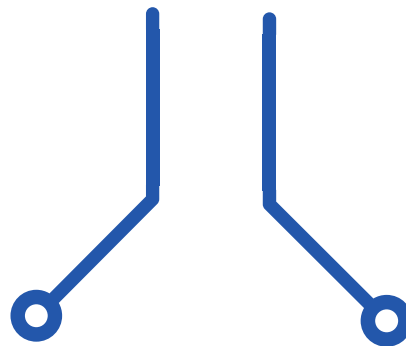




TAKE YOUR THOUGHTS CAPTIVE

Is your "Should" rooted in scripture?



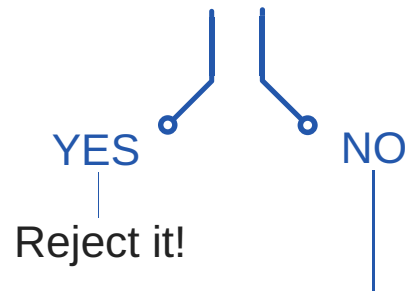
YES

WHAT SCRIPTURE VALIDATES YOUR THOUGHT?

NOW REPLACE THE THOUGHT WITH "NEED" OR "MUST" TO GIVE IT MORE POWER AND AUTHORITY

NO

IS THE THOUGHT BASED ON A LIE?



CHANGE THE "SHOULD" TO "I WOULD LIKE TO..." THIS STATEMENT TAKES AWAY THE JUDGMENT AND CRITICISM ASPECT AS WELL AS THE OBLIGATION.
