

# 10-STEPSTO EXCELLENT MENTAL AND EMOTIONAL HEALTH

DON'T MISS YOUR NEXT MENTAL HEALTH CHECK-UP!

## Steps 5, 6 & 7:

### DYSFUNCTIONAL/DISTORTIONAL THINKING

IT IS TIME TO FIND YOUR HAPPY PLACE

**Thursday, March 12, 2015, 7:00-9:30pm**

*ADULT CONTENT – Absolutely No Children.*

*This is a non-smoking, low-perfume event*

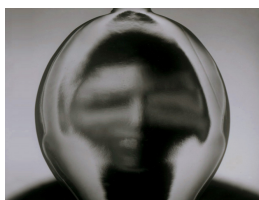
THE CHURCH of Jacksonville - CJAX CENTRAL - Enter Door # 3

10302 Deerwood Park Blvd

For more information call Shannon at: 904-233-9325.



Do situations ever grip you, lock you down or cause your anger to flare? Have you ever made decisions where you think, "I needed to do better"? Do you ever wonder what it would take to get to a happy place, where you are content in all things?



The way you view your life may come from a skewed viewer. Maybe you have been manipulated and controlled. Or, perhaps you may be the one who is controlling others, a behavior known as **Emotional Blackmail**.

The problem may be **Dysfunctional and Distortional Thinking** that has been rooted deep inside your psyche for years, which could also be the underlying cause of **Anger** issues.

This Mental and Emotional Health Check Up covers steps five, six and seven and will dig deep into your life to help guide you into becoming a better you.

Don't miss out! Come find out how you can step away from behaviors that are controlling your life and regain proper balance. This eye-opening seminar will bring you three steps closer to finding your true authentic self.

SEATS ARE LIMITED – BE ON TIME – SEATS ARE LIMITED

*Don't forget you can buy previous CDs at each seminar.*

*Steps 1 – 4 are available now!*

*Get them all to become stronger mentally and emotionally!*

MARK YOUR CALENDAR: LAST CHECK-UP IS APRIL 2, 2015

STEPS 5 - 7:  
DYSFUNCTIONAL / DISTORTIONAL THINKING