



### What is Steppingstones?

When you are feeling trapped and overwhelmed by problems, **Steppingstones** integrates biblical and counseling steps for finding the peace in the moment and how to set boundaries on fears and worries.

### Steppingstone's Biggest Lesson

Steppingstones is unapologetically grounded in scripture. My personal and professional belief is: ***if advice doesn't square with scripture – it should be carefully scrutinized or avoided.*** The principles behind Steppingstones hinge on three pivotal points of scripture.

**TODAY** - This is the day the Lord has made; rejoice and be glad in it. (Ps 118:24)

**TOMORROW** - Do not worry about tomorrow, for tomorrow will take care of itself. (Matthew 6:34)

**FOCUS** - Your word is like a lamp for my feet – a light on my path. (Psalm 119:105)

That said...even if you **don't** consider yourself spiritual, Steppingstones will still help you as the lessons are grounded in sound clinical practice.

### Why We Need Steppingstones

- We all have different levels of tolerance for coping with challenges. What may be a momentary distraction for one, could be a crisis for another. We experience and process challenges in our own unique way and no one can say what's right or wrong for you.
- From pandemics to health concerns... from divorce to financial fears... from grieving a death... to grieving the job loss– the mind can spin (obsess) while it seeks solutions or to make sense of what's happening. Think of it as that endless spinning icon on your computer screen that says it's trying to process your request, but something's blocking it. Eventually, you realize you're either going to endlessly stare at your computer -- or reboot it and try something else. You can continue to do the same things in hopes you'll stop feeling overwhelmed – or you can reboot with Steppingstones.

### Life is a Delicate Balance

- Envision life as a metaphoric *balance scale*. The *left side* of the scale holds negative things that happen in our lives: a particularly bad pandemic news day, your job is affected, a bad day at work, money problems, the car breaks down, etc. etc. All these things land on the left side of the scale. Even if only temporary, it still weighs on your mind.