

LOVE IS A CHOICE WORKBOOK

Recovery for codependent relationships

The doctors of the Minirth-Meier Clinic
counsel you directly using their
proven interactive techniques

Dr. Robert Hemfelt • Dr. Frank Minirth • Dr. Paul Meier
Dr. Deborah Newman • Dr. Brian Newman

Authors of Love Is a Choice

Love Is A Choice Minirth Meier Series

Frannie Watson



Love Is A Choice Minirth Meier Series:

Love Is a Choice Robert Hemfelt, Frank Minirth, Paul Meier, 2003-02-02 Do you want to reclaim your independence Are you looking for guidance as you learn to set boundaries that actually serve you If you re ready to let go of unhealthy relationships and begin your journey to healing join Drs Frank Minirth Paul Meier and Robert Hemfelt in *Love Is a Choice* as they walk you through their ten proven steps to recovering from codependency In *Love Is a Choice* Drs Minirth Meier and Hemfelt combine decades of research with timeless biblical wisdom to show you that the most effective means of overcoming codependent relationships is to establish or deepen your relationship with Christ Himself *Love Is a Choice* will teach you why God wants us to be independent and why you deserve to have healthier more fulfilling relationships Throughout *Love Is a Choice* Drs Minirth Meier and Hemfelt will lead you through their method to overcoming codependency once and for all Along the way *Love Is a Choice* will give you the tools and encouragement you need to Discover the root causes of codependency Surround yourself with a loving supportive community See yourself in a new light Uncover your unmet emotional needs It s time to break the cycle of codependency Let *Love Is a Choice* be your guide every step of the way

Love is a Choice Workbook Robert Hemfelt, Frank Minirth, Paul Meier, Brian Newman, 1991 The doctors of the Minirth Meier Clinic counsel readers directly using their proven interactive techniques in this unique workbook based on the recovery principles from the bestseller *Love Is a Choice* **Realistic Love** Frank B. Minirth, Brian Newman, Deborah Newman, 1993 The Anger Workbook Les Carter, Frank Minirth, 2012-10-29 A field guide to understanding and managing anger what it is where it comes from and how to get it under control Many people assume that anger is the emotion that leads to raised voices and violence and this kind of explosive rage is certainly a reality But there are many different types of anger from the simmering to the shutting down Most of us experience some form of anger or its effects The good news is that anger can be controlled Founded on thirteen faith based steps designed to recognize and manage anger *The Anger Workbook* is an interactive guide to transforming patterns and behaviors with the help of biblical principles and evidence based treatment Best selling author and practicing counselor Les Carter Ph D and author and Christian psychiatrist Frank Minirth M D draw on their years of experience and expertise to demystify the problem of anger Throughout this workbook you will learn How to identify situational anger in yourself or others as well as patterns of relating thinking and behaving that may lead to feelings of anger How emotions like fear loneliness and inferiority create anger How to uncover and eliminate myths that perpetuate anger such as Letting go of my anger means I am conceding defeat Or No one understand my unique problems For parents how to manage a child s anger As we get to know and understand anger whether it s our own or a loved one s its management becomes far less daunting Anger can be controlled *Mirrors* Frannie Watson, 2012-06 *MIRRORS* explores the life stories of three real people The author weaves together the individual stories and invites the reader to identify with these tales The reader is offered the opportunity to use the actions and feelings of the characters to

help examine his or her own emotions and choices The character Jacob enjoys his job and he has great friends but everyday he comes home to turmoil and dark thoughts Like Jacob we ask ourselves Does the average person obtain peace in life HOW CAN PEACE COME OUT OF CHAOS In Mirrors the reader is challenged by questions and observations of the characters lives Emotional issues such as codependency and addiction are recognized as unhealthy behaviors Basic emotional concepts revealed through the characters may help mirror aspects in your own life As the reader identifies with the characters they will have the opportunity to reflect on issues in their own experiences Identification with these reflections make Mirrors a different kind of self improvement book Through self examination hopefully the reader can catch a glimpse in the mirror and see a healthier future of greater peace and joy in life

You Can! Frank B. Minirth, Mark R. Littleton, 1994 Faith and action working together are essential in overcoming life's difficulties Drawing on personal examples psychiatric expertise and biblical knowledge Dr Minirth presents seven biblically and psychologically sound principles to guide readers to combine faith in God and confidence in themselves as God's creation to overcome the odds Speaking Truth in Love David Powlison, 2005-11-28 You probably speak 20 000 words a day give or take and each one influences those who listen No wonder God has so much to say about our words We are all counselors whether we realize it or not Speaking Truth in Love is a guide for communication that will change you your words and bring true comfort and healing to those you speak with

New Love Frank B. Minirth, Brian Newman, Deborah Newman, 1993 **Crushing Codependency and Relational Idolatry** Mary Lehman, 2019-01-15 After years of living behind walls to hide her guilt and shame author Mary Lehman describes her journey from shame based religion to a grace based relationship with the Three In One For God to get her attention it took the death of her husband and the separation from someone with whom she had developed an unhealthy codependent friendship Because in the past Mary had fallen into an inappropriate relationship she recognized the slippery slope she was on Amid the months of grief and desperation she made the decision to never go down that road again Seeking God she came to realize He had put her on a path where she could receive His deliverance from codependency and relational idolatry Since then Mary has overcome the spiritual abuse internalized shame and habits of risk taking that kept her in bondage for decades she has renewed her mind with the gospel of grace As her new identity she has put on Christ Now applying the story of David and Goliath Mary shares her journey in detail and describes her newfound peace and freedom This is the narrative of a woman who has found transformation within her faith escaping the mental and emotional traps that had kept her from healing and joy

How to Grow and Master Your Relationships: Anthony Servadio, 2015-06-29 It is no secret that attempting to understand the differences between men and women especially during modern dating rituals can be a complex and frustrating process But when a man is able to overcome stereotypes and identify the right female companion he has the potential to forge a loving relationship that can bring years of happiness fun romance and deep seeded friendship In his relationship handbook Anthony Servadio introduces thirteen fundamental principles that will help young men master

their interpersonal relationships with women by learning how to appreciate the nature of women fully comprehending their behavioral characteristics and then building a relationship based on love and trust Servadio utilizes extensive research and real life examples to teach single men specifically how to Develop self awareness and repair a bruised ego Navigate through the first date and beyond Identify nurturing women seeking committed relationships Avoid different types of traps End an unhealthy relationship with dignity How to Grow and Master Your Relationships Thirteen Steps for Men is a practical guide that offers advice tips and empowerment strategies that will help men successfully navigate the evolving world of dating and find the woman of their dreams *Jeroboam's Wife* Dr. Robin Gallaher Branch, 2018-04-24 Much has been written about

prominent women of the Bible such as Sarah Ruth and Esther But little attention has been paid to the obscure or unnamed women of the Old Testament whose words are not recorded Yet even while mute these women often played critical roles in the unfolding of God's plan at times signaling the emergence of great events In *Jeroboam's Wife* Robin Gallaher Branch introduces seven of these obscure yet noteworthy women and girls Through her careful examination of the literary contours of the biblical narratives she highlights their unique challenges and indelible contributions Drawing from contemporary biblical psychological and sociological scholarship Branch brings these women and their stories to life in fresh ways Thoughtful questions for personal reflection or group discussion help contemporary readers ponder how these women's lives are still relevant

Choosing the Life You Were Born to Live Christine M. Sopa, 2012-10-01 Once you become aware of a thought that is limiting you in one way or another you then have the power to change it The thoughts and beliefs we have about ourselves and the world around us create our reality That reality is the matrix in which we make choices that affect our life and our level of joy every day Through her compelling personal stories humor and the vulnerable nature in which she shares pieces of her own life Christine Sopa guides you on a journey of selfdiscovery where you will learn to use the power of your thoughts to achieve joy in an ever changing world Many of us have come to a point in our lives where we know we can look back but never go back At this point it is imperative to be able to see the bigger picture of your life to understand that you deserve and have the power to create the world around you as you want it to be and that guidance is available to all of us every step of the way All we have to do is learn how to listen On this journey of self exploration you will learn to understand what barriers keep you from overcoming your deepest fears how to use your emotions as a guide in making choices and finally understand why you make the choices you do in your life *Choosing the Life You Were Born to Live* gives away the secret to believing in yourself how to make choices that will honor your highest path in life and why life shows up the way it does If you are ready to transform your life once and for all then this is the journey for you **A Healing Journey** Ron P.

Pagel, 2010-03 Psalm 19:14 Let the words of my mouth and the meditation of my heart be acceptable in your sight O Lord my strength and my redeemer I cannot heal anyone none of us can I am His obedient instrument His servant His hands no words or wisdom or experience technique or method none of my own very limited knowledge no natural gifts beyond my humble

heart to try to love His children as He does to see feel and hear their pain enough to intercede on their behalf See Matthew 5 the Beatitudes Christ Jesus called us to a life of holiness any brokenness or unrepented sin is a barrier that the enemy will use to keep us from that life of holiness Paul challenges us to be imitators of Christ through the Redemptive nature of Jesus He calls us the saints His sons Ron **The Sitting Swing** Irene Watson,2008-07-01 Irene Watson has written a psychologically savvy memoir about her childhood in a two room shack in rural Canada Told with courage and candor in an intimate alive voice she reveals her discovery of a Higher Power and a new pathway toward her marriage and emotional freedom Babette Hughes author of Lost and Found **Something Happened on My Way to Hell** Kimberly Davidson,2013 We all love something too much We all want more Pastoral counselor Kimberly Davidson knows all about the insatiable pursuit of pleasure She has lived it and bled it She also knows where to find Redemption This 12 week study helps you identify hidden and destructive habits Kimberly gives you the tools to break the cycle of control and compulsion as you experience God s healing grace This is not a self help book This is a God help transform me book Learn how filling the spiritual emptiness in your life can help you break free from everyday addictions This study is a testimony to the power of His Word If you are wrestling with destructive habits and want to be free then this book is for you Read it and be transformed through the healing grace of God Gregory L Jantz PhD C E D S The Center for Counseling and Health Resources Inc

Restoring the Christian Soul Leanne Payne,1996-03-01 Three barriers keep us from being whole persons 1 inability to receive forgiveness 2 inability to forgive 3 inability to accept ourselves **Codependency** June Hunt,2021-08-03 How to set healthy boundaries and have healthy relationships You ve heard plenty about getting hooked on drugs or alcohol or sitting at slot machines from sunup to sundown but can you really become addicted to a person The answer is yes codependency is a relationship addiction A codependent is anyone who is dependent on another person to the point of being controlled or manipulated by that person Learn how to set healthy boundaries and how to be released from relationship addiction by renewing your commitment to Christ first June Hunt starts this mini book with stories of biblical people who ultimately compromised their relationship with God by being overly dependent on others getting trapped in a codependent relationship Codependency will shed light on the spiritual implications of relationships that take precedence over your relationship with the Lord Helpful checklists like the codependent relationship profile will help you determine whether or not you are in a codependent relationship Also learn what the five stages of childhood development are and how you can keep your children from having an unhealthy dependence on you The last section titled Steps to Solution gives Biblical advice on how to keep away from idolatrous or codependent relationships such as Recovery steps to confronting codependency 7 steps to independent relationships Help from an unhealthy relationship 7 principles for finding the road to relationship freedom And much more Perfect for small group Bible studies Sunday school young adult and youth ministry chaplaincy Christian counseling addiction recovery programs church giveaways and much more **If I Can Just Focus: 5 Keys to Sanity &**

Success Ubong Ekpo,2014-08-31 How do I know which of all the things I m excited about in life to focus on I ve been excited about many things over the past two years and it s all gone I seem to be stuck personally and professionally If I Can Just Focus by Ubong Ekpo shows how to link your relationships and daily activities with meaningful life goals You ll also see why proven productivity and time management principles don t seem to work for many The book draws on up to date research and over seven years of training and coaching experience helping others to find the vital link between daily activities and life goals Ubong Ekpo has been privileged to help individuals business leaders and teams in the US and Europe to discover and execute life and business goals

Counseling Through Your Bible Handbook June Hunt,2008-03-15 June shows us how to use biblical truth to change minds hearts and lives Dr Mark L Bailey President Dallas Theological Seminary Bestselling author June Hunt s Biblical Counseling Handbook is now available in hardcover This powerful resource is based on many years of careful research thousands of counseling phone calls and countless hundreds of pages of written resources produced by Hope for the Heart This 450 page handbook brings together the very best of June s extraordinary counseling ministry which has offered Christ centered hope and guidance to people around the world The 50 chapters deal with the most pressing issues people face today and offer practical solutions firmly based on Scripture Among the topics are anger adultery fear phobias alcohol drug abuse guilt grief codependency cults rejection rape depression divorce self worth suicide Readers will want to keep this life changing resource handy alongside their Bibles

Evaluating Models of Christian Counseling George R. Ross,2011-03-14 Initially developed as a classroom resource Evaluating Models of Christian Counseling serves as a primary example of the complexities involved in integrating psychology theology and spirituality into the counseling process The would be counselor and the experienced professional are each introduced to a systematic evaluation model for determining how effectively a specific Christian Counseling Program incorporates psychological spiritual and theological constructs into their milieu After presenting a working definition of the counseling process and its relationship to psychology theology and spirituality an application of the evaluation model to four Christian Counseling programs is demonstrated

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