, "And the peace of God, which surpasses all understanding, will guard your hearts and minds through Christ Jesus."
- Remember and LIST times when God answered your prayers.
- Find scriptures about what you are struggling with and meditate on them for strength, truth, encouragement, comfort.

IMPROVE THE MOMENT



R ELAX

- What can I learn from this experience?
- What are my emotions trying to tell me?
- How can I use this situation to draw closer to God?
- As a result of what happened that was hurtful, how can I use it to live differently in a better way?

O NE THING

- Set the alarm for 20 minutes and do only one thing during that time.
- Use the 5, 4, 3, 2, 1 Awareness Skill:
- Looking around, name 5 objects I see ... chair, tree, car, flowers, sky
- What are 4 different textures or temperatures I touch or feel? A smooth or rough rock, wood, silk, grass, sand, cold, hot
- What 3 sounds do I hear? Birds, worship music, animals, humming
- What are 3 different smells I can smell? Rain, candle, essential oil, nature.
- Is there 1 thing I can taste? Gum, mint, chocolate...

V ACATION

- Mini breaks – taking personal time off to enjoy something
- Plan and take a vacation away from home
- Consider attending a retreat
- Plan a lunch date or coffee time with a friend
- Take a drive and listen to music

E NCOURAGEMENT

- Ask yourself, "What would I say to a friend in a similar situation?"
- Write down and read aloud to yourself some good affirmations or scriptures when you are discouraged.
- Remind yourself
- I am not alone. The Lord is with me.
- This situation won't last forever.
- I've already been through many other painful experiences, and I've survived.
- This too shall pass.
- I can be anxious and still deal with the situation right now.
- This is an opportunity for me to learn how to cope with my fears.
- I can ride the wave of this emotion. It will subside and come to shore soon.
- This is temporary.
- I get to choose how to respond.
- I am safe now.