



The Dirty Dozen

- Toxic Thoughts - Catch and Release – II Cor. 10:3-5
- Toxic Emotions - Admit It, Quit It, & Beat It - I John 4:18
- Toxic Words - Choose Uplifting Words or Apologize - Eph. 4:29
- Toxic Choices - Choose Life & Learn - Deut. 30:19
- Toxic Dreams - Journal & Analyze - Daniel 4:9
- Toxic Seeds - Repent and Forgive - Heb. 12:15
- Toxic Faith - Truth Sets Free - John 8:32
- Toxic Love - Be Positive, Be Grateful, Be Giving - I Cor. 13:4-7
- Toxic Touch - Receive and Give Touch - I Thess. 2:7
- Toxic Seriousness - Laugh & Have Fun - Ps. 126:2
- Toxic Health - Exercise, Eat Right & Rest - I Cor. 6:20
- Toxic Schedules – Take Breaks, Smell Roses - Heb. 4:9-10

Who Switched Off My Brain - Dr. Caroline Leaf