

| <i>Roots</i>  | <i>Triggers</i>  | <i>Character Defects</i>   | <i>Causative Factors</i>  | <i>Contributing Factors</i>  | <i>Addressing Character Defects &amp; Causative Factors</i>   | <i>Who I Am Today</i>  | <i>Maintenance Plans</i>   |
|---|--|--|---|--|---|--|--|
| <p><b>Academic Pressure</b><br/>(My inability to handle fear and anxiety...)</p> <p><b>Learned Behaviors &amp; Ingrained Beliefs</b></p>  | <p><b>Stimulations</b><br/>(Internal/External) from events that cause thoughts, emotions, reactions and consequences.</p> <p><b>Choices and Decisions</b><br/>People, places, things, desires, ideas and situations.</p> | <p><b>Internal:</b><br/>Psychological, unseen make-up of the person, with a Spiritual void.</p> <p><b>Seven Deadly Sins:</b><br/>Pride, Greed, Lust, Envy, Fear, Anger and Laziness.</p> | <p><b>External:</b><br/>People (wrong crowd), Places (clubs) &amp; Things (alcohol &amp; sex)</p> <p><b>Lack of Pro-social Skills</b></p> | <p><b>Combination of</b> character defects &amp; causative factors that were involved at the time of the crime.</p> <p><b>Disobedience</b><br/>Rebellion<br/>Addictions<br/>Unhealthy need for acceptance</p>  | <p><b>SPRITUALLY</b><br/>Born-Again Spirit<br/>Renewing the Mind<br/>Christian 12 Steps</p> <p><b>MENTALLY</b><br/>Substance Abuse &amp; Cognitive Behavioral Therapy (CBT)<br/>Replacement Thoughts<br/>Positive Self-talk<br/>Behavioral Chain<br/>Decisional Balance<br/>Consequences +/-</p> <p><b>EMOTIONALLY</b><br/>Emotional Skills:<br/>Controlling my Emotions<br/>Recognizing my Feelings<br/>Using Self-Control<br/>Dealing with Urges<br/>Managing Anger, Stress, Anxiety &amp; Sadness<br/>Dealing with Rejection, Failure &amp; Grief</p> <p><b>SOCIALLY</b><br/>Social Skills:<br/>Understanding the feelings of others<br/>Deciding to say "NO"<br/>Communicating my Needs<br/>Finding Support<br/>Asserting Myself<br/>Responding to criticism<br/>Dealing with Peer Pressure<br/>Getting Involved in Good Activities</p> <p><b>PHYSICALLY</b><br/>Stretching &amp; Exercise<br/>Working Hard</p> | <p><b>I AM</b><br/>accepted, blessed, confident, delivered &amp; forgiven.</p> <p>healed, joyful, knowledgeable, loved &amp; merciful.</p> <p>optimistic, peaceful, redeemed, secure &amp; significant.</p> <p>thankful, unique, victorious, youthful, &amp; zealous.</p> <p><b>I HAVE</b><br/>an intimate relationship with God; humility. solid core beliefs, identity &amp; values. a strong foundation in God's Word. a family who loves &amp; supports me. a group of friends who care for me. a toolbox of recovery tools. a college BS degree. a ministry with an attitude of gratitude.</p> <p><b>I CAN</b><br/>do all things through Christ. communicate in a positive way. empathize with the pain of others. overcome all my fears and anxiety. confront lying thoughts. conquer with Truth &amp; definitely succeed on parole in Christ.</p> | <p><b>Daily</b><br/>Devotions<br/>Inventory<br/>Conscious Contact with God<br/>Reading Books<br/>Various Studies<br/>Sharing with healthy friends<br/>Work/Exercise</p> <p><b>Weekly</b><br/>Church Services, Studies &amp; Groups<br/>Christian 12 Steps Meeting with accountability partner<br/>Sharing Recovery with Others</p> <p><b>Monthly</b><br/>Communion at Church<br/>Monthly View writing<br/>Family Visits<br/>Quarterly</p> <p><b>Yearly</b><br/>Family Reunions on holidays<br/>Retreats with the church<br/>Birthday &amp; Christmas Cards</p> |
| <p><b>Parental Pressure</b></p> <p><b>HURTS</b><br/>(Unmet needs)</p> <p>1-18 yrs.</p>  | <p>School Work<br/>Stress/Anxiety<br/>Driving/music<br/>Sports<br/>Beer (14)<br/>Sex (16)<br/>Self-talk<br/>Criticism<br/>Competition</p>  | <p>Fear of Failure<br/>Anger (pent-up)<br/>Sexual Misuse<br/>Perfectionism<br/>Powerlessness<br/>Self-deception</p>  | <p>Wrong Peers/Girls<br/>Sports/Car<br/>Alcohol/Sex</p>   | <p>Peers/Girls<br/>Sports/Car<br/>Fear/Anger<br/>Alcohol/Sex<br/>Perfectionism</p>   | <p>Peers/Girls<br/>Sports/Car<br/>Fear/Anger<br/>Alcohol/Sex<br/>Perfectionism</p>  | <p>an intimate relationship with God; humility. solid core beliefs, identity &amp; values. a strong foundation in God's Word. a family who loves &amp; supports me. a group of friends who care for me. a toolbox of recovery tools. a college BS degree. a ministry with an attitude of gratitude.</p>  | <p>Sharing Recovery with Others</p>  |
| <p><b>Peer Pressure</b></p> <p><b>FRUSTRATIONS</b><br/>(Unmet expectations)</p> <p>18-21 yrs.</p>   | <p>College/Tests<br/>Stress/Anxiety<br/>Driving/Clubs<br/>Music/Sex<br/>Drinking<br/>Fraternity Brothers<br/>Self-talk<br/>Loneliness</p>  | <p>Fear of Unknown<br/>Anger (pent-up)<br/>Sexual Misuse<br/>Approval Seeking<br/>Guilt &amp; Shame<br/>Discontentment</p>   | <p>Fraternity Brothers<br/>Alcohol/Women<br/>Parties/Bars<br/>Cars</p>  | <p>Fraternity<br/>Fear/Anger/Car<br/>Alcohol/Sex<br/>Approval Seeking<br/>Guilt &amp; Shame</p>  | <p>Fraternity<br/>Fear/Anger/Car<br/>Alcohol/Sex<br/>Approval Seeking<br/>Guilt &amp; Shame</p>   | <p>a family who loves &amp; supports me. a group of friends who care for me. a toolbox of recovery tools. a college BS degree. a ministry with an attitude of gratitude.</p>   | <p>Family Visits<br/>Quarterly</p>   |
| <p><b>Unbelief</b><br/>(Insecurities)</p> <p><b>California</b><br/>Separation from God</p>    | <p>College &amp; Work<br/>Stress/Anxiety<br/>Pot/LSD (21)<br/>Music/Sex<br/>Concerts/Clubs<br/>Cultists<br/>Self-talk<br/>Failure<br/>Grief</p>  | <p>Fear of Rejection<br/>Resentment<br/>Approval Seeking<br/>Anger (pent-up)<br/>Sexual Misuse<br/>Rationalization<br/>Self-centeredness<br/>Insecurities<br/>Laziness<br/>Denial</p>    | <p>Cultists<br/>Isolated Place<br/>Drugs/Weapons</p>  | <p>Cultists<br/>Fear of Rejection<br/>Resentment/Anger<br/>Approval Seeking<br/>Drugs/Weapons<br/>Rationalization<br/>Self-centeredness</p> <p><b>Specific Triggers of the Crime:</b><br/>Delusional beliefs<br/>A Favor Owed<br/>Drugs (speed, 23)<br/>Fear of Rejection<br/>Negative Self-talk<br/>Misplaced Anger</p> | <p>Delusional beliefs<br/>A Favor Owed<br/>Drugs (speed, 23)<br/>Fear of Rejection<br/>Negative Self-talk<br/>Misplaced Anger</p>   | <p>do all things through Christ. communicate in a positive way. empathize with the pain of others. overcome all my fears and anxiety. confront lying thoughts. conquer with Truth &amp; definitely succeed on parole in Christ.</p>  | <p>Retreats with the church<br/>Birthday &amp; Christmas Cards</p>    |
| <p><i>"I sought the Lord, and He heard me, and delivered me from all my fears. They looked to Him and were radiant, and their faces were not ashamed. This poor man cried out, and the Lord heard him, and saved him out of all his troubles."</i> (Psa. 34:4-6).</p> |  |  |   |  |   |  |  |

## Roots

My inability to handle fear and anxiety stemming from academic, parental and peer pressure created learned behaviors and ingrained beliefs. My anxiety formed the foundation of my destructive feelings. Dr. Charles Stanley wrote, “For us to overcome our fears, it is crucial we unearth where they [fears] originated from, which then shows us what thoughts triggered them [emotions].” <sup>1</sup>

## Triggers

Triggers are stimulations, both internal and external, from events that cause thoughts, feelings, reactions, and responses, resulting in positive or negative consequences. In school, I thought I had to be perfect in order to be accepted. I felt my significance was based upon my performance, triggering stress, anxiety, and other weaknesses. My insecure worldview caused wrong choices and decisions. My choices became actions, then habits, that became automatic, creating my self-identity, character and destiny.

## Character Defects

These defects are rooted internally in the core of fallen man. Fear and anxiety generated in my soul (psyche) over a period of time, until I subconsciously attempted to numb their effects. I tried to escape or medicate the pain with addictive behaviors, but it simply festered within my soul, causing other character defects, destructive coping mechanisms, hidden scars and layers of paralyzing anxiety.

## Causative Factors

These factors are negative influences from those with similar character defects, which enhanced their effect when I developed unified perceptions, ideas, attitudes, beliefs and decisions to rationalize deadly actions. This, coupled with isolating myself with a group, taking drugs and having weapons, was a recipe for violent behavior. But ultimately, my own desires enticed me and drug me away. These desires gave birth to my sinful actions. <sup>2</sup>

## Contributing Factors

These are a combination of character defects and causative factors that were involved at the time of the crime. It is also important to consider specific triggers contributing to the crime. For me, delusional beliefs, a favor owed, drugs (speed), fear of rejection, negative self-talk and anger behind the weapons were regretfully the driving force.

1 *Emotions*, by C. F. Stanley, Howard Books

2 James 1:14,15, NLT

## Addressing Character Defects and Causative Factors

Thinking the holistic way helped to formulate my recovery strategies. Since I was born again in 1975, my core power is Spirit. I have a soul (thoughts, choices and emotions), and I live in a body. <sup>3</sup> I’m not what I do, but who I am spiritually, empowering me to think, choose, feel and act. By applying healthy spiritual, mental, emotional, social and physical coping skills, I have learned to harness my emotions by taking authority over every thought through renewing my mind with God’s Word. Spirit-born feelings mobilize my actions, manifesting the fruit of the Spirit. <sup>4</sup>

## Who I Am Today

My identity is based upon my trust in the Lord, that is, who I am, what I have, and what I can do in Christ to benefit society. For me, my past doesn’t define who I am! Rather, it brought me to my knees, where I believed to receive God’s power, ability and tools to change through intimacy with Him. In the past, my emotions ruled my life, but today, God’s power is ruling my emotions. “*God is able, through his mighty power at work within us, to accomplish infinitely more than we ask or think.*” <sup>5</sup>

## Maintenance Plan

It is most important to be accountable by creating new coping skills (such as the ones I’ve listed). These developed along the way in my recovery, but faith in God’s love and grace empowers me to succeed daily, while carrying out *His* plan and purpose for my life. “*For I know the plans I have for you,*” says the LORD. “*They are plans for good and not for disaster, to give you a future and a hope.*” <sup>6</sup>

## Recovery Brochures

|                     |                        |
|---------------------|------------------------|
| Why the Crimes?     | Christian 12 Steps     |
| Spirit, Soul & Body | Christian Toolbox      |
| Empowering Youth    | Defining Moments       |
| Ten Times Higher    | Miracle of Forgiveness |
| California Dreamin’ | A–Z Identity System    |

(Check website for complete brochure list.)

3 1 Thessalonians 5:23

4 Galatians 5:22,23

5 Ephesians 3:20, NLT

6 Jeremiah 29:11, NLT



# INSIGHTS INTO MY BEHAVIORAL CHANGE

INSIGHTS FROM A FORMER  
MANSON FAMILY MEMBER

My irrational thinking caused a chain of destructive emotions and sinful behavior. Beginning with Eve in the Garden, thoughts of not having or being enough, or of missing out on something important, caused the first couple to hide from God in fear, guilt and shame, with feelings of rejection.

Emotions are simply feelings on the inside, caused by pain or pleasure, moving us in a positive or negative direction. When I examined where my fears and sense of inferiority originated, I found what thoughts and feelings caused them to create character defects in my life. I discovered the causative and contributing factors that triggered my criminal behavior, how to address them and create a new life plan. It took a little help from Jesse and others in recovery, so I thought it might help you too.

*“For God has not given us a spirit of fear, but of power, and of love and of a sound mind “  
(2 Timothy 1:7).*

Charles D. Watson  
www.aboundinglove.org