

Broken Is Choice: Embracing the Power of Vulnerability

Brokenness is not a sign of weakness; it is a choice that leads to strength, growth, and personal transformation. Society often views brokenness as a negative aspect, associating it with failure or inadequacy. However, embracing our brokenness allows us to tap into our inner strength and find the courage to face our vulnerabilities head-on. It is through this acceptance that we can experience true healing and personal growth.

When we think of brokenness, we often envision shattered pieces, irreparable damage, and a sense of hopelessness. However, what if we reframed our perception and viewed brokenness as an opportunity for growth and self-discovery? By embracing our brokenness, we can awaken our inner strength and resilience, allowing us to rebuild ourselves from the ground up.

The Beauty of Vulnerability

Vulnerability is often associated with weakness, making us hesitant to show our true selves to others. However, it is through vulnerability that we can cultivate authentic connections and find solace in knowing that we are not alone in our struggles. It is in our most vulnerable moments that we can truly connect with others and form deep, meaningful relationships.

BROKEN IS A CHOICE : My Resurrection from Trauma and Shame by Matthew Deren (Kindle Edition)

★★★★☆ 4.8 out of 5

Language : English

File size : 3365 KB

Text-to-Speech : Enabled

Screen Reader : Supported



Enhanced typesetting : Enabled
Word Wise : Enabled
Print length : 148 pages



Being vulnerable means accepting our imperfections, acknowledging our weaknesses, and owning our past mistakes. It requires us to let go of the fear of judgment and allow ourselves to be seen completely, flaws and all. When we choose to reveal our vulnerabilities, we create a safe space for others to do the same, fostering a sense of belonging and understanding.

The Power of Choice

Brokenness is a choice. It is a conscious decision to confront our fears, embrace our vulnerabilities, and take the necessary steps towards healing. We have the power to choose how we respond to life's challenges and setbacks. Instead of allowing ourselves to be defined by our brokenness, we can use it as a stepping stone to become the best versions of ourselves.

Choosing to embrace our brokenness requires immense courage and self-compassion. It means acknowledging that we are not perfect and that our struggles do not define us. It involves letting go of societal expectations and taking ownership of our journey, recognizing that true growth and transformation come from within.

Unlocking Personal Growth and Transformation

When we embrace our brokenness and choose vulnerability, we unlock a world of personal growth and transformation. By allowing ourselves to experience discomfort, we open the door to self-reflection and self-discovery. We begin to understand the root causes of our pain and work towards healing and self-improvement.

Embracing brokenness allows us to unmask our true selves and cultivate a deeper sense of authenticity. It encourages us to let go of perfectionism and embrace our unique journey, with all its ups and downs. When we let go of the notion of "having it all together," we free ourselves from unnecessary pressure and give ourselves permission to grow and evolve.

: The Power in Embracing Brokenness

Broken is choice. It is a conscious decision to face our vulnerabilities head-on, embrace our imperfections, and use them as catalysts for growth and personal transformation. By choosing vulnerability, we create an environment of authenticity and connection, both with ourselves and others.

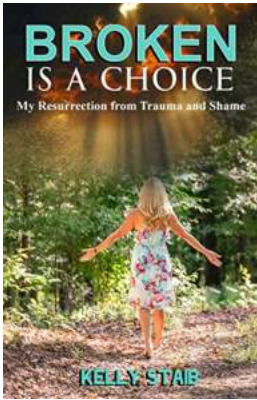
Embracing brokenness allows us to let go of the fear of judgment and fully embrace our journey. It empowers us to unlock our inner strength and resilience, leading us towards personal growth and self-improvement. So, let us choose to welcome our brokenness, for it is through our cracks that the light shines brightest.

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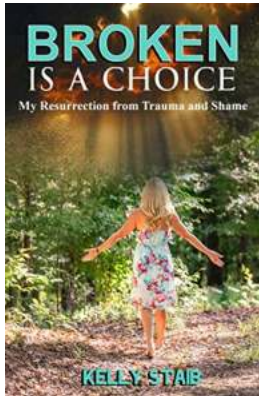


When you think of an alcoholic, what image comes to mind? What behaviors does someone have with an addiction? Have you known anyone who recovered from alcoholism? How did they do it, and what changed about them? You will be inspired, enlightened, and shocked by Kelly Staib's miraculous transformation from a burning train running off the tracks alcoholic to a vibrant recovery leader.

Inside this book, *Broken Is a Choice*, you will be immersed in Kelly's heartbreaking childhood sexual abuse, family abandonment, emotional and verbal abuse, harmful eating disorder, promiscuity, alternative lifestyle, and failed dysfunctional marriage. Then, you will learn exactly what she did to overcome her guilt, shame, trauma, and destructive lifestyle to get sober, manage a new way of life, and find her purpose to help others in the church, jail, and community.

Kelly's authenticity, determination, and vulnerability bring hope to people suffering from addiction. Her relationship with Jesus is the foundation for her redemption, and the knowledge and tools she learns along her journey are the keys to ongoing sobriety. Kelly's story is not written to focus on her but to let others know you do not have to remain in pain any longer. Your situation is unique, and within these pages are encouragement, wisdom, and resources to help you heal and

move forward. Discover why you are not alone, the secrets to escaping your prison, and the truth that there is an excellent plan for your life!



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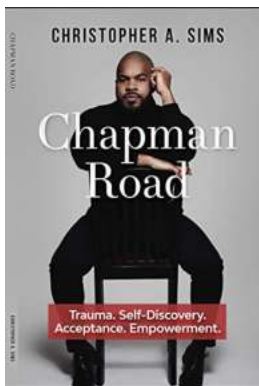
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	Natural Intelligence	Artificial Intelligence
Acquisition of knowledge	Perishable	Permanent
Cost and sharing of knowledge	Difficult, expensive, takes time	Easy, cheap, instant
Reliability of knowledge	Can be erratic and inconsistent	Consistent
Flexibility of knowledge	Difficult, expensive	Easy, cheap
Depth of knowledge	Can be very high	Shallow
Quality of experiences	Direct and rich in possibilities	Indirect and limited
Complexity of patterns and processes	Fast, easy to explain	Slow, hard to explain
Adaptability	Makes use of a wide range of experiences	Limited to programmed tasks

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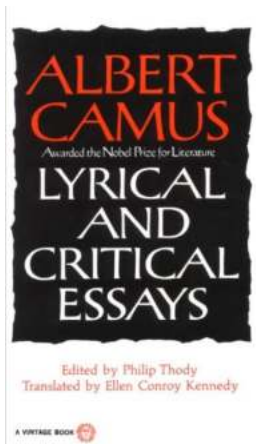
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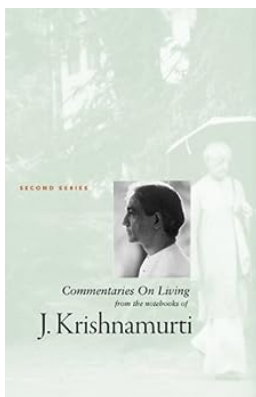
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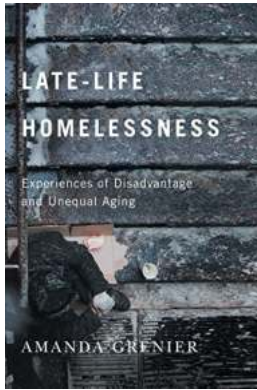
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