

FOR: Lighthouse Network
LENGTH: :60
Title: SPEARS – Six Components to Every Decision

INTRODUCTION:

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

BODY:

I have good news and bad news. The good news is that God gave us a very powerful mind. The bad news is that God gave us a very powerful mind. When it comes to decision-making, our mind works so fast, we often wonder where and how we made a decision, good or bad. Slowing down our mind is easy once we know the sequence of the six elements of every decision: Situation, Perception, Emotions, Assessment, Response, and Summary Thought. The first letter of each component spells SPEARS, and remembering and using SPEARS gives you more control and success to make more Godly decisions in all life's situations!

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)
