

Ways To Move on in the Truth

- Talk with your parents
 - Do the next right thing
- Finish your activity or task
 - Serve someone else
- Sing with healthy music
 - Go outside to play
- Read a good book
 - Journal and pray
- Anything that changes your focus to something GOOD

The “move on in the truth” step aims to bring the new, healthy thought into action, and to avoid (1) the trap of harmful thoughts and (2) the trap of excessive introspection.