

**FREEDOM FOR MEN • New Heart • New Mind • New Life**  
**A one year journey toward hope, healing and freedom, with your own**  
**personal *Recovery Life Coach*.**

**BUILDING YOUR FOUNDATION:**

**Chapter 1. Finding healing through sharing your STORY.**

1. How one **STORY** found hope, began with progress, and led to freedom.
2. Rebuilding broken **TRUST** and changing the things within your control.
3. The **12 STEPS**, sponsors, secrets, rigorous honesty and living in the light.
4. The healing power of **GRACE**, empathy, confession, and vulnerability.

**Chapter 2. Bringing AWARENESS and light to the battle.**

5. **Awareness of STATISTICS; denial, minimization, and rationalization.**
6. Awareness of the **ENEMY'S** tactics, spiritual **disciplines** as warfare.
7. Awareness of the **HEART of God**, Father, Son and Holy Spirit.
8. Awareness of the power found in **COMMUNITY**, acceptance and gratitude.

**Chapter 3. Choosing HOPE in the midst of discouragement.**

9. Accountability, codependency, doubt and repeated **FAILURE**.
10. Defining and striving for **SOBRIETY**. The scale. Progress not perfection.
11. Where and how do you find **HOPE** in the struggle, for your future?
12. Breaking out of **SHAME** and negative self-talk.

**Chapter 4. Believing FREEDOM is possible.**

13. Is **FREEDOM** possible and what would it look like?
14. Helping **OTHERS** as a pathway toward freedom.
15. How can we move beyond the **BATTLE**, in an over sexualized world?
16. Discovering practical **TOOLS** and taking personal responsibility.

**Chapter 5. Establishing a strong, personal FAITH.**

17. How strong is your **FAITH** and what is it built on?
18. Naming your Higher **POWER**, the way, the truth and the better life.
19. God's **PROMISES**, the AA promises and your responsibilities?
20. Faith vs. **WORKS**, trusting God is at work and embracing your part.

## **DISCOVERING THE SIX MISSING KEYS:**

### **Chapter 6. Processing our PAIN as a pathway toward freedom.**

21. Hitting bottom, how does **PAIN** and failure serve as a teacher?
22. What does the Bible say about pain and **SUFFERING**?
23. Testimonies of pain and **CONSEQUENCES** that nudge us toward freedom.
24. **EXPECTATIONS**, and the reality of pain in life, marriage and relationships.

### **Chapter 7. Reaching a place of HUMILITY.**

25. What does Jesus teach, and what does the Bible say about **HUMILITY**?
26. Let's look at our **PRIDE**, self-reliance and ego.
27. What is God's plan and **PROCESS** for us to become more humble?
28. Removing **CHARACTER** defects and developing **character** qualities!

### **Chapter 8. Learning the power of real LOVE.**

29. **Is God LOVE** and why has He not given us freedom?
30. **SELF-love** and self-care, as a foundation for loving others.
31. Receiving love and learning to **love OTHERS**, including a wounded spouse.
32. Let's define **love and INTIMACY**, as we consider our selfish expectations.

### **Chapter 9. Realizing the necessity of KNOWLEDGE.**

33. Being **INTENTIONAL** about asking, seeking and knocking, to discover truth.
34. Let's discuss **the BRAIN** and what scientists are learning about neural plasticity.
35. **AFFIRMATIONS**, and ways to renew and transform our minds.
36. Building confidence through **GOAL setting**.

### **Chapter 10. Uncovering your wounds and finding HEALING.**

37. **FORGIVENESS** as a path to finding healing from real pain, abuse and trauma.
38. Physical and emotional pain, **FEELINGS** and their controlling impact.
39. **GRIEVING** our wounds, making amends and releasing the hold of our past.
40. What about **MENTAL health**, chronic pain and medication?

### **Chapter 11. Embracing SURRENDER and dying to self.**

41. What does **practical SURRENDER** look like in real day-to-day living?
42. Let's share **EXAMPLES** of surrender and how that brought more freedom.
43. Is surrender, **"LET GO and let God"** and what does that really look like?
44. Let's look at **DYING** to our appetites and what benefits it might bring.

## **LIVING A NEW LIFE IN FREEDOM:**

### **Chapter 12. Discovering your true IDENTITY and renewing your mind.**

45. Finding your identity and replacing your negative **SELF-TALK** with God's truth.
46. Discovering your **NEW NAMES** and building your new life.
47. Creating a **NEW LIFE** that does not need to be medicated.
48. The Good News, **REDEMPTION** and finding your calling and purpose.

### **Chapter 13. Maintaining your freedom.**

49. **BALANCE**, **protecting** your eyes, making healthy choices, and having fun.
50. How God uses your failures to develop empathy, a new life and give you a new **PURPOSE**. (divorce, miracles, second chances and building a new life).
51. The Good News, Spiritual practices, and **WORKING** the Steps as a lifestyle.
52. Helping **OTHERS** as an essential to sustaining your freedom.

**There will be clickable links to download a pdf file, with Vimeo video links, scriptures, and quotes, as well as challenging, journaling questions with text areas to write out your thoughts each week, to share with your coach!**

Contact: **Brian Fowler**

Cell: **616-617-1016**

Email: **brian@freedomformen.org**

Web: **<https://freedomformen.org/>**