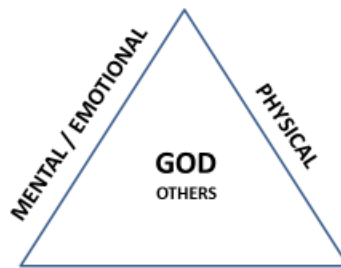


The single minded man versus the double minded man

SINGLE MINDED = HAPPY / CONFIDENT "STABLE IN ALL HIS WAYS" (Matthew 22:37-39)
SELF-REGULATED WITH POSITIVE RELATIONSHIP INTERACTIONS

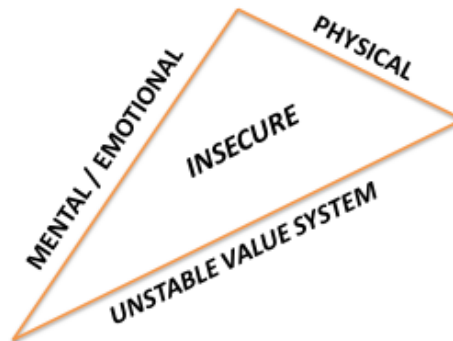


SPIRITUAL IDENTITY / Stable Value System

- Grounded in reality
- Adapts quickly to environmental changes
- Mature (Responsible and Accountable)
- Integrity (Honest with self and others)
- Committed to serving others
- Understands true principles
- Has good relationship skills
- Loving / Compassionate / Patient

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"The Double Minded Man"



- Insecure
- Unstable in a changing environment
- Immature (not responsible and accountable)
- Lacks Integrity (not honest with self and others)
- Self focused / prideful
- Not stable and consistent with true principles
- Has poor relationship skills: takes and gives offense / impatient / quick to anger

ARE YOU DOUBLE MINDED?

"DOUBLE MINDED = UNSTABLE IN ALL HIS WAYS" (James 1:8)



- **DEPRESSION**
 - LACKS ENERGY/ NOT MOTIVATED / WORRY / HAVE TO vs WANT TO / ANXIETY
 - SEPARATION /HOME SICKNESS /LONELY
 - ANGRY/FRUSTRATED / STRESSED OUT
 - RELATIONSHIP DIFFICULTY / CONTENTION, ETC.
- **SELF DEFEATING BEHAVIORS / THOUGHTS**
 - TAKING OFFENSE OR GIVING OFFENSE
 - EATING PROBLEMS
 - ANTI SOCIAL
- **(OCD) OBSESSIVE COMPULSIVE DISORDERS / THOUGHTS & BEHAVIORS**
 - ASSUMES NEGATIVE INTENT / TAKES & GIVES OFFENSE / PERFECTIONIST
- **DOES NOT STAY ON TASK**
- **PHYSICAL AILMENTS**
 - DIFFICULTY SLEEPING
 - ACHES AND PAINS
 - NAUSEA / STRESS / HEADACHES / ETC.