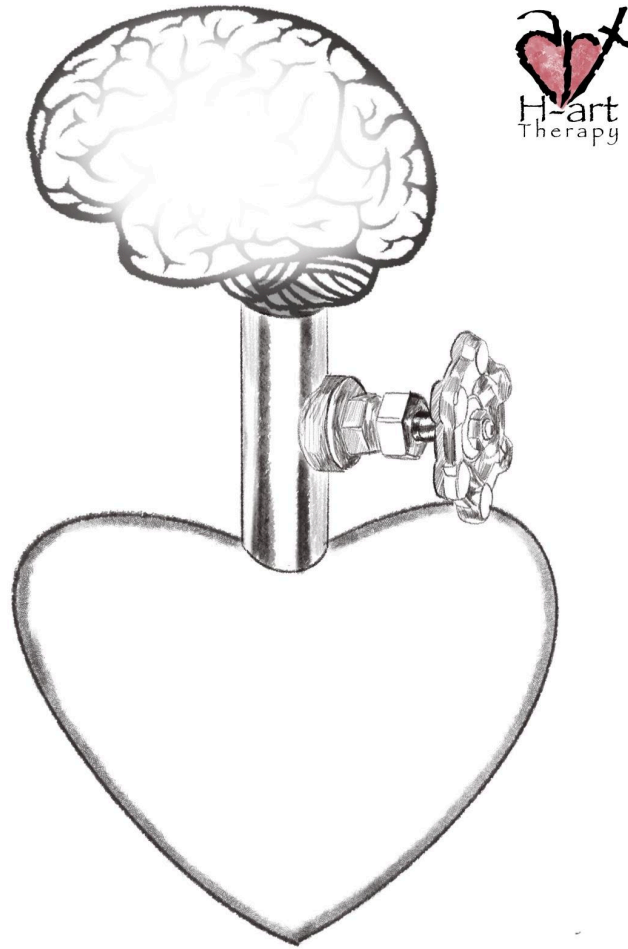




[Download the following image here](#) and print it. (Instructions are below )



You can grow a new neural pathway!

INSTRUCTIONS (for your printed H-Art Therapy worksheet):

- In the worksheet's brain area, write your new Truth declaration. We first process a thought in our logic; our physical 'left-side' of our brain. To switch on our spiritual eyes (Ephesians 1:18) we use 'pictures', which takes us to the right side of our brain; Pictures are like a valve to turn on  our spiritual mind; our soul (our heart!).
- In the worksheet's heart shape, sketch your new Truth however you want; using symbols, stick figures, colored pencils showing emotion through joyful colors...whatever works for you.

Declare  your paraphrased Truth **out loud** everyday.

You can transfer it onto an index card and set it where you'll see it,

or use a dry erase mirror to write it on your mirror.

Or just display your H-Art Therapy sheet.