

## 10 Tips to Eliminate Negative Inner Dialogue

# Do These Things

- 01 Take every thought captive.  
2 Corinthians 10:5
- 02 Recognize it as a tactic of Satan  
& call him out  
Ephesians 6:12
- 03 Only let the good stuff in.  
Philippians 4:8
- 04 Deeply and truly know God's  
Word, His voice, & what He says  
about you. -John 10: 27 &  
1 Peter 2:9
- 05 Distance yourself from toxic  
people. - Romans 16:17

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- 06 Make peace with your past & look to the future. Isaiah 43:18-19
- 07 Don't give up! Persevere!  
2 Timothy 4:7
- 08 Get external help where necessary. -Proverbs 24:6
- 09 Pray constantly!  
1 Thessalonians 5:16 &  
Ecclesiastes 4:12
- 10 Spend time in God's Word  
EVERY DAY - Proverbs 4:20-22

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