



Learn more about this principle in Meet the New You.

Trap & Transform

PRINCIPLE

elisapulliam.com

Triggers

What has caused a reaction in me?

Emotions

What is my emotional response?

Thoughts

What thoughts are going through my mind?

2 Corinthians 10:5

Take captive every thought and make it obedient to Christ.

Beliefs

What is the truth according to Scripture?

Romans 12:2

Be transformed by the renewing of your mind.

Action Steps

What is my next truth-based step?