

# GDL Steven Benedict

<https://silosolo.com/498630>

## Summary

The guest, Mr. Steven, shares his background of growing up in foster care and experiencing neglect and abuse. He highlights the importance of his adoption and the influence of his loving parents. Mr. Steven is now an athlete and a motivational speaker, with running serving as a meditative outlet for him. He believes that emotional language is universal and that everyone can relate to emotional experiences.

## Silo sample questions

- What was Mr. Steven's background and upbringing like?
- How has running influenced Mr. Steven's life?
- What does Mr. Steven believe about emotional language?

## Topics

Background and upbringing in foster care

Adoption and parental influence

Athletics and running as a meditative outlet

Emotional language and relatability

## Key Takeaways

- The guest, Mr. Steven, was raised in foster homes and experienced neglect and abuse
- He was eventually adopted by loving parents
- He is now an athlete and a motivational speaker
- Running has become a cornerstone of his life and a meditation outlet
- He believes that emotional language is a universal language that everyone can relate to

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