

# MAKING THE MENTAL SWITCH:

Guiding Yourself and Others Toward a Positive Space



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Ashley Elliott, MS, LMHCA  
Chuck Elliott, MOL, MAE

Find notes for today's talk at [chuckandashley.com/hope](https://chuckandashley.com/hope)





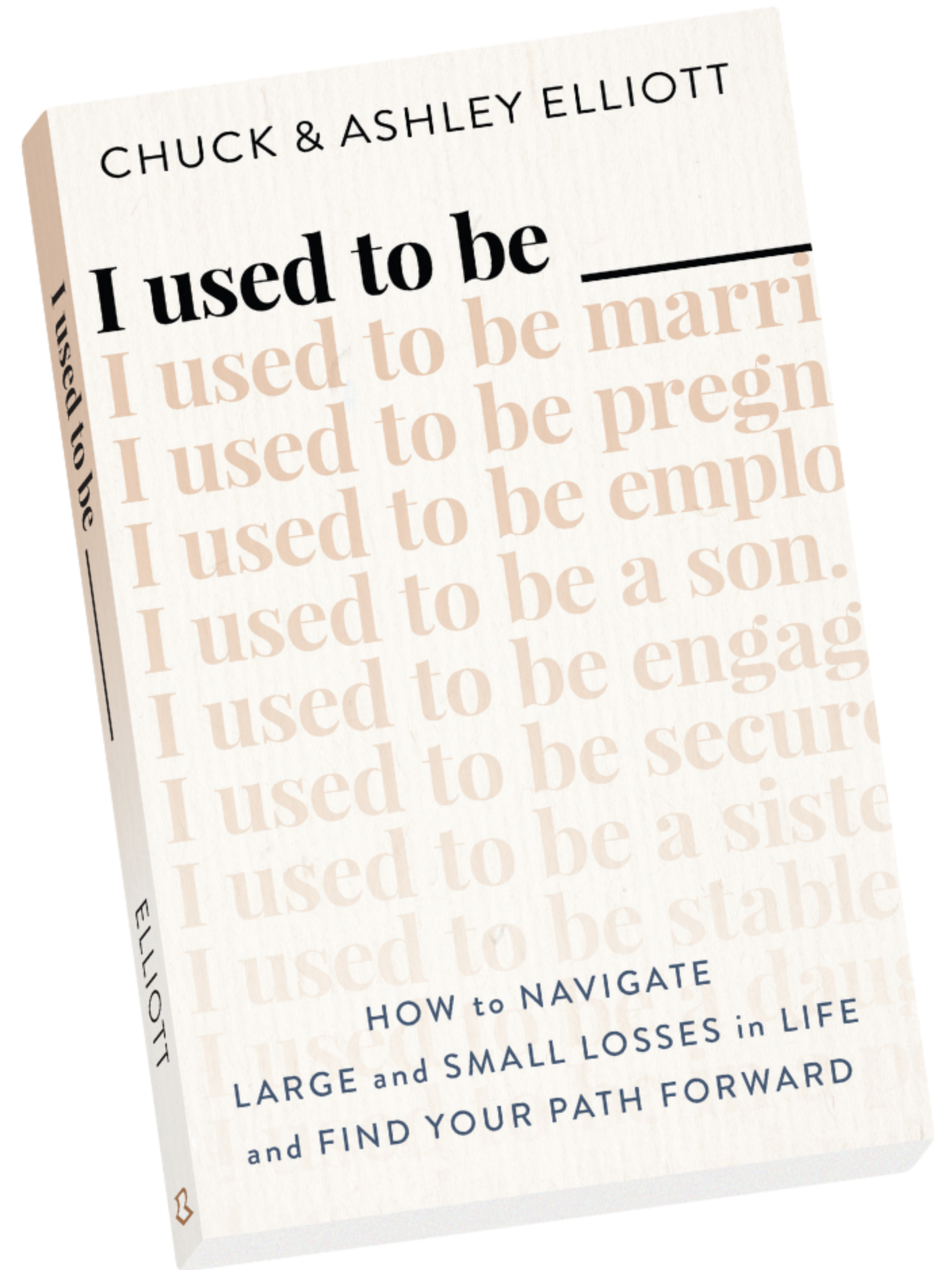
**Ashley Elliott, MS, LMHCA**

Author, Speaker, Licensed Counselor



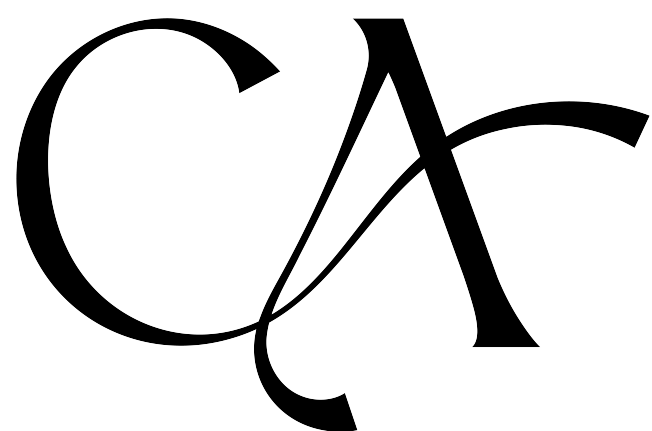
**Chuck Elliott, MOL, MAE**

Author, Speaker, Pastor



GOD'S WAY IS PERFECT  
all the Lord's promises  
PROVE TRUE. HE IS A SHIELD TO ALL  
WHO LOOK TO HIM FOR PROTECTION.

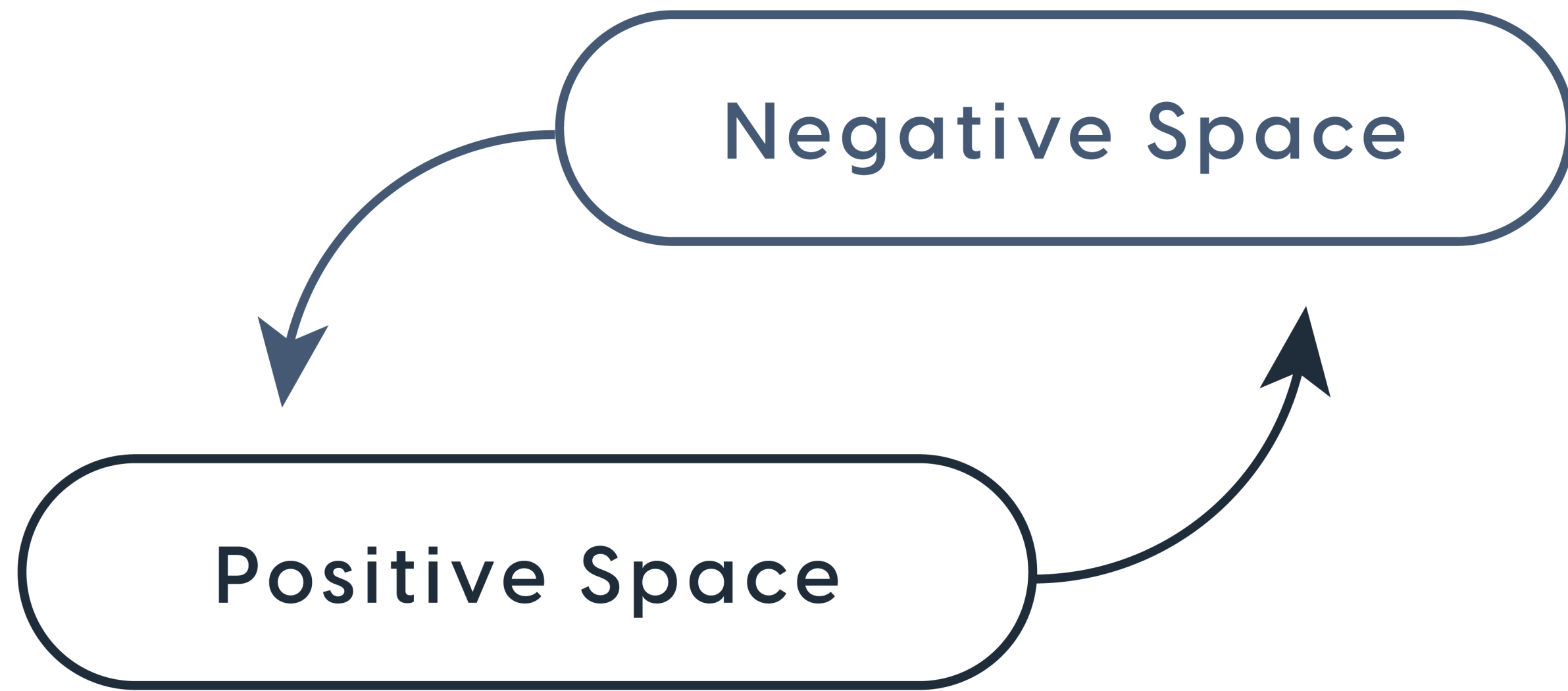
Psalm 18:30 NLT



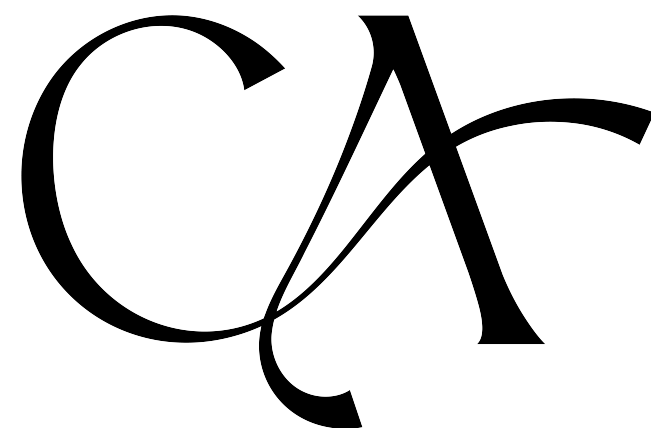
Negative Space

Positive Space

*CA*



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SWITCH THEORY

**Positive Space**

**Negative Space**

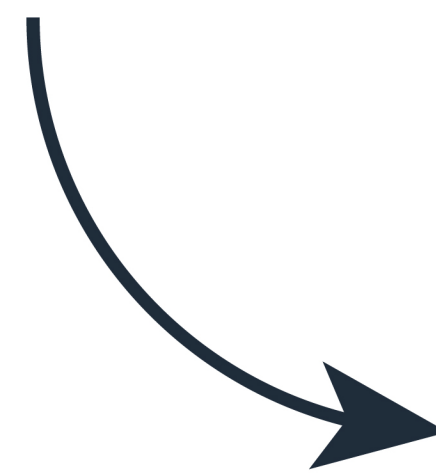
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SWITCH THEORY

Positive Space

Negative Space

UNMET EXPECTATIONS



CA

SWITCH THEORY

Positive Space

Negative Space

UNMET EXPECTATIONS

Positive Thoughts

Negative Thoughts

CA



SWITCH THEORY

Positive Space

Negative Space

UNMET EXPECTATIONS

Positive Thoughts

Negative Thoughts

SPEAK

DON'T SPEAK

SPEAK

DON'T SPEAK

+

+

-

-

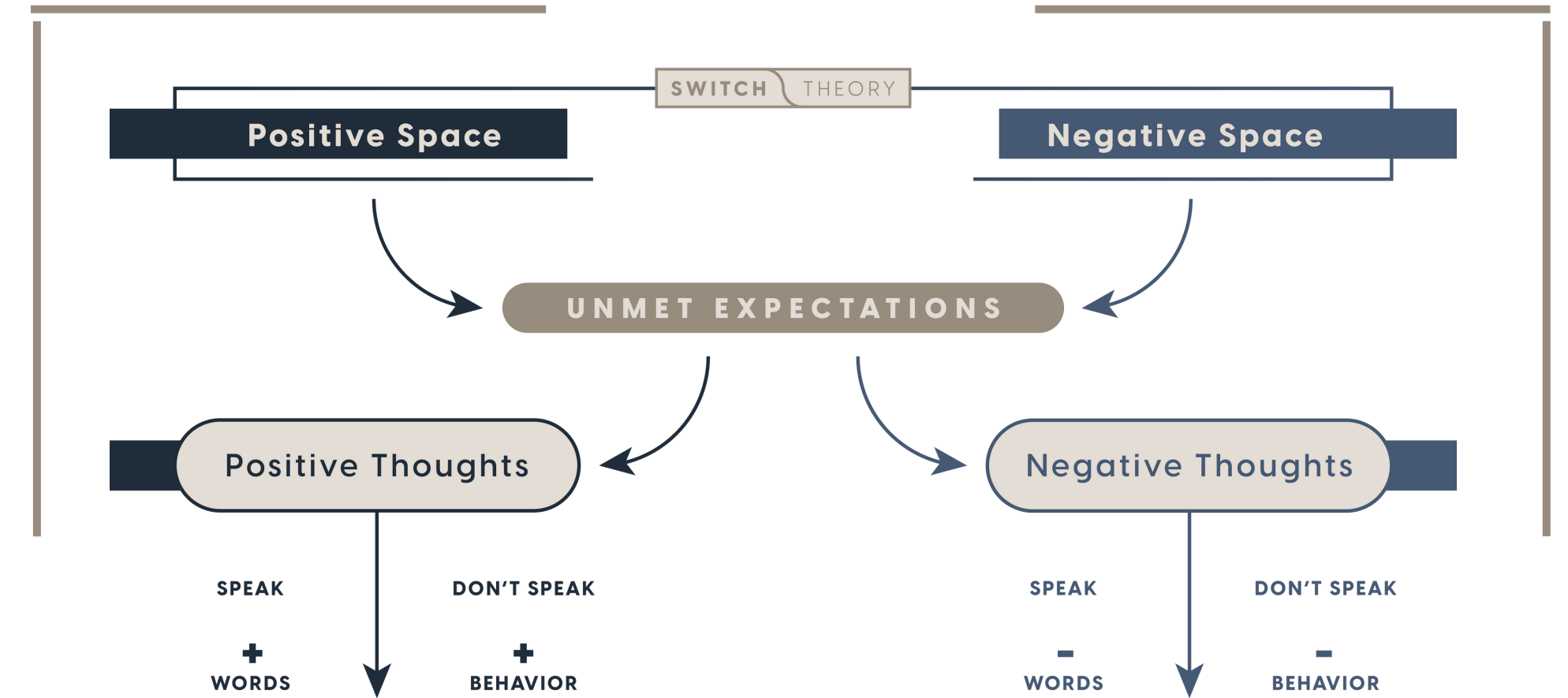
WORDS

BEHAVIOR

WORDS

BEHAVIOR

# SWITCH THEORY WORKSHEET!



**POSITIVE SPACE  
THOUGHTS**

**NEGATIVE SPACE  
THOUGHTS**

**POSITIVE SPACE  
BEHAVIOR**

**NEGATIVE SPACE  
BEHAVIOR**



GAME TIME!

CA

CAN YOU IDENTIFY WHICH  
SONG WAS LIKELY TO HAVE  
BEEN WRITTEN BY SOMEONE  
IN A POSITIVE SPACE VS. A  
NEGATIVE SPACE?

CA

POSITIVE SPACE OR A  
NEGATIVE SPACE?

"I'm walking on sunshine..."

written by Kimberly Rew (Aly & AJ)



# POSITIVE SPACE OR A NEGATIVE SPACE?

"I'm walking on sunshine..."

written by Kimberly Rew  
(Aly & AJ)



POSITIVE SPACE OR A  
NEGATIVE SPACE?

"I can buy myself flowers....Yeah, I can  
love me better than you can."

"Flowers" by Miley Cyrus



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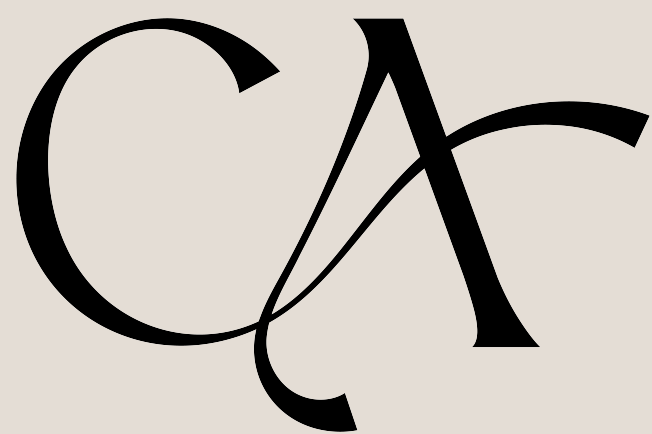




# POSITIVE SPACE OR A NEGATIVE SPACE?

“Working 9 to 5, what a way to make a livin’  
Barely getting by, it’s takin’ and no givin’ They  
just use your mind and they never give you  
credit...”


“9 to 5” by Dolly Parton



# POSITIVE SPACE OR A NEGATIVE SPACE?

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POSITIVE SPACE OR A  
NEGATIVE SPACE?

"And I will always love you"

Whitney Houston



POSITIVE SPACE OR A  
NEGATIVE SPACE?

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# POSITIVE SPACE OR A NEGATIVE SPACE?

"And I will always love you"

Whitney Houston



**POSITIVE SPACE OR A  
NEGATIVE SPACE?**

"I dug my key into the side  
of his pretty little souped-up four-wheel drive  
Carved my name into his leather seats"

"Before He Cheats" by Carey Underwood



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SWITCH THEORY

Positive Space

Negative Space

UNMET EXPECTATIONS

Positive Thoughts

Negative Thoughts

SPEAK

DON'T SPEAK

SPEAK

DON'T SPEAK

+

+

-

-

WORDS

BEHAVIOR

WORDS

BEHAVIOR



# THE THREE A's TO CHANGE

Aware

Assess

Act

Source: I Used to be \_\_\_\_\_



# Assess

- 1) What have I tried in the past that has worked?
- 2) What have I tried in the past that has NOT worked?
- 3) What options should I consider for the future?



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WE CAN MAKE A  
MANUAL RESET!

*CA*

SWITCH THEORY

Positive Space

Negative Space

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Negative Thoughts

SPEAK

DON'T SPEAK

SPEAK

DON'T SPEAK

+

+

-

-

WORDS

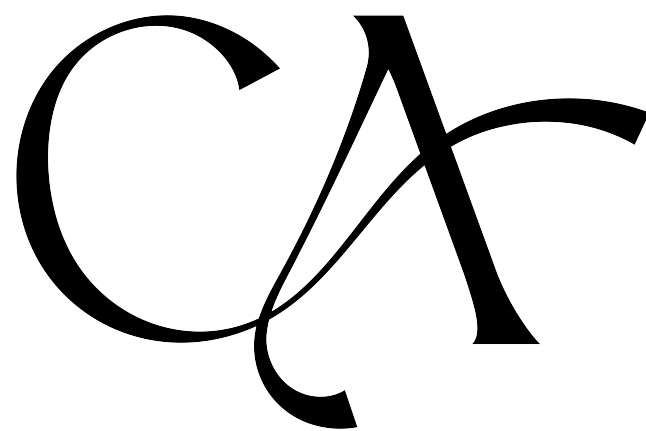
BEHAVIOR

WORDS

BEHAVIOR

**Mental Stability**

**Mental Instability**

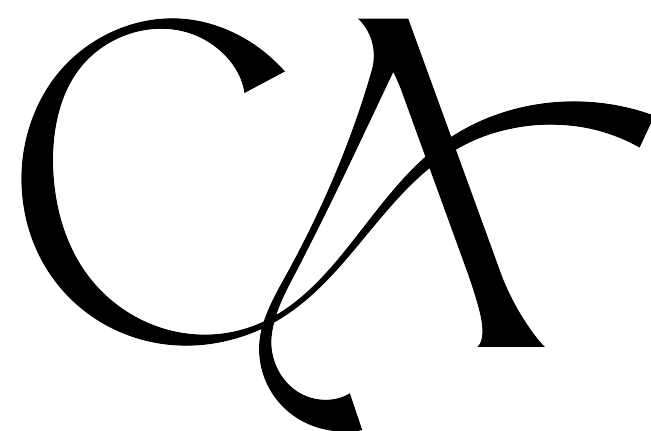


Source: I Used to be \_\_\_\_\_

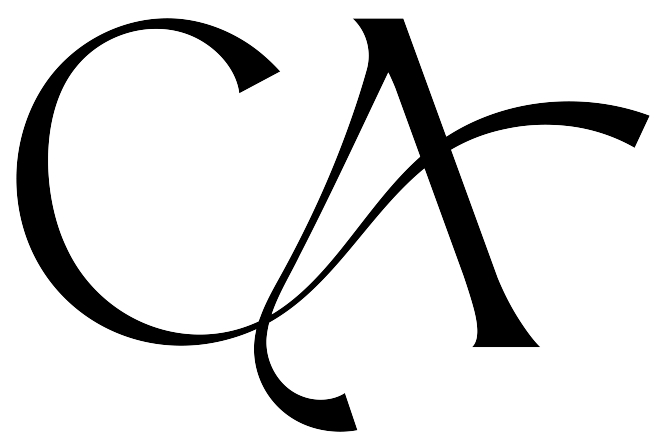
EXAMPLE

<b>Mental Stability</b>	<b>Mental Instability</b>
<ul style="list-style-type: none"><li>• Eating healthy foods</li><li>• Sleeping about 8 hours each night</li><li>• Maintaining healthy boundaries</li><li>• Moving the body</li></ul>	<ul style="list-style-type: none"><li>• Overeating or undereating</li><li>• Oversleeping or undersleeping</li><li>• Enmeshed or isolated</li><li>• Overexercising or lack of activity</li></ul>

Source: I Used to be \_\_\_\_\_



BUILDING MENTAL STABILITY  
ESTABLISHES AN ENVIRONMENT WHERE  
hope  
CAN MORE EASILY GROW!



BUILDING MENTAL STABILITY  
ESTABLISHES AN ENVIRONMENT WHERE  
hope  
CAN MORE EASILY GROW!

CA



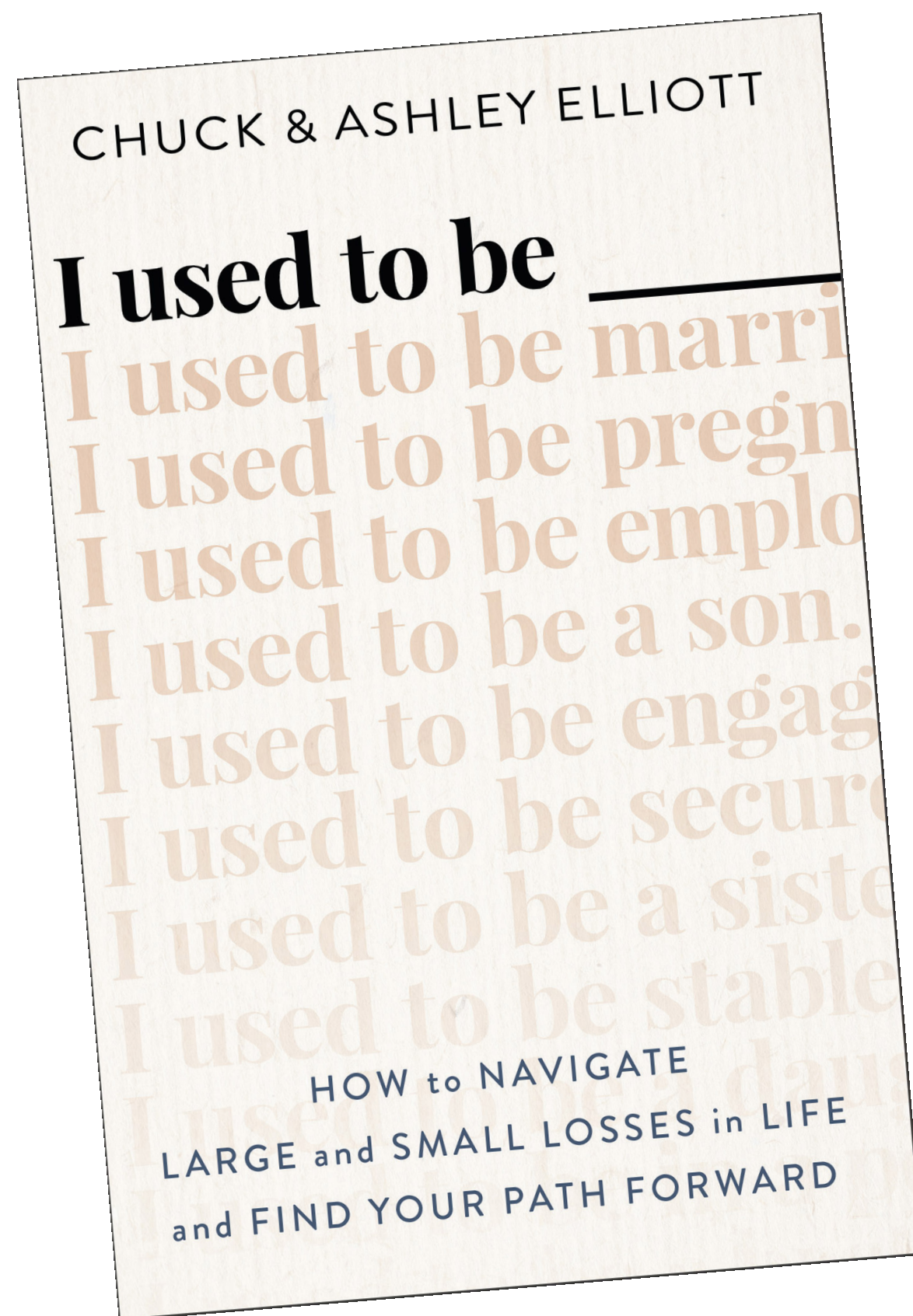
“...be transformed by the  
**RENEWING OF YOUR MIND.**

Then you will be able to test and  
approve what God’s will is—his  
good, pleasing and perfect will.”

ROMANS 12:2



# THANK YOU!



We'd love to stay connected.

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Get our free **Identity Reset Mini Workbook** emailed to you today when you sign up for our newsletter at [chuckandashley.com](http://chuckandashley.com)

