

FOR: Lighthouse Network
LENGTH: :60
Title: Stimuli – Neutral

INTRODUCTION:

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

BODY:

The first component of our SPEARS decision-making process is stimuli, or the situation leading to a decision. From a decision standpoint, all situations are relatively neutral, as your decision really depends on past experiences and viewpoint. In any situation, I can easily find an optimist to give it a positive spin and a pessimist to present a negative outcome. Freedom in decision-making and living comes when we understand all situations as an opportunity God strategically and purposely brings into our lives to help us see Him more clearly, draw us closer to Him, and help us mature and be fulfilled.

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)
