

FOR: Lighthouse Network
LENGTH: :60
Title: Decision-Making: Autopsy Process

INTRODUCTION:

Welcome to Life Change! I'm Christian Psychiatrist Dr. Karl Benzio.

BODY:

Can I learn from my mistakes? In the medical field, an autopsy is a very regimented procedure that allows us to understand why a physical death happened and, if necessary, helps us develop a strategy to catch the killer. When we make a wrong decision, we experience a psychological and spiritual death. But nobody teaches us how to perform a good autopsy so we never understand why we made that wrong decision. As a result, we repeat the same mistakes. Understanding decision-making principles helps us perform an autopsy of our poor decisions. And this helps us transform from me-centered decision making to God-centered decision making.

CLOSE:

If you or a loved one is struggling, go to 844lifechange.org or call 844-Life-Change. And remember, Godly decisions determine your life, so choose well! (end on "up" note)
