

BASIC APPROACHES TO SOLVING PERSONAL PROBLEMS (ISAIAH 55:7-9)

	MAN'S WAY <i>(Proverbs 14:12; 1 Corinthians 3:19-20; Colossians 2:8)</i>			GOD'S WAY <i>(John 10:9-10; Romans 11:33-36)</i>
	Instinctual	Behavioral	Humanistic (Positive Potential)	Heart Transformation <i>(Psalm 51:10; Ezekiel 36:26; Acts 15:6-9)</i>
BASIC VIEW OF MAN	Driven by instincts (i.e., instinctively does things: fight, flight, seek food and gratification)	Behavior is conditioned or "programmed"	Intrinsically good - has everything necessary within self to solve own problems	Sinner - Saint <i>(Romans 5:12, 19; 2 Corinthians 5:17-18, 21)</i>
CAUSE OF PROBLEMS	Instincts are thwarted by society, family, and upbringing	Wrongly influenced by environment and circumstances	Mind blocked by negative thinking or influences	Rebellion <i>(Romans 1:20-21)</i> Unbelief <i>(John 3:16-18, 5:38-40)</i> Disobedience <i>(Ephesians 2:1-2, 5:6; Titus 3:3)</i> Denial of God's power <i>(Hebrews 2:14-15; 1 John 3:8)</i>
CURE	Follow instincts	Recondition or "reprogram"	Release potential within self	Be saved by grace through faith <i>(Ephesians 2:8-9)</i> and in loving obedience to God <i>(Romans 6:16-19)</i> be matured in Christ <i>(Ephesians 4:13)</i> through the power of the Holy Spirit <i>(Galatians 5:16; Ephesians 5:18)</i>
COUNSELING TECHNIQUE	Psychoanalysis (interpretation of irrational thoughts, analysis of dreams); Hypnosis therapy; Psychodrama; Resocialization; Personality testing and analysis	Manipulation of behavior by use of positive and negative stimuli; Train to respond to reward and punishment	Reflection of thoughts and feelings; No presentation of answers – draw out of counselee's own inner resources; Positive thinking	Listen <i>(Proverbs 18:2, 13, 17)</i> ; Reprove, rebuke, exhort <i>(2 Timothy 4:2)</i> ; Encourage <i>(Hebrews 3:13)</i> ; Admonish <i>(Romans 15:14; Colossians 1:28)</i> ; Stimulate <i>(Hebrews 10:24)</i> ; Strengthen <i>(Hebrews 12:12)</i> ; Restore <i>(Galatians 6:1-2, 5)</i> ; Teach <i>(Romans 6:17-18; Colossians 3:16)</i> ;
COUNSELOR'S TERMINOLOGY	Ego, Id, Drives, Libido, Conscious & Subconscious, Neurosis / Psychosis, Phobia, Mania, Catharsis, Self-actualization, Free association	Stimulus, Conditioning, Automatic response, Positive / negative reinforcement, Self-fulfillment, Self-improvement	Inner potential, Inherent goodness, Self-assertion, Self-esteem, Self-worth	Sin <i>(Romans 3:23)</i> ; Put off practices of the old self & put on practices of the new self <i>(Ephesians 4:22-24; Colossians 3:5-17)</i> ; Self-denial <i>(Luke 9:23-25)</i> ; Judge self <i>(Matthew 7:1-5)</i> ; Godliness <i>(1 Timothy 4:7-8)</i> ; Do the Word <i>(James 1:22-25)</i>
COUNSELING FOCUS	Liberate self <i>(contrary to Ezekiel 18:20-21; Philippians 2:3-4)</i>	Improve self <i>(contrary to John 15:4-5; Romans 1:18-32; James 4:10)</i>	Elevate self <i>(contrary to Psalm 62:9; Romans 3:10-18, 23; 7:18)</i>	Deny self <i>(Luke 9:23-24)</i> ; Please God <i>(2 Corinthians 5:9; Colossians 1:10)</i> and bless others <i>(1 Peter 3:8-9)</i> through ministry <i>(1 Peter 4:10)</i> and service <i>(Matthew 20:25-28)</i>