Academic Institution

Title

Purpose Statement

By

Name

Location

Date

 Helping Those with Psychological Disorders

 “Stinking Thinking” is a way of thinking or perception that only bad things will happen to a person. An individual having stinking thinking will always think that nothing good can happen to them and he or she is not good enough for good rewards. God strictly condemns such mindset and orders his followers to stay away from such negative thoughts. If some friend, co-worker or fellow comes to me with this kind of thinking I will quote the following verse to them:

**Hebrews 2:17**

“Therefore he had to be made like his brothers in every respect, so that he might become a merciful and faithful high priest in the service of God, to make propitiation for the sins of the people.”[[1]](#footnote-1)

And

**John 3:36**

“Whoever believes in the Son has eternal life; whoever does not obey the Son shall not see life, but the wrath of God remains on him.”[[2]](#footnote-2)

 I will also suggest the person (my fellow, friend, co-worker or classmate) to let go of the negativity around them. It can be achieved through various means. I will suggest them to take deep breaths, try meditation, try yoga, start exercising and much more. Surrounding yourself with positive and happy people also helps in developing a positive mindset. Moreover, if it does not help, I will suggest them to give some time to themselves. They should go on a vacation, away from all the stress. I will suggest them going to somewhere far away place, where they can be close to nature, away from all the stress and the negativity of the people[[3]](#footnote-3).

 The implication of four D’s (deviance, dysfunction, distress, and danger), while assessing the mental condition of the person and then suggesting the suitable technique for their recovery[[4]](#footnote-4). Aaron Beck’s Cognitive Error Theory can also be a helpful tool in order to bring a depression victim towards normality.

**Bibliography**

Feldman, Robert S. *Understanding psychology*. 2016.

Version, King James. *Holy Bible*. Arcturus Publishing Limited, 2017.

1. Version, King James. *Holy Bible*. Arcturus Publishing Limited, 2017. [↑](#footnote-ref-1)
2. Version, King James. *Holy Bible*. Arcturus Publishing Limited, 2017. [↑](#footnote-ref-2)
3. Feldman, Robert S. *Understanding psychology*. 2016. [↑](#footnote-ref-3)
4. Feldman, Robert S. *Understanding psychology*. 2016. [↑](#footnote-ref-4)