



**VODITI  
Z NAMENOM**

# Victory in Mental Health

**PODVIG d.o.o.**  
Voditi z namenom

Celovška cesta 70  
p.p. 60-30  
1000 Ljubljana  
Slovenija, EU

1 Am I daily, Praying, Reading scripture, and Worshiping?

2 Is there anyone I need to forgive?

4 Expectations:

Expectations of God (I only expect what he has promised and what is clear in scripture)

Expectations of others (I only expect what they have promised, not what I want or imagine)

Expectations of myself (I have high standards for myself)

5 Anger:

Good Anger (I get angry at wrongs and injustice, and quickly act to resolve them)

Distorted Anger (I ask kind questions to clarify the actions of others – to know if I misunderstood them and their true intentions.

Implosive Anger

Explosive Anger

(1) I can acknowledge that I am angry

(2) I restrain my immediate response

(3) I locate the cause of this frustration, hurt, wrong or shame

(4) I analyze options (or talk it through with another until I can)

(5) I take constructive action to resolve how I feel and remove those things that contribute to anger and plan my responses in certain circumstances.

6 Discouragement & Depression

(1) I repeat, 1 & 2, and share my feelings with God.

(2) I understand the meaningfulness of my work (study) at this present point. I know what I am contributing towards.

(3) I work on meaningful connections. I have 2-3 trusted people who I can share and confide in, share my thoughts and feelings.

(4) I have meaningful values (boundaries / standards) active around, my physical health, my work, relationships, social, and spiritual life.

(5) I deal with past negative experience, grief, and trauma.   
(I believe everyone should go through some inner healing, forgiveness, grief, trauma course to be healthy)

(6) I understand my Status and Respect in society

(7) I am not disconnected with the natural world and nether am I afraid of it, I know God has these big issues in hand (global warming, disease, etc.).

(8) I have hope in my future here on earth for: development, growth, achievement, relationship and ministry – God will take care of me.

7 Am I, Asking, Seeking, and Knocking for God's presence and activity in my life?

Am I Surrendered, Enjoying where God has me, and I am Available?

History

Context

Self

God

E: voditiznamenom@gmail.com | [www.voditi.org](http://www.voditi.org)

Davčna št.: 95302620 | Matična št.: 6784712000 | TRR SI56 0201 3026 1367 871

