

## Changing your Mind in the River of Integration (Theological Goals, Activities and Skills)

These interventions are based on the Sermon on the Mount (Matthew 5 – 7), and are suggested to eliminate chaotic, rigid and maladaptive behaviors, and to promote spiritual, therapeutic and life-enhancing behaviors, which when integrated will facilitate movement toward your goals.

The “upper shore” of the River is conceptualized as CHAOS. These behaviors create distress, disorder, trauma, defensiveness, regression and reactivity.				
<b>Leading and behaving Virulently</b> (Matthew 5:19)		<b>Shaming and Contemptuous disposition</b> (Matthew 5:22)		<b>Criminalizing and Controlling Others</b> (Matthew 7:1-4)
	<b>Unreasonable and Rageful behaviors</b> (Matthew 5:21-22)		<b>Allowing fear to overwhelm you</b> (Matthew 6:25-33)	
THE RIVER OF INTEGRATION: Here we integrate behaviors that create flow, flexibility, adjustability, connection, congruence and dependability.				
Implement these behaviors to give your brain new opportunities to grow, your mind new skills to master and to bring health to your relationships				
<b>Comfort those who mourn</b> (Matthew 5:4)		<b>Love, Pray For, Do Good To</b> (Matthew 5:43-47)		<b>Inquire and collaborate with others</b> (Matthew 7:7)
	<b>Initiate Reconciliation</b> (Matthew 5:23-24)		<b>Receive Love and Value from your God</b> (Matthew 6:26-30)	
<b>Mercy means we alleviate Suffering</b> (Matthew 5:7)		<b>Practice your Spiritual Disciplines</b> (Matthew 6:5-18)		<b>Practice life-giving behaviors</b> (Matthew 7:13-14)
	<b>Settle matters quickly</b> (Matthew 5:25)		<b>Prioritize One-Day-At-A-Time living</b> (Matthew 6:33-34)	
<b>Make peace with others</b> (Matthew 5:9)		<b>Forgive, and be forgiven</b> (Matthew 6:12, 14-15)		<b>Edify others with your actions</b> (Matthew 7:16-17)
	<b>Treat Women honorably</b> (Matthew 5:27-28)		<b>Focus on being present</b> (Matthew 6:34)	
<b>Live out your Loving values</b> (Matthew 5:13-16)		<b>Focus on meaningful outcomes</b> (Matthew 6:19-20)		<b>Demonstrate Agape values</b> (Matthew 7:22)
	<b>Safeguard your marriage</b> (Matthew 5:31-32)		<b>Be self-aware with others</b> (Matthew 7:1-2)	
<b>Practice and live by Virtues</b> (Matthew 5:19-20)		<b>Integrate Agape Values</b> (Matthew 6:22)		<b>Diligence produces stability</b> (Matthew 7:24-25)
	<b>Be decisive and intentional</b> (Matthew 5:33-37)		<b>Focus on and correct your behavior</b> (Matthew 7:3-5)	
The “lower shore” of the River is conceptualized as RIGIDITY. These behaviors create hurt, confusion, disconnection, neglect and calamity.				
<b>Eliminate Impression Management</b> (Matthew 6:1-2)		<b>Consider what stimulates Your Brain</b> (Matthew 6:22)		<b>Carelessness produces disaster</b> (Matthew 7:26-27)
	<b>Eliminate duplicity and hypocrisy</b> (Matthew 6:16)		<b>Eliminate insensitivity with Children</b> (Matthew 7:9-10)	