

# Career Foundations



SESSION 2: RECOGNIZING TRUTH AND AVOIDING TRAPS

**Session Duration: 90 minutes**

## Mixed Emotions Are Normal

At a crossroads, it's common to feel more than one thing at the same time.





Attitude doesn't change the past.

It shapes what happens next.



## Truth Test

- Does it align with Scripture?
- Does it lead to action?
- Does it produce freedom/clarity or shame/avoidance?



**What a Forward-Moving Thought Sounds Like**



# TRAPS



Let's Decide: Truth or Trap?



Patterns



# Reflection



Looking Ahead