



<i>Roots</i>	<i>Triggers</i>	<i>Character Defects</i>	<i>Causative Factors</i>	<i>Contributing Factors</i>	<i>Addressing Character Defects & Causative Factors</i>	<i>Who I Am Today</i>	<i>Maintenance Plans</i>
<p>Academic Pressure (My inability to handle fear and anxiety...)</p> <p>Learned Behaviors & Ingrained Beliefs</p>	<p>Stimulations (Internal/External) from events that cause thoughts, emotions, reactions and consequences.</p> <p>Choices and Decisions People, places, things, desires, ideas and situations.</p>	<p>Internal: Psychological, unseen make-up of the person, with a Spiritual void.</p> <p>Seven Deadly Sins: Pride, Greed, Lust, Envy, Fear, Anger and Laziness.</p>	<p>External: People (wrong crowd), Places (clubs) & Things (alcohol & sex)</p> <p>Lack of Pro-social Skills</p>	<p>Combination of character defects & causative factors that were involved at the time of the crime.</p> <p>Disobedience Rebellion Addictions Unhealthy need for acceptance</p>	<p>SPRITUALLY Born-Again Spirit Renewing the Mind Christian 12 Steps</p> <p>MENTALLY Substance Abuse & Cognitive Behavioral Therapy (CBT) Replacement Thoughts Positive Self-talk Behavioral Chain Decisional Balance Consequences +/-</p> <p>EMOTIONALLY Emotional Skills: Controlling my Emotions Recognizing my Feelings Using Self-Control Dealing with Urges Managing Anger, Stress, Anxiety & Sadness Dealing with Rejection, Failure & Grief</p> <p>SOCIALLY Social Skills: Understanding the feelings of others Deciding to say "NO" Communicating my Needs Finding Support Asserting Myself Responding to criticism Dealing with Peer Pressure Getting Involved in Good Activities</p> <p>PHYSICALLY Stretching & Exercise Working Hard</p>	<p>I AM accepted, blessed, confident, delivered & forgiven.</p> <p>healed, joyful, knowledgeable, loved & merciful.</p> <p>optimistic peaceful, redeemed, secure & significant.</p> <p>thankful, unique, victorious, youthful, & zealous.</p> <p>I HAVE an intimate relationship with God; humility. solid core beliefs, identity & values. a strong foundation in God's Word. a family who loves & 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>I CAN 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 & definitely succeed on parole in Christ.</p>	<p>Daily Devotions Inventory Conscious Contact with God Reading Books Various Studies Sharing with healthy friends Work/Exercise</p> <p>Weekly Church Services, Studies & Groups Christian 12 Steps Meeting with accountability partner Sharing Recovery with Others</p> <p>Monthly Communion at Church Monthly View writing Family Visits Quarterly</p> <p>Yearly Family Reunions on holidays Retreats with the church Birthday & Christmas Cards</p>
<p>Parental Pressure HURTS (Unmet needs) 1-18 yrs.</p>	<p>School Work Stress/Anxiety Driving/music Sports Beer (14) Sex (16) Self-talk Criticism Competition</p>	<p>Fear of Failure Anger (pent-up) Sexual Misuse Perfectionism Powerlessness Self-deception</p>	<p>Wrong Peers/Girls Sports/Car Alcohol/Sex</p>	<p>Peers/Girls Sports/Car Fear/Anger Alcohol/Sex Perfectionism</p>	<p>Peers/Girls Sports/Car Fear/Anger Alcohol/Sex Perfectionism</p>	<p>an intimate relationship with God; humility. solid core beliefs, identity & values. a strong foundation in God's Word. a family who loves & 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>Peer Pressure FRUSTRATIONS (Unmet expectations) 18-21 yrs.</p>	<p>College/Tests Stress/Anxiety Driving/Clubs Music/Sex Drinking Fraternity Brothers Self-talk Loneliness</p>	<p>Fear of Unknown Anger (pent-up) Sexual Misuse Approval Seeking Guilt & Shame Discontentment</p>	<p>Fraternity Brothers Alcohol/Women Parties/Bars Cars</p>	<p>Fraternity Fear/Anger/Car Alcohol/Sex Approval Seeking Guilt & Shame</p>	<p>Fraternity Fear/Anger/Car Alcohol/Sex Approval Seeking Guilt & Shame</p>	<p>a family who loves & 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 Quarterly</p>
<p>Unbelief (Insecurities) California Separation from God</p> 	<p>College & Work Stress/Anxiety Pot/LSD (21) Music/Sex Concerts/Clubs Cultists Self-talk Failure Grief</p>	<p>Fear of Rejection Resentment Approval Seeking Anger (pent-up) Sexual Misuse Rationalization Self-centeredness Insecurities Laziness Denial</p>	<p>Cultists Isolated Place Drugs/Weapons</p>	<p>Cultists Fear of Rejection Resentment/Anger Approval Seeking Drugs/Weapons Rationalization Self-centeredness</p> <p>Specific Triggers of the Crime: Delusional beliefs A Favor Owed Drugs (speed, 23) Fear of Rejection Negative Self-talk Misplaced Anger</p>	<p>Cultists Fear of Rejection Resentment/Anger Approval Seeking Drugs/Weapons Rationalization Self-centeredness</p> <p>Specific Triggers of the Crime: Delusional beliefs A Favor Owed Drugs (speed, 23) Fear of Rejection Negative Self-talk 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 & definitely succeed on parole in Christ.</p>	<p>Retreats with the church Birthday & 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>							