

Participant Guide

# Career Foundations



SESSION 2: RECOGNIZING TRUTH AND AVOIDING TRAPS

Participant Name:



# Notes/Observations



Use this space to jot down patterns, truths, or reminders that stand out during today's session.

# Scripture for Truth and Discernment

The verses below are provided as a resource to help you reflect, reframe, and return to truth when unhelpful thoughts arise. You do not need to memorize or quote these verses.

## Scripture About Truth

"Your word is truth." *John 17:17*

"You will know the truth, and the truth will set you free."  
*John 8:32*

## Scripture About Thoughts

"We take captive every thought to make it obedient to Christ." *2 Corinthians 10:5*

"Whatever is true... think about such things."  
*Philippians 4:8*

## Scripture About Moving Forward

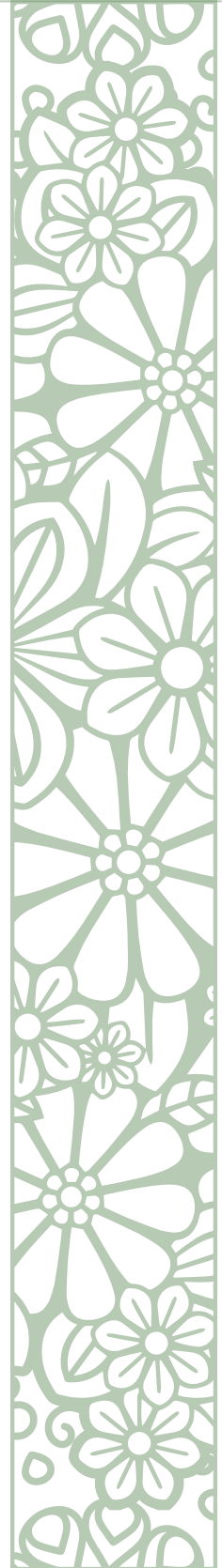
"Forget the former things; do not dwell on the past. See, I am doing a new thing." *Isaiah 43:18-19*

"Though the righteous fall seven times, they rise again."  
*Proverbs 24:16*

## Scripture About Strength and Perseverance

"I can do all things through Christ who strengthens me."  
*Philippians 4:13*

"Those who hope in the Lord will renew their strength."  
*Isaiah 40:31*



# Thoughts That Move Me Forward

## *Recognizing and Reframing Unhelpful Thinking*

Scripture defines truth. Thoughts that conflict with Scripture are traps. This worksheet helps you think through statements you might believe or hear. For each statement below, check whether you think it's a TRUTH or a TRAP. Then write what truth you could replace it trap with.

Statement	Keeps Me Stuck	Moves Me Forward	Reframe with Biblical Truth
I'll never change.	<input type="checkbox"/>	<input type="checkbox"/>	
It's safer not to hope too much.	<input type="checkbox"/>	<input type="checkbox"/>	
If I set boundaries, people will leave me.	<input type="checkbox"/>	<input type="checkbox"/>	
I'm too broken to be used by God.	<input type="checkbox"/>	<input type="checkbox"/>	
Other people have more options than I do.	<input type="checkbox"/>	<input type="checkbox"/>	

Notes/Reflections



# Face It. Name It. Reframe It.

Today is about learning to notice which thoughts guide your decisions and practicing how to respond with truth when unhelpful thoughts show up. Think about a thought, belief, or message that came up for you during the Truth or Trap activity.

This might be a sentence you:

- Tell yourself often
- Hear in stressful moments
- Notice when you feel stuck or discouraged

**Write the thought here:**

How does this thought affect your ability to move forward?

When this thought shows up, what usually happens next?

- I freeze or avoid
- I feel discouraged or overwhelmed
- I give up too quickly
- I get anxious or tense
- I become overly self-critical
- Other:

This does not have to feel natural yet. New frames take practice.

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## COMPLETE THE FOLLOWING:

Instead of telling myself,

I am choosing to practice the truth that

Write a scripture verse that supports this truth.

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In the provided frame, draw a symbol, the scripture verse, or phrase to represent this truth. Include the scripture reference.

Color and cut out your framed truth and place it somewhere you will see it when that old thought shows up.

