

# THE HOLY SPIRIT SHAPES YOUR HEALTHY ADULT

Sometimes we mistake the inner critic in us for a moral guide. Sadly, the inner critic is often judgmental and fault-finding, and makes us feel bad without motivating us to make meaningful changes. In contrast, the Healthy Adult is gentle, validating and encouraging, always seeking to help us develop self-control through patience and kindness.

Look for these qualities in your Health Adult:

LOVE

JOY

PEACE

PATIENCE

KINDNESS

GOODNESS

FAITHFULNESS

GENTLENESS

SELF-CONTROL



But the fruit of the Spirit is love, joy, peace, patience, kindness, goodness, faithfulness, gentleness, self-control; against such things there is no law. Galatians 5:22-23

Suzanne Dang MPsych(Clin)(Syd), MACPA  
Clinical Psychologist