

IDENTIFYING MENTAL WEEDS AND FLOWERS

Everyone struggles with negative thoughts about themselves. This exercise can help you identify your “mental weeds” and determine what would be a “mental flower” to plant in its place.

MENTAL WEEDS

List out any negative, unproductive thoughts you are having about yourself, your life, sex, etc. Pay attention to some of the common Thinking Errors: all-or-nothing/ black-or-white thinking; jumping to conclusions; personalizing/ blaming self; overgeneralizing; maximizing the negative; minimizing the positive; mind-reading; exaggerating; labeling & mislabeling; "shoulding"; feelings over facts, etc.



MENTAL FLOWERS

Identify healthier, more positive messages to replace each mental weed you identify. Read them out loud or write them out frequently. Make them positive, specific, and present tense. Examples: I'm doing the best I can and my best is good enough; God and I together can overcome my weaknesses; I can make mistakes and still be okay; I know there's something to learn from each slip, etc.



i.e. I don't like sex.	i.e. I enjoy being intimate with my spouse and look forward to our intimate time together.
i.e. I hate my body.	i.e. I am grateful for my body and all that it can do. I'm especially grateful that I can be intimate with my spouse.
i.e. I have little interest in being sexual.	i.e. I want to develop my sexuality, so that I can feel whole, and be able to love my spouse completely.

Identify the Weed • Pull it Out • Plant a Flower in its Place • Nourish the Flower