

STAFF GOALS & EXPECTATIONS

ADDICTION RECOVERY MANUAL

15-MONTH CHRIST-CENTERED
RESIDENTIAL RECOVERY PROGRAM



BY HIS GRACE
TO HIS SERVANT SCOTT

STAFF GOALS & EXPECTATIONS ADDICTION RECOVERY MANUAL

15-MONTH CHRIST-CENTERED RECOVERY PROGRAM OUTLINE

Program Philosophy: Why This Manual Alone Is Not Enough

This manual is a tool — but it is not the heart of the program. A Christ-centered therapeutic community is not built by paperwork, curriculum, or information. It is built by relationships. True transformation in this ministry happens through the daily, consistent, hands-on involvement of staff, Big Brothers, and dorm monitors who model the life of Christ in front of the men.

Recovery is not taught in an hour; it is caught in a lifestyle.

The books, lessons, teachings, and homework provide structure, doctrine, and direction — but it is the moment-to-moment interactions that change a man. Men are transformed through:

- **conversations during work detail**
- **corrections handled with grace and firmness**
- **meals shared side-by-side**
- **prayer in the dorm during crisis moments**
- **late-night talks when old fears or memories surface**
- **staff living out humility, patience, and consistency every day**
- **the “one another” body life described in Scripture**

The theology in these lessons protects the atmosphere, but the atmosphere itself is created by people who live out what they teach. The power of this program is not simply the manuals — it is the culture, the brotherhood, the accountability, and the ongoing relational discipleship that runs through every hour of the day.

This program works because staff and Big Brothers do far more than “instruct.” They shepherd, guide, challenge, train, listen, walk with, and stand with the men through every season of transformation.

Information alone cannot set a man free. Truth lived out in community can.

This manual exists to keep everyone aligned, but it cannot substitute for the daily presence, consistency, and relational investment required to make this program succeed. Staff must understand this clearly:

You are not managing a curriculum — you are discipling souls.

BLOCK 1 — INDUCTION: PROGRAM FOUNDATIONS

(Months 1–3)

Theme: Breaking denial, submitting to Christ, establishing discipline, and stabilizing physically and spiritually.

Block 1 is the resident’s entrance into a completely new way of life. These first 90 days form the foundation of everything that will follow. It is a season of surrender, alignment, humility, and re-training—physically, emotionally, mentally, and spiritually.

It also functions as a **probationary block**, giving staff and leadership the chance to discern whether each resident is truly ready for complete life transformation in Christ and able to live within a Christ-centered therapeutic community.

During Block 1 the resident begins stabilizing from addiction. Their mind begins to clear, their nervous system begins to calm, and their body begins healing. This stabilization is essential before deeper discipleship and inner healing can take place in later blocks.

Core Induction Structure

1. Assignment of a Big Brother

Every new resident is immediately assigned a *Big Brother*—a senior resident who walks alongside them throughout Block 1. This relationship introduces accountability, relationship, structure, and disciple-making from day one.

The Big Brother is responsible to:

- Model Christlike behavior and daily routines.
- Walk the resident through all foundational materials.
- Monitor attitudes, teachability, and spiritual openness.
- Help establish the resident's daily spiritual disciplines.

The **Big Brother remains with the resident for the entirety of the program**, ensuring no new resident walks alone and learns spiritual authority and accountability.

2. The Resident Manual Review & Sign-Off

Within the first two days of arrival the Big Brother and new resident sit down together to read through the entire **Residents Manual**.

- Expectations are explained line by line.
- Rules, responsibilities, and spiritual commitments are clarified.
- The resident acknowledges understanding and signs off on the manual.

This ensures absolute clarity from the very beginning regarding conduct, discipleship, consequences, and the Christ-centered nature of the program.

3. Teaching the Daily Disciplines: Journaling & DCI

The Big Brother immediately is responsible to personally teach the resident two core disciplines:

A. Journaling

Residents learn how to process emotions, temptations, victories, Scripture, and personal insights through daily writing.

B. Daily Character Inventory (DMI)

The DCI becomes the resident's daily mirror—helping them identify:

- Attitudes
- Behaviors
- Sin patterns
- Character defects
- Moments of grace
- Areas needing surrender

Big Brothers train residents to complete their DCI every day and to review it with honesty and humility.

4. Daily Reporting Structure (Big Brother → Dorm Monitor → Program Staff)

This is what shapes a strong discipleship culture and ensures careful oversight.

A. Big Brother Reports Daily to Dorm Monitor

Every day, the Big Brother gives a full update on the new resident's:

- Mental and emotional stability
- Spiritual condition
- Teachability and attitude
- Bonding with the therapeutic community
- Discipline and faithfulness

B. Dorm Monitor Reports Daily During Staff Meetings

The Dorm Monitor compiles all Big Brother reports and gives a daily briefing to the staff on each new resident's overall condition. This provides early detection of struggles, allows timely intervention, and supports healthy spiritual and emotional growth.

5. Leadership Development Begins Immediately

This entire system—Big Brothers, reporting, daily accountability—is intentionally designed to begin identifying future leaders.

As residents grow, staff begin to discern which men demonstrate:

- Servant leadership
- Faithfulness
- Humility
- Responsibility
- Christlike character

These early observations prepare the ground for potential enrollment in the **3-Year Servant Leadership Training Program** offered after completing the 15-month residential program. This ensures that leadership is never based on charisma but on proven character.

Purpose of Block 1 in the Staff Manual

For staff, this Block 1 outline functions as a **checklist and guide** to ensure consistency, clarity, and accountability throughout the induction process. It establishes a clear standard that every staff member, dorm monitor, and Big Brother can follow so nothing is left unclear or undone.

This block forms the spiritual, relational, mental, and behavioral foundation upon which the entire 15-month program is built. Every expectation, every discipline, and every

relationship formed here becomes part of the resident's long-term transformation in Christ.

How This Block Fits Into the Entire 15-Month Evaluation System

While this section focuses on Block 1, it is important for staff to understand that **every block in the 15-month program functions as an evaluation framework**. Each block contains specific spiritual, emotional, behavioral, and relational goals that allow staff, dorm monitors, and Big Brothers to measure whether a resident is growing in a healthy direction. These blocks operate as progressive checklists—diagnostic tools that reveal strengths, weaknesses, and areas needing intervention. Dorm monitors and Big Brothers must be fully familiar with each block's expectations so they can accurately observe residents and report what is lacking or developing. In this way, the entire manual becomes a continuous assessment system, ensuring no key area of growth is overlooked and that every resident is steadily moving toward full regeneration in Christ. This structure protects the integrity of the program and helps staff make wise decisions regarding advancement, correction, discipleship, and long-term readiness.

Daily Insight Reflections on the 90-Day Lessons

As residents read through the 90-day short-term curriculum during Block 1, they will also write a brief **daily insight** based on each lesson. This is not full step work—it is a simple reflection on what God showed them, what stood out in the reading, or what truth the Holy Spirit impressed on their heart. These insights help residents begin engaging Scripture, recognizing God's voice, and connecting spiritual principles to their own lives without the pressure of diving into deep emotional processing too early. Staff, dorm monitors, and Big Brothers will review these insights to ensure the resident is paying attention, learning the basics of Christian recovery, and becoming familiar with the structure of the Twelve Steps from a Christ-centered perspective. By the end of Block 1, residents will have a solid spiritual orientation to the recovery journey and the language of transformation that will guide the rest of their 15-month program.

Month 1 — Step 1: Powerlessness & Honesty

- Admitting spiritual and practical defeat
- Understanding addiction through Scripture
- Romans 7; Psalm 18—spiritual slavery & rescue
- Consequences inventory
- Daily routines of discipline begin
- Introduction to work training, work ethics
- Developing honesty and truth-telling

Month 2 — Step 2: Christ Can Restore

- Revelation of Christ as Healer and Deliverer
- Hope, faith, and spiritual awakening
- Isaiah 61 restoration teaching
- Lies vs. truth worksheets
- Beginning accountability
- Disrupting denial patterns
- Emotional self-awareness basics

Month 3 — Step 3: Surrender & Spiritual Discipline

- Lordship and daily obedience
 - Establishing spiritual routines: Word, prayer, worship
 - Work ethic and character and relational formation
 - Spiritual warfare introduction
 - Learning to yield to the Holy Spirit
 - Building consistency and stability
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BLOCK 2 SELF-EXAMINATION

MORAL INVENTORY & PERSONAL RESPONSIBILITY (Months 4–6)

Theme: Deep ownership of sin, patterns, emotional instincts, and brokenness.

Humility and confession start maturing here.

Month 4 — Step 4 : Inventory — Family, Childhood, Roots

- Understanding how wounds shaped choices
- Family systems & generational patterns
- Resentment work
- Trauma awareness (surface level)
- Inventory writing sections

- Identifying early dysfunctional emotional patterns
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Month 5 — Step 4 Life Portrait Inventory Begins — Adult Life & Patterns

- Anger, fear, dishonesty, sexuality, control
 - Full addiction history
 - Relationship cycles
 - Patterns of relapse and self-sabotage
 - Inventory writing sections
 - Preparing heart for confession
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Month 6 — Step 5, 6 & 7: Confession & Character Change

Step 5: Confession to God, self, another trusted person

Step 6: Becoming ready for God to remove defects

Step 7: Asking God to remove defects

- Shame breaking
- Walking in the light
- Identifying character defects
- Replacing sinful patterns with Christlike ones
- Scripture: Psalm 32; James 5:16
- Beginning deeper accountability

- Establishing new spiritual habits

Residents put their life portrait before class peers last week of block before moving to block 3

BLOCK 3 REGENERATION

AMENDS, RESPONSIBILITY & ADDICTION EDUCATION (Months 7–9)

Theme: Cleaning up the past, building real-world life responsibilities, and gaining a deep understanding of addiction from A to Z. Small groups where amend forgiveness letters are processed with peers and staff.

This is the bridge between confession and inner healing.

Month 7 — Step 8: Listing People Harmed + Education Foundation

Step 8:

- Listing every person harmed (Top 10 to begin)
- Understanding relational damage
- Mapping patterns of broken trust
- Preparing emotionally & spiritually

Education (Part 1 — Foundations):

- What addiction is biblically, psychologically, neurologically

- The shame-addiction loop
 - How addiction rewires the brain
 - Denial mechanisms
 - The cycle of addiction
 - Introduction to spiritual strongholds
 - Big-picture view of the recovery journey ahead
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Month 8 — Step 9: Making Amends + Advanced Addiction Education

Step 9:

- Direct & living amends
- Letters, visits, communication protocols
- Restitution
- Reconciling with family with boundaries
- Avoiding manipulation during amends

Education (Part 2 — Deep Understanding):

- Trauma and addictive behavior
- Attachment wounds
- Codependency dynamics
- Identity distortion

- Generational patterns
 - Understanding triggers (emotional, relational, environmental)
 - How relapse patterns form
 - Managing cravings biblically & practically
 - The neuroscience of recovery (simple and spiritual)
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Month 9 — Responsibility, Life Skills & Education , Continue Forgiveness Letters

Life Skills (Responsibility Development):

- Biblical responsibility
- Work ethic
- Time management
- Financial stewardship
- Stability and planning
- Servant leadership through daily work

Education (Final Modules):

- Emotional regulation
- Anger, fear, shame cycles
- Understanding anxiety & depression
- Healthy sexuality

- Healthy relationships
 - Biblical conflict resolution
 - Long-term sobriety structure
 - Preparing mentally for inner healing
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BLOCK 4 HEALING

DEEP INNER HEALING & EMOTIONAL RESTORATION (Months 10–12)

Theme: Once responsibility, confession, and amends are established, the heart is finally ready for deep healing.

This block focuses on wounds, identity, trauma, and emotional maturity.

Month 10 — Identity in Christ

- New creation reality
 - Ephesians 1 training
 - Destroying old labels & lies
 - Healing shame and self-hatred
 - Confidence and authority in Christ
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Month 11 — Healing Wounds & Restoring Relationship With God

- Father wounds
 - Mother wounds
 - Distorted God-image repaired
 - Guided inner healing prayers
 - Emotional trigger awareness
 - Rebuilding trust with God
 - Healing abandonment, rejection, betrayal
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Month 12 — Emotional Healing, Forgiveness & Boundaries

- Trauma recovery
 - Lament and grief
 - Healing anger, fear, and old pain
 - Healthy biblical boundaries, breaking unholy soul ties
 - Forgiveness & releasing others, and breaking judgements
 - Emotional maturity steps
 - Preparing for leadership development
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BLOCK 5 DISCIPLESHIP

SERVANT LEADERSHIP, PURPOSE & RELAPSE PREVENTION (Months 13–15)

Theme: Preparing for a strong, sustainable, disciplined Christian life with clear purpose and protection against relapse. The goal is more focus on life-purpose, and Christ likeness and not the past addiction.

Month 13 — Step 10: Daily Personal Inventory

- Immediate repentance and keeping a clean heart
 - Spotting spiritual drift early
 - Maintaining purity of heart
 - Owning mistakes instantly
 - Psalm 139 discipleship
 - Advanced accountability practices
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Month 14 — Step 11: Deepening Prayer, Word Life & Discernment

- Hearing God's voice with clarity
- Discernment
- Spiritual warfare
- Journaling & meditation
- Becoming saturated in Scripture
- Developing a lifestyle of prayer

- Exercising spiritual authority
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Month 15 — Step 12: Purpose, Calling, Leadership & Relapse Prevention

- Serving and mentoring others
 - Ministry development
 - Writing testimony, giving testimony
 - Relapse prevention strategies (spiritual + practical)
 - Building lifelong structure
 - Developing personal values concerning life (life principles)
 - Next steps after graduation
 - Commissioning & celebration
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PRE-GRADUATION BROTHERHOOD AFFIRMATION CIRCLE

A Rite of Passage for the Men Completing the Program

There is a moment in every man's journey through this program that cannot be taught in class, written in a manual, or forced through routine. It is the moment when his brothers gather around him — not as peers, not as addicts, not as students, but as men who have walked shoulder to shoulder through one of the hardest seasons of their lives.

This is the **Pre-Graduation Affirmation Circle**, a sacred time that happens quietly, intentionally, and away from the noise of daily routine. Usually held the Friday evening before graduation, this gathering is not a formality — it is a **spiritual milestone**.

The graduate sits on a single stool placed in the center of the room. Every other man forms a circle around him — equal distance, equal standing, equal humility. No hierarchy. No competition. Just brothers.

The purpose is simple: To **affirm**, to **admonish**, and to **anchor** the graduating brother before he steps into the next chapter of his life.

1. The Affirmation

Each man speaks one at a time.

They affirm the growth they have witnessed:

- His integrity that emerged through conflict
- His humility in the process of breaking
- His victories in areas nobody else knew about
- His faithfulness in work detail, dorm life, study, or worship
- His contributions to the brotherhood
- His character, courage, and perseverance

This is not flattery — it is testimony.

Brothers speak only what they have personally seen.

These words become pillars of identity for the graduate when storms come.

2. The Caution

Every man then offers one loving caution. Not a criticism. Not an insult. A warning wrapped in love — based on knowing his patterns, weaknesses, personality, and blind spots.

He might hear cautions like:

- “Guard your pride when things go well.”
- “Stay connected — isolation was always your enemy.”
- “Don’t let your family pressure you away from the structure you need.”
- “You struggle when you stop communicating. Stay open.”
- “Protect your mornings — they anchor you spiritually.”
- “Pay attention when you start drifting into old thinking.”

This is brotherly correction, spoken gently but truthfully. These warnings often become lifelines in the months ahead.

3. The Blessing

Once every man has spoken, one brother — usually an older one or someone spiritually grounded — prays over him. The prayer is not generic. It is specific, powerful, and prophetic — asking God to seal everything He has done, and to guide the graduate into the next stage of manhood.

4. The Written Legacy Page

As the men speak, one staff member or designated brother writes down:

- Every affirmation
- Every caution
- Every prophetic encouragement
- Key themes spoken repeatedly

This is then typed or recorded neatly and given to the graduate as a keepsake. It becomes a mirror he can look into whenever discouragement, temptation, or loneliness tries to whisper lies.

5. The Circle of Brotherhood

After the final prayer, all the men lay hands on him. No speeches. No announcements. Just brothers standing together in silence for a moment — honoring God, honoring the journey, honoring the man He has shaped.

Then they embrace him, one by one.

This circle does more than celebrate him — it **commissions** him. It sends him out not as a man who survived a program, but as a man who has been tested, proven, sharpened, and made new.

Purpose of the Ceremony

This ritual accomplishes several things:

- It closes the season with honor
- It reinforces identity through community
- It gives the graduate spiritual anchors he will need later
- It strengthens the brotherhood
- It helps every man in the circle evaluate his own heart
- It gives staff a relational and spiritual snapshot of the graduate's readiness

This is not just a graduation preparation — **It is a sacred tradition that shapes the man's future.**

LEADERSHIP IDENTIFICATION & STAFF-IN-TRAINING FORMATION

(A Staff Reminder for Recognizing and Developing Future Leaders Before Graduation)

One of the most important responsibilities of the staff in a long-term discipleship program is to recognize, cultivate, and affirm future leaders from among the men themselves. Healthy programs are not built on outside hires — they are built on sons of the house who have been raised, formed, tested, corrected, and proven over time. The strongest staff members are former students who walked through the fire of transformation and chose to serve others the way Christ served them.

This leadership development process does not begin at graduation — it begins far earlier. By the time a man reaches the final months of the program, staff should already have a clear sense of who carries the calling, character, humility, and desire to step into deeper levels of responsibility.

1. Leadership Identification Starts Early

Within the first six months, most men reveal the direction of their growth:

- Their hunger for God
- Their willingness to serve without recognition
- Their response to correction
- Their humility and teachability
- Their commitment to the brotherhood
- Their consistency in spiritual disciplines
- Their work ethic

- Their stability under pressure
- Their honesty and transparency

These qualities often show long before a man says, “I want to serve.” A true calling is seen before it is spoken.

Staff should make mental notes, discuss observations in leadership meetings, and watch for patterns — not perfection. God does not use perfect men; He uses yielded men. But He does not place untested men into leadership.

2. The Pre-Graduation Season Is a Strategic Window

As a man approaches graduation, the leadership team has a unique opportunity to:

- Affirm his growth
- Speak destiny into him
- Clarify his calling
- Challenge him toward maturity
- Invite him into deeper responsibility
- Plant vision for a lifetime of service

This is especially important for those who may enter the **three-year Staff Training Track**. This track is not for everyone — it is for the called, the willing, and the surrendered. Not the talented. Not the charismatic. Not the loudest. The *faithful*.

3. The Affirmation Circle Prepares the Ground

Right after the Affirmation Circle, emotions are tender, spirits are open, and identity is strengthened. This is an ideal moment for staff to begin speaking:

- Purpose
- Calling

- Responsibility
- Leadership potential
- Areas of strength
- Areas to develop
- The importance of continuing the journey

This does *not* mean pressuring a man to stay. It means recognizing who God is shaping — and helping him see it too.

4. Leadership Discernment Requires Unity Among Staff

New staff especially must understand: Leadership selection is not based on personality or favoritism. It is based on fruit, faithfulness, and submission.

Staff must discuss:

- Is he humble or proud?
- Does he receive correction or resist it?
- Does he serve without being asked?
- Does he take initiative?
- Is he consistent in classes, work detail, and dorm life?
- Is he a peacemaker?
- Do other men look to him for direction?
- Does he live what he teaches?
- Is he growing or coasting?

Unity among staff ensures we **do not promote too quickly** or overlook someone the Holy Spirit is clearly molding.

5. Staff-in-Training Must Understand the Weight

Those who choose to stay for the three-year Staff Training Track must understand:

- This is a calling, not a job
- This is a sacrifice, not a shortcut
- This is a lifestyle of discipleship
- This is the continuation of their own healing
- This requires accountability at a higher level
- This is spiritual leadership, not administrative work
- This is servanthood, not status

Staff must clearly communicate: “We are not asking you to be perfect. We are asking you to be faithful, humble, and teachable.”

6. Creating Vision in the Graduate Before Commencement

Before the official graduation day, staff should take time to:

- Share the history and heart of the ministry
- Explain the importance of raising servant leaders
- Cast vision for serving the next generation of men
- Remind him that leadership is formed in the shadows, not the spotlight
- Affirm any calling he has expressed
- Challenge him to consider whether God is leading him to stay
- Clarify expectations and responsibilities

This should be done privately and prayerfully — not emotionally, and not rushed.

7. Why This Matters So Deeply

Most ministries fail or weaken because they do not raise leaders from within. They hire from outside. They rush the development process. They elevate men too quickly or overlook men too quietly.

Your program, especially in other countries, will thrive or collapse based on this one principle:

Reproduce what God has done in you.

Raise sons, not employees.

Build leaders, not managers.

Form men of God, not positions.

And start early — not at the end.

8. The Goal of Leadership Development

When done correctly, this process creates:

- Stability in the ministry
- Depth in discipleship
- Longevity in leadership
- Cultural continuity
- Safety for new students
- A pipeline of tested spiritual fathers
- A legacy of transformation

This is how a Christ-centered recovery program becomes a **movement**, not just a campus. A **family**, not just a facility. A **Kingdom work**, not just a program.

GRADUATION

Needed Material for Program

1. Journaling
2. DCI
3. Scriptures
4. Life Portrait
5. Social-Gram
6. Residents Intake Manual
7. Christ Centered 12-Steps

1. PRAYER /JOURNALING – CONVERSATION WITH GOD

 Journaling Dec25 Revised

"The LORD is near to all who call on Him..." – Psalm 145:18

Prayer is how we talk to and hear from our loving Father. It is a two-way dialogue—not a religious script but a relational conversation.

Model for Breaking Free Overcomers Program:

1. Praise – Begin by worshiping God for who He is.
2. Thanksgiving – Thank Him for His faithfulness and grace.
3. Confession DCI– Be honest about sin and struggles. In your journal write down the three greatest character defects you had the last 24 hours. Write down and ask God do you forgive me, wait and listen to His response and write it down.

Then write these questions individually to God and record His response to you.

- What do You want me to surrender?
- Lord, what are You saying to me today?
- “Where do I need healing or correction?”

“If any of you lacks wisdom, let him ask of God... and it will be given...” – James 1:5

4. Petition – Bring your needs to Him and ask God to help you and change your heart..
5. Intercession – Pray for others and especially those you judge or have relationship struggles with, family etc.
6. Listening – Be still and quiet. Let God speak to your heart.
7. Thanksgiving – Close by thanking Him for His faithfulness and grace.

Journaling

Journaling is the act of capturing what God is doing and saying in your life. It turns fleeting moments into lasting spiritual wisdom.

Tips for Effective Journaling:

- Be honest. Write from the heart, not for appearance.
- Date every entry. Track your growth.
- Review your journal. God often brings fresh meaning in hindsight.

HEARING FROM GOD – THE REWARD OF INTIMACY

Hearing God’s voice is not reserved for spiritual elites. It’s a birthright of every believer who walks in fellowship with Him.

Biblical Foundations:

- 1 John 1:1–7 – Hearing begins in fellowship with Jesus.
- John 16:13 – The Holy Spirit leads you into truth.
- Isaiah 30:21 – "This is the way; walk in it."

Recognizing God's Voice:

- It aligns with Scripture.
- It is often gentle and persistent, not anxious or condemning.
- It brings peace, even when convicting.

SAMPLE JOURNAL ENTRIES

Q: Lord, why am I so tired and forgetful of You?

A: My child, I'm not asking for strength—you can rest in Mine. You don't need to prove anything. I'm here. Just be still and receive.

Q: Lord, why do I keep worrying?

A: Let go of the weight, beloved. Trust that I am with you. Trade fear for faith. You are never alone.

CONCLUSION: A PATHWAY TO TRANSFORMATION

This guide is not a checklist, but a lifeline to daily communion with God. As you commit to Quiet Time, DCI, Prayer, and Journaling, you will be:

- Renewed in your mind (Romans 12:2)
- Set free by the Spirit (2 Corinthians 3:17)
- Strengthened to live a transformed life

"You will keep in perfect peace those whose minds are steadfast, because they trust in You." – Isaiah 26:3

2. Daily Character Inventory (DCI) and Quiet Time.

DAILY MORAL INVENTORY (DEMO)

DMI 25DEC

Cautions	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	Affirmations
Forgetting God																																Time with God
Pride																																Humility
Fear/Anxiety																																Peace
Greedy																																Giver
Lying																																Honesty
Impatience																																Patience
Complaining																																Greatfulness
Not forgiving																																Forgiving others
Discouraging others																																Encouraging others
Not trustworthy																																Trustworthy
Self reliant																																Needing others
Not responsible																																Accepting Responsibility
Procrastination																																Punctuality
Depressed																																Happy, Joy
Negative Thinking																																Positive Thinking
Laziness																																Motivation
Cursing Profanity																																Pure Speech
Tobacco use																																No Tobacco
Anger																																Serenity
Drug/Alcohol Use																																Drugs/Alcohol Free
Manipulation																																Sincerity
Sin Thoughts																																God Thoughts
Guilt about Past																																Accepting Forgiveness
Not working program																																Working Program
Being a Talker																																Being a listener
Shifting Blame																																Accountability
Denial																																Transparency
Disobedience																																Obedience
Discontent																																Thankfulness
Worldly Pursuits																																Eternal Thinking

[+ Copy of DMI](#) [DMI Definitions](#)

Understanding the Battle Within

Addiction strongholds are not just physical dependencies—they begin in the **mind**. We often find ourselves trapped in destructive cycles of alcohol or drug use without realizing how deeply rooted they are in our thoughts, emotions, and character. Others may clearly see the damage we cause to ourselves and those around us, but we tend to deny, rationalize, or blame circumstances—rather than face the deeper issues in our hearts.

The Root of the Problem: Thoughts, Attitudes, and Character Defects

The Bible teaches, “**As a man thinketh in his heart, so is he**” (Proverbs 23:7). This reveals where the battle really begins—in our **thinking**. Our thoughts form our attitudes, and our attitudes shape our behavior. Over time, repeated actions and reactions form our **character**.

Often, it's not just isolated choices or slip-ups that lead us back into alcohol or drug use—but **deeply ingrained character defects**: pride, fear, anger, selfishness, dishonesty, and resentment. These flaws don't just show up occasionally; they become our default responses to life's pain and pressure.

When these attitudes remain unaddressed, they give power to **addiction strongholds**—deep, compulsive patterns of behavior and belief that keep us trapped in cycles of escape, shame, and destruction.

Addiction Strongholds: More Than Bad Habits

Addiction strongholds are more than just bad habits. They are **destructive mindsets and behaviors** that have taken deep root. They are the lies we believe:

- “I can't change.”
- “I need this to cope.”
- “I'll never be free.”

These strongholds remain in place when we ignore or justify the character defects that feed them. They blind us to truth, distort our identity, and block us from experiencing the freedom God desires for us.

Why We Can't Break Free by Willpower Alone

Because addiction strongholds operate on a **spiritual** and **emotional** level, willpower alone won't work. No amount of determination, rehab, or good intentions can fully uproot them.

The apostle Paul reminds us:

“The weapons of our warfare are not of the flesh, but divinely powerful for the destruction of strongholds... taking every thought captive to the obedience of Christ.” — 2 Corinthians 10:4–5

Only through the power of the Holy Spirit—as we surrender our thoughts, emotions, and character to God daily—can these chains be broken. He renews our minds, reshapes our hearts, and leads us to lasting freedom.

The Path to Freedom: Daily Surrender and Renewal

This is where the **Daily Character Inventory (DCI)** becomes vital. By examining our thoughts and attitudes honestly each day, we confess where we've fallen short and invite the Holy Spirit to renew us.

Breaking addiction strongholds is not a one-time event—it's a **daily journey** of humility and surrender. As God brings hidden attitudes and toxic thinking to the surface, we repent and allow Him to replace them with truth, grace, and strength.

The Daily Character Inventory: A Spiritual Mirror

The DCI is a tool that helps us identify the heart-level issues driving our behavior. Each day, we ask:

- **Did I walk in love or resentment today?**
- **Was I humble or prideful?**
- **Did I act in faith or fear?**

We use simple symbols to mark:

- ✓ for godly attitudes
- ■ for unhealthy, addictive attitudes

This daily honesty helps **interrupt the cycle**—removing the fuel that addiction needs to survive. Without this check-in, “stinking thinking” goes unchecked, and addiction regains its grip.

Toxic Thinking: How the Mind Becomes a Trap

Addiction feeds on negative thoughts: shame, self-pity, bitterness, fear, and denial. These thoughts become **landing zones** for relapse. They attract defeat the same way open wounds attract infection.

When we don’t examine or take responsibility for these thoughts, they grow stronger. But when we confront and surrender them daily, they begin to lose power.

Renewing Your Mind Through Daily Quiet Time

Romans 12:1–2 tells us:

“Do not be conformed to this world, but be transformed by the renewing of your mind.”

Quiet time is not a religious chore—it’s a lifeline. It’s where we meet with God, listen to Him, and let Him reshape our thoughts.

In those moments of stillness, God surfaces areas of weakness and pain that we often ignore. He replaces our false beliefs with His promises. Without this time, our minds drift back to old ways of coping, and we fall back into the very patterns that kept us in bondage.

Psalms 46:10 says,

“Be still, and know that I am God.”

Freedom starts with stillness—giving God our full attention and surrendering the areas where addiction once ruled.

Taking Responsibility and Capturing Every Thought

The greatest battlefield isn’t around us—it’s inside us.

We are not just victims—we’re often participants in our own struggles because we don’t examine our thoughts.

Taking responsibility means:

- Owning our attitudes
- Repenting when we fall
- Releasing control to God

When we do this daily, we invite God to:

- Remove character defects
- Heal emotional wounds
- Close off addiction's access to our hearts
- Build new character rooted in truth, not trauma

Spiritual Growth Requires Discipline

Like learning in school, recovery takes daily focus. **Scripture memorization** is one of the most powerful tools we have. It rewires the mind with truth. It's how we replace toxic thoughts with God's perspective.

When temptation comes, we won't have time to open a Bible—we need to have His Word **hidden in our hearts**.

How to Use Your Daily Moral Inventory

1. **Set aside quiet time** each morning to be still before God.
2. **Reflect honestly** on your actions and attitudes from the day before.
3. **Mark** your attitudes:
 - ✓ for godly responses
 - ■ for unhealthy, addictive responses
4. **Confess** and repent of ungodly attitudes the Spirit brings to light.

5. **Journal your reflections:**

- Ask: “Do You forgive me?”
- Wait and write what you sense from God.
- Ask: “Why did I fall into this sin?”
- Listen and journal.
- Ask: “What do I need to change?”
- Record any direction you receive.

6. **Pray for transformation.** Surrender your mind to God for the day ahead.

7. **Memorize Scripture** to strengthen your thinking with God’s truth.

8. **Stay accountable.** Share your progress with trusted people who walk with you.

Conclusion: Breaking Strongholds, One Day at a Time

Addiction strongholds don’t form overnight, and they won’t break overnight either. They take hold when character defects and toxic thinking are left unchecked. But through the Daily Character Inventory, quiet time, and surrender to the Holy Spirit, you will begin to see chains fall—one honest day at a time.

As you consistently examine, confess, and surrender these patterns, God will:

- Renew your thinking
- Heal your heart
- Transform your character
- Equip you to walk in lasting freedom
- This is the path to recovery: **a renewed mind, a surrendered life, and a heart formed by grace.** Freedom is not only possible—it’s God’s promise to those who seek Him.

3. Scriptures Memorization

Scriptures A/D Program

Word of God

2 Timothy 3:16 All Scripture is inspired by God and profitable for teaching, for reproof, for correction, for training in righteousness;

Hebrews 4:12 For the word of God is alive and active. Sharper than any double-edged sword, it penetrates even to dividing soul and spirit, joints and marrow; it judges the thoughts and attitudes of the heart.

Purpose

Jeremiah 29:11 For I know the plans that I have for you, declares the LORD, plans for welfare and not for calamity to give you a future and a hope.

Ephesians 2:10 For we are His workmanship, created in Christ Jesus for good works, which God prepared beforehand so that we would walk in them.

Salvation

Romans 3:10 as it is written, "THERE IS NONE RIGHTEOUS, NOT EVEN ONE;

Romans 3:23 for all have sinned and fall short of the glory of God,

2 Corinthians 4:4 in whose case the god of this world has blinded the minds of the unbelieving so that they will not see the light of the gospel of the glory of Christ, who is the image of God.

Romans 1:18-20 For the wrath of God is revealed from heaven against all ungodliness and unrighteousness of men who suppress the truth in unrighteousness, because that which is known about God is evident within them; for God made it evident to them. For since the creation of the world His invisible attributes, His eternal power and divine nature, have been clearly seen, being understood through what has been made, so that they are without excuse.

Romans 6:23 For the wages of sin is death, but the free gift of God is eternal life in Christ Jesus our Lord.

John 3:16 “For God so loved the world, that He gave His only begotten Son, that whoever believes in Him shall not perish, but have eternal life.

Romans 5:8 But God demonstrates His own love toward us, in that while we were yet sinners, Christ died for us.

Romans 10:9 that if you confess with your mouth Jesus as Lord, and believe in your heart that God raised Him from the dead, you will be saved;

Romans 10:13 for “WHOEVER WILL CALL ON THE NAME OF THE LORD WILL BE SAVED.”

Ephesians 2:8,9 For by grace you have been saved through faith; and that not of yourselves, it is the gift of God.

John 1:12 But as many as received Him, to them He gave the right to become children of God, even to those who believe in His name,

1 John 1:9 If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

2 Corinthians 5:17 Therefore if anyone is in Christ, this person is a new creation; the old things passed away; behold, new things have come.

Romans 8:1 Therefore there is now no condemnation for those who are in Christ Jesus.

Discipleship

Philippians 3:13,14 Brethren, I do not regard myself as having laid hold of it yet; but one thing I do: forgetting what lies behind and reaching forward to what lies ahead, I press on toward the goal for the prize of the upward call of God in Christ Jesus.

Romans 12:1,2 Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not be conformed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

Jeremiah 12:5 If racing against mere men makes you tired, how are you race against horses? If you stumble and fall on open ground, what will you do in the thickets near the Jordan?

Ephesians 4:32 Instead, be kind to each other, tenderhearted, forgiving one another, just as God through Christ has forgiven you.

Spiritual Warfare

Ephesians 6:12 For our struggle is not against flesh and blood, but against the rulers, against the powers, against the world forces of this darkness, against the spiritual forces of wickedness in the heavenly places.

1 Peter 5:8 Be of sober spirit, be on the alert. Your adversary, the devil, prowls around like a roaring lion, seeking someone to devour.

4. Life Portrait Reflection

 *Life Portrait

BLOCK 2 EXAMINATION— MORAL INVENTORY & PERSONAL RESPONSIBILITY (Months 4–6)

(Christ-Centered Regeneration Edition — Steps 4 & 5)

Bringing Our Past into the Light of Christ for Healing and Freedom

Christian Step 4

“We prayerfully examined our hearts, asking the Holy Spirit to reveal sin, brokenness, and harmful patterns, so we may walk in truth and freedom.”

“Search me, O God, and know my heart; test me and know my anxious thoughts. See if there is any offensive way in me, and lead me in the way everlasting.”— Psalm 139:23–24

Christian Step 5

“We confess our sins and struggles openly to God, ourselves, and a trusted believer—trusting that in the light of Christ, there is healing, not condemnation.”

“If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” — **1 John 1:9**

“Confess your sins to one another and pray for one another, that you may be healed.” — **James 5:16**

“Carry each other’s burdens, and in this way you will fulfill the law of Christ.” — **Galatians 6:2**

Part 1: Creating Your Life Portrait (Step 4)

Your Life Portrait is a visual and spiritual reflection of your personal journey—from childhood to today. It’s not a “shame wall,” but a canvas of redemption. You’ll begin to recognize God’s presence in every season, even the darkest, and how He is shaping your story for His glory.

Life Stages to Reflect On:

- Childhood & Family of Origin
- Adolescence & Identity Formation
- Marriage / Relationships / Independence
- Addiction / Struggles / Brokenness
- Healing / Recovery / Renewed Purpose

Prayerful Reflection Questions:

- Who impacted me—positively or negatively—during this season?
- What spiritual influences (or voids) shaped me?
- Where did I experience trauma, loss, abuse, or rejection?
- What moments of grace, love, or protection stood out?

- How did I cope? Did I turn to God, or away from Him?
- What lies did I believe about God, myself, or others?
- What sins or survival behaviors took root in me?

Writing Your Life Portrait: A Spiritual Inventory

Take time to prayerfully reflect and write a personal timeline of life events—both joyful and painful—starting from your earliest memories to the present.

Instructions:

1. **Chronological Order:** List key events in the order they occurred, including major turning points (e.g., family dynamics, trauma, joy, loss, relationships, spiritual experiences).
2. **Attach Two Emotions to Each Event:** Be honest and specific—include both comfortable and uncomfortable feelings.
3. **Invite the Holy Spirit:** Start with prayer, asking God to reveal what He wants to heal—not to burden you, but to transform you.

“But the Helper, the Holy Spirit...will teach you all things and bring to your remembrance all that I have said to you.” — **John 14:26**

Ask God:

- “Lord, what moments have shaped me the most?”
 - “Where do you want to bring healing, understanding, or forgiveness?”
 - “What lies have I believed about myself or others?”
 - “Where were you in the midst of this moment?”
4. **Focus on Insight, Not Blame:**

This is about recognizing how your past has influenced your beliefs and choices.

The goal is freedom, not finger-pointing.

Example: Life Portrait Table

Age	Event	Emotions Felt
6	Parents separated	Confusion, sadness
10	Accepted Christ at camp	Joy, hope
13	Bullied at school	Fear, rejection
18	Started using drugs	Shame, numbness
25	First recovery meeting	Fear, relief

Final Encouragement for Step 4:

Don't rush. This isn't just a writing assignment—it's a sacred journey of reflection and healing. Jesus knows your story and wants to redeem every part of it. As you begin to examine your life, remember: this process takes time. **Most people discover anywhere from 100 to 200 entries**—patterns, wounds, choices, lies, and spiritual strongholds—**depending on their age and the level of honesty they're willing to bring before God.** The more open and sincere you are, the more space you give the Holy Spirit to bring true healing and lasting transformation.

And here's a truth you must hold onto: **we are only as sick as our deepest secrets.** The few things you feel most afraid or ashamed to confess—those are often the very things holding you back the most. What we hide in the dark becomes a stronghold, but what we bring into the light can be healed. Don't let fear or pride rob you of freedom. God already knows—and He's not shocked. He's waiting to heal the parts of your story you've kept hidden for far too long.

“The Spirit of the Lord is upon Me... He has sent Me to heal the brokenhearted, to proclaim liberty to the captives... and to comfort all who mourn.” — **Isaiah 61:1–2**

Part 2: Confession and Freedom (Step 5)

We don't confess to be condemned. We confess to be cleansed, known, and healed. In Christ's light, there is freedom, not shame.

Confession Prompts:

- What truth have I been afraid to face?
- What guilt, shame, or secrets have weighed me down?
- What do I need to bring to the cross so it no longer has power over me?

A Christ-Centered Confession Prayer:

Lord Jesus, You see it all—the wounds, the sin, the silence, and the secrets. I bring it all to You now. I confess what I've tried to hide, and I ask You to wash me clean. Thank You for bearing my sin and shame on the cross. Redeem my story and let nothing be wasted. Amen.

Now, Share with Another:

Healing happens in community. Share your Life Portrait with a trusted, mature staff, or believer who can walk with you.

Guidelines:

- Speak with honesty, not blame
- Focus on your own thoughts and choices
- Receive prayer and biblical encouragement
- Let them point you back to the love and truth of Christ

“There is now no condemnation for those who are in Christ Jesus.” — **Romans 8:1**

Healing, Restoration & New Identity

You are not defined by your past. You are defined by who you are in Christ.

- The pain you've walked through is not wasted
- The patterns you've lived in can be broken
- The identity you've believed can be transformed

“Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.” — **2 Corinthians 5:17**

Next Steps for Transformation

- Reflect: Journal one truth God revealed through your Life Portrait
- Share: Talk with a mentor or group leader and invite prayer
- Surrender: Write a prayer giving your past to Christ
- Replace Lies with Truth: “I’m too broken” → “I am made whole in Christ”
- Create a New Portrait: Let your future reflect your identity in Jesus

Final Encouragement

This isn't the end of your story—it's the beginning of your redemptive testimony.

God is writing something beautiful, and every chapter—even the darkest—can display His grace.

“He heals the brokenhearted and binds up their wounds.” — **Psalms 147:3**

5. THE SOCIO-GRAM

Socio-Gram

Once each week, we hold a relational accountability exercise called **the Socio-gram**. Its purpose is to help each of us see ourselves as others see us—not through judgment, but through honest, loving, Spirit-led evaluation. The Socio-gram is one of the most effective tools we have for exposing blind spots, strengthening character, and rebuilding our lives in truth.

At first, this direct level of feedback can feel intimidating. But as we learn to receive correction with humility, we begin to value the Socio-gram as a gift from God—an opportunity to grow, adjust, and walk in greater integrity.

The Socio-gram is **not** a popularity contest, nor is it a platform to express personal dislike or criticize others. It is a time to speak truth in love and to affirm what God is doing in our brothers. It is rooted in three biblical principles:

1. Speaking the Truth in Love

“But speaking the truth in love, may grow up in all things into Him who is the head—Christ—from whom the whole body, joined and knit together by what every joint supplies... causes growth of the body for the edifying of itself in love.” —Ephesians 4:15–16

2. Stirring One Another to Good Works

“And let us consider one another in order to stir up love and good works... exhorting one another, and so much the more as you see the Day approaching.” —Hebrews 10:24–25

3. Caring for One Another as One Body

“...that there should be no division in the body, but that the members should have the same care for one another. And if one member suffers, all the members suffer with it; or if one member is honored, all the members rejoice with it...” —1 Corinthians 12:25–27

When the Body of Christ functions in this kind of Spirit-led care, every member grows. The value of the Socio-gram depends entirely on the heart behind it. Every “vote” should be prayerful, honest, and guided by the Holy Spirit—not driven by frustration, irritation, pride, or personal opinion. Scripture warns us:

“Let every man be swift to hear, slow to speak, slow to wrath; for the wrath of man does not produce the righteousness of God...” —James 1:19–20

How the Socio-gram Group Session Works

MORNING SOCIO-GRAM PROCESS

On the morning of the Socio-gram, the men sit in a circle, pray together, and prepare their hearts to speak the truth in love. The facilitator then leads the group through all six categories — **beginning with positives** to set the tone with encouragement, unity, and grace.

This is the exact flow:

1. Positive Attitude & Work Ethic

The facilitator announces the category.

Going around the circle, each man gives the **name only** of the individual he selected.

2. Negative Attitude & Work Ethic

Again, the group goes around the circle giving **names only** for this category.

3. Positive Relationship

Each man gives the name of the individual he selected.

4. Negative Relationship

Each man gives the name he selected for the negative relational category.

5. Positive Spiritual Growth

Names only, going around the circle.

6. Negative Spiritual Growth

Names only, completing the six categories.

Important Notes

- Each category is completed fully before moving to the next.
- Six names will be spoken before any explanations are given.
- Each man gives **one name per category**, for a total of six names.
- All six names must be **six different individuals** — no doubling up.

Tone and Purpose

Starting with positive categories:

- softens the group atmosphere
- builds unity
- opens hearts
- reduces fear and defensiveness
- encourages humility and honesty
- prepares the men to handle the harder, negative categories with grace

Once all six names have been spoken, the group breaks for individual accountability conversations and prayer before returning to explain each vote in detail.

Private Prayer and Personal Accountability

After the naming portion is complete, the men take a break. During this break:

- Each resident prays for humility, clarity, and honesty.

- Each resident personally approaches every individual he voted for—**positive or negative**—and explains **why** he gave that vote.

This step is crucial. It builds honesty, clarity, accountability, and relational integrity among the men.


Returning to the Group: Full Explanation

Once the break is over, the men return to the circle. Now the facilitator walks through all **six categories again**—in order.

This time, each man must clearly explain **why** he cast each vote. Explanations must be:

- **Specific**
- **Truthful**
- **Rooted in fact, not emotion**
- **Delivered in love with the goal of growth**

For example:

 Not acceptable:

“I voted him for negative attitude because he just has one.”

✓ Acceptable:

“I voted José for negative attitude because on Thursday when staff instructed you to clean the hallway, you talked back, complained, and delayed doing the task.”

✓ Acceptable (positive example):

“I voted Marcus for positive spiritual growth because I’ve noticed you praying with the newer guys, showing consistency in morning devotions, and handling correction with humility.”

This process trains the men in:

- Giving and receiving correction

- Speaking truth in love
- Taking ownership of behavior
- Building unity and maturity in Christ
- Developing discernment and accountability
- Learning to communicate clearly and respectfully

By the end of the session, every man has both given and received clear, truthful, loving evaluation that helps shape his growth in discipleship, work ethic, relationships, and spiritual maturity.

WEEKLY SOCIO-GRAM RECORD SHEET

(Resident Worksheet — Turn in Complete & Neat)

Name: _____

Week of: _____

NEGATIVE VOTES (Choose a different person for each category)

1. Negative Attitude / Work Ethic:

Name: _____

Reason (short, specific):

2. Negative Relationship:

Name: _____

Reason:

3. Negative Spiritual Growth:

Name: _____

Reason:

POSITIVE VOTES (Choose a different person for each category)

4. Positive Attitude / Work Ethic:

Name: _____

Reason:

5. Positive Relationship:

Name: _____

Reason:

6. Positive Spiritual Growth:


Name: _____

Reason:

Resident Signature: _____

Date: _____

6. Breaking Free Georgia Residential Intake Manual

 BF Residential Manual

Breaking Free Residential Manual (Example, Need your Ministry Manual)

CONTENTS

- The Purpose of Induction
- How Long Does It Take?
- God Will Help Us
- Breaking Free Program Guidelines
- Adjusting at Breaking Free
- Goals / Summary

WELCOME

THE PURPOSE OF INDUCTION

Induction is designed to introduce each new resident to the heart, structure, and tools of the **Breaking Free Regeneration Program**. During this phase, we learn how to work the program—not simply complete it. We begin identifying the major life issues that have shaped our past, recognizing the patterns that keep us bound, and building healthy, accountable relationships with other recovering men.

This season is about **orientation, stabilization, and preparation**. We learn the rhythms, expectations, and disciplines that will carry us through long-term transformation. Induction is not a test to pass but a foundation to build upon.

HOW LONG DOES IT TAKE?

“How long do I need to work a recovery program?” This is one of the most honest and important questions we face in induction. To answer it correctly, we must first lay aside every false belief we carry about how long true rehabilitation(Regeneration) takes.

If we minimize our addiction or emotional struggles, we will underestimate the time required for real change. If we are “gaming the system” or pretending we want recovery, we will always assume we need less time than we truly do.

Recovery is not punishment. Recovery is not a sentence. Recovery is not a quick fix.

This is a **commitment to save our own lives**. We are not here because God is angry with us, but because He is inviting us to be healed on a deeper level than we have ever experienced.

A 28-day program offers crisis stabilization. This program offers **transformation**.

Some say, “I went to _____ program and it didn’t help,” or “I tried AA and church, and nothing worked.” Attendance alone never works. We must **work** the program—honestly, daily, and with humility.

The real questions are:

- **How long will it take me to learn the principles that lead to freedom?**
- **How much time do I need in a structured, protected environment to practice those principles consistently?**

Band-aids cannot fix life-controlling problems. Addiction is not surface-level—it is a spiritual, emotional, and relational disease. We need **major surgery of the soul and a new spirit**, not minor adjustments.

This program gives us a foundation for lifelong recovery. If we want ongoing freedom, we must continue applying these tools long after we leave. These principles do not fix our tomorrow; they transform our today—one surrendered day at a time.

The length of preparation depends on the heart of the resident. If twelve months is not enough, we encourage staying longer. The safest question is not, “How fast can I finish?” but “How thoroughly can I be changed?”

If we don’t commit to the full process now, **when will we?**

GOD WILL HELP US

The first step of the Christian 12 Steps declares:

“We admitted we were powerless over alcohol and drugs, and that our lives had become unmanageable.”

Jesus taught this same truth. When the disciples asked, “Who then can be saved?” Jesus replied:

**“With men this is impossible, but with God all things are possible.”
—Matthew 19:23–26**

We cannot change ourselves. We have tried that path many times and failed. But God has never failed us. Our failures did not come from His unwillingness to help—they came from our unwillingness to surrender.

The old saying “God helps those who help themselves” is not biblical.

God helps those **who let Him** help them.

He lifts the humble, not the proud. He gives victory, not to the strong, but to those who admit they are weak and call on His power. When we stop relying on willpower and begin depending on the Holy Spirit, we discover a strength greater than addiction.

God’s power in us produces transformation. His grace breaks chains, renews the mind, and restores what sin and addiction have destroyed.

**“But thanks be to God, who gives us the victory through our Lord Jesus Christ.”
—1 Corinthians 15:57**

In induction, we begin learning how to give up control, receive God’s help, and walk in the daily victory He provides.

BREAKING FREE REGENERATION PROGRAM GUIDELINES

Imagine this: dozens of men living under one roof—each fighting for sobriety, each wanting freedom from a life-controlling problem—yet each carrying years of anger, resentment, frustration, and regret. Without structure, that environment becomes a breeding ground for conflict, chaos, and relapse.

To keep order, safety, and spiritual growth at the center of our community, we commit to the following official guidelines. These are the standards we will be held accountable to throughout our stay at the ranch.

1. No Tobacco Use

No tobacco products are permitted at any time. Violating this rule is grounds for immediate dismissal.

2. Medication Procedures

All medications must be turned in during the initial interview. Medication is only used under the direction of our counselor. Possessing any unauthorized drugs or alcohol is grounds for dismissal. Staff monitors all medication allotments.

3. Personal Hygiene

We practice proper hygiene daily: bathing, brushing teeth, and wearing clean clothes each morning. If toiletries are needed, contact the dorm monitor.

4. Grooming Standards

All residents receive a short haircut upon arrival. Beards and mustaches must be shaved off and remain off for the entire year-long program. Residents shave every morning and must always be clean-shaven in dining areas and meetings.

5. Appropriate Clothing

Proper dress is required throughout the ranch.

- Shoes and shirts must be worn in the dining hall.
- Sleeveless shirts are not allowed in the dining hall.
- Shirts may be removed at work sites and shorts may be worn during sports.
- On weekends—when families are present—shirts must remain on.

6. Money Limits

Residents may not keep more than \$20 on hand. Excess funds may be turned in to the counselor to be held in the office. Managing our own finances is part of learning personal responsibility.

7. No Romantic Relationships

Romance and regeneration do not mix. We focus on one thing at a time—our recovery. Romantic involvement is not permitted during the program.

8. Visitation Rules

- No visitors during the first 30 days.
- After 30 days: Visits allowed on Saturdays from 1:00–5:30 PM with one-week prior approval.
- Visitors must leave by 5:30 PM.
- All items brought by visitors will be checked by staff.
- Induction phase: 1 visit per month.
- Orientation phase: 2 visits per month.
- All other phases: Visits allowed any weekend.
- No pets allowed on campus.
- All visits depend on weekly progress—call ahead before coming.

9. Dining Hall Courtesy

Guests eat first. There is never a need to rush; no one has ever gone hungry at the ranch.

10. Meal Blessing

Everyone must be in the dining hall on time for the blessing.

11. Food and Sanitation

Food, cups, and glasses stay in the dining hall.

No food is allowed in rooms except sealed snacks put away properly.

No open food is permitted due to bug and sanitation issues.

12. Energy Responsibility

Turn off fans and electrical units when not in use. We take responsibility for conserving fuel and electricity.

13. Driving Vehicles

Residents may not drive any vehicle without staff permission.

14. Laundry

Laundry is done once a week by the assigned resident. Do not expect laundry at other times.

Label socks and undergarments.

Sheets must be changed weekly.

15. Personal Space & Privacy

Each man's bed area is private. Do not remove or borrow anything from another's living space without permission.

16. Mail

Mail is distributed during the evening meal.

Do not take mail from the office or mailbox yourself.

17. Phone Use

Phone use is restricted and allowed only in emergencies.

Writing letters is part of the discipline we are learning.

18. No Horseplay

Physical horseplay of any kind is strictly prohibited.

19. Property Protection

Intentional destruction of any Breaking Free property—or property while on work crew—results in immediate dismissal and may lead to criminal charges.

20. Quiet Time

Quiet Time is observed daily.

No conversations during this period.

Each resident sits in a designated place prepared for Quiet Time.

New residents are assigned a journal partner for the first two weeks.

21. Livestock Safety

Do not approach or attempt to ride horses unless assigned to work with them. Horses can be dangerous for inexperienced handlers, and improper handling can cause injury to both the animal and the resident. Do not tease or bother any ranch animals.

22. Job Site Boundaries

No one is permitted on any job site after working hours without permission from a crew leader or staff member.

23. Class & Work Readiness

Residents must arrive at class and work assignments dressed, prepared, and on time. Others depend on our punctuality.

24. Room Cleanliness

Beds must be made every morning.

Rooms and surrounding dorm areas must be kept clean at all times.

25. Visitation Boundaries

No visitation during the first 30 days.

No inviting guests, sharing meals, or having overnight stays without permission from the Program Director.

26. Literature Standards

Undesirable or inappropriate literature is strictly forbidden. We cannot renew our minds while feeding them garbage.

27. No “War Stories”

We do not indulge in stories glorifying our past addiction lifestyle.

We speak about the present and the future.

Only current struggles directly tied to past memories may be discussed for ministry purposes.

28. Weekly Evaluation

Our progress is evaluated each week in the areas of:

- Room cleanliness
- Class participation
- Work habits
- General attitude

30. Staying on Property

Residents may not leave ranch property with visitors unless they have special permission from the Program Director.

31. Drug & Alcohol Testing

Drug testing and Breathalyzer checks may be conducted at any time.

Failure or refusal results in immediate dismissal from the program.

SOME TIPS ON ADJUSTING TO LIFE AT BREAKING FREE

Life at the ranch is different from anything most of us have ever known. These guidelines will help us adjust, settle in, and begin the journey toward true freedom.

Get Acquainted

We adjust more quickly when we connect with others. Isolation may feel natural to us—many of us came from years of withdrawing emotionally—but isolation only drives us deeper into the very problems that brought us here.

Every man at Breaking Free is here for the same purpose: **to learn sobriety, discover our God-given purpose, and walk it out.**

We need one another.

**“Bear one another’s burdens, and so fulfill the law of Christ.”
—Galatians 6:2**

Hang With the Over-Comers

In every recovery center, there are two types of people: the **over-comers** and the **over-comed**. Who we choose to spend time with will shape our success.

Over-Comers

- Work the program, not just attend it.
- Maintain a positive attitude.

- Move through problems instead of running from them.
- Work hard and take pride in improvement.
- Admit their issues and seek solutions.
- Forgive others quickly.
- End up giving more than they take.

Over-Comed

- Only comply with the program without truly engaging.
- Carry a negative, critical spirit.
- Avoid problems rather than solve them.
- Always have excuses.
- Deny their issues and stay stuck.
- Are too timid to lead and too petty to forgive.
- Think “winning” means taking more than they give.

We choose our friends. If we choose whiners, complainers, and gossipers—we will become just like them. If we want to be over-comers, we must surround ourselves with over-comers.

God loves both groups—but **only one path leads to freedom.**

Ask for Help

Most of us arrive confused, overwhelmed, and buried under years of problems. In the past, we turned to chemicals, chaos, or running away when things became too heavy. Now we learn a new way:

There are no chemical solutions to spiritual or emotional problems.

Asking for help is not weakness—it is courage, humility, and maturity. This is the training ground for building healthy relationships with our families.

Avoid Medication-Seeking

Early discomfort is normal. Our bodies and minds are adjusting. Good food, hard work, fresh air, clean living, and rest are powerful healers. Learning to endure temporary discomfort strengthens us for the future.

The First Week Is the Hardest

As our minds clear, we may not like what we see. Recovery requires:

- determination,
- sincerity,
- effort,
- humility,
- and the power of the Holy Spirit.

If we were as stubborn about getting sober as we were about getting high—we'd already be far ahead. If we have a rough day, we ask for prayer and remember: **"This too shall pass."**

Listen Carefully

God gave us two ears and one mouth for a reason. Listening more than we speak helps us learn faster. Often, the ones who talk nonstop are the ones avoiding the difficult internal work God is trying to do.

Use the Notebook Provided

Drugs and alcohol destroy focus, concentration, and memory. Taking notes helps us retain what God is teaching us. These notebooks become our personal recovery manual—something we can use for the rest of our lives and to help others.

Beware of Compliance

Many of us survived by blending in—saying the right things while doing nothing internally. Compliance is dishonesty. And dishonesty is the enemy of recovery.

Compliance is a band-aid on cancer. Real freedom requires honesty and allowing the Holy Spirit to do surgery on our souls.

GOALS WHILE AT BREAKING FREE

While in this program, our goals include:

- **A personal relationship with Christ and strong CHARACTER DEVELOPMENT**
 - Recognizing negative behaviors and replacing them with biblical ones
 - Addiction education and relapse prevention
 - GED school preparation and technical training
 - Social and relational skill development
 - Independent living skills
 - A strong, honorable work ethic
 - Emotional and spiritual wholeness
 - Leadership development
-

SUMMARY

We are grateful for the opportunity to make major life changes. This journey will not be easy—but it will be worth everything we invest. With the help of the Holy Spirit—and with one another—we can adjust to ranch life, grow, mature, and become men of honor.

Someone once said:

“The great thing in life is not where we stand, but in what direction we are moving.”

May we move in the right direction, take life one day at a time, and learn to appreciate the people God places around us—even when they challenge us. Through this process, we grow into strong, mature men of God. **Jeremiah 29:11**


SIGNATURES

Resident Signature/Date: _____

Witness Signature/Date: _____

Staff Signature/Date: _____

7. Christ Centered 12-Steps

 12 Steps

These are the 12 steps/principles we practice:

Principle/Step 1. We admit that by ourselves and to ourselves we are powerless over chemical substances that our lives have become unmanageable.

Romans 7:15 For what I am doing, I do not understand; for I am not practicing what I would like to do, but I am doing the very thing I hate.

Principle/Step 2. We come to believe that God, through Jesus Christ, can restore us to sanity.

John 14:6 Jesus said to him, "I am the way, and the truth, and the life; no one comes to the Father but through Me.

Principle/Step 3. We make a decision to turn our will and our lives over to God through Jesus Christ.

2 Corinthians 5:17 Therefore if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come.

Principle/Step 4. We make a searching and fearless moral inventory of ourselves.

2 Corinthians 13:5 Test yourselves to see if you are in the faith; examine yourselves! Or do you not recognize this about yourselves, that Jesus Christ is in you—unless indeed you fail the test?

Principle/Step 5. We admit to God, to ourselves, and another person the exact nature of our wrongs.

James 5:16 Therefore, confess your sins to one another, and pray for one another so that you may be healed. The effective prayer of a righteous man can accomplish much

Principle/Step 6. We commit ourselves to God and desire that He remove patterns of sin from our lives.

Galatians 5:16,17 But I say, walk by the Spirit, and you will not carry out the desire of the flesh. For the flesh sets its desire against the Spirit, and the Spirit against the flesh; for these are in opposition to one another, so that you may not do the things that you please.

Principle/Step 7. We humbly ask God to renew our minds so that our sinful patterns can be transformed into spiritual disciplines of righteousness.

Ephesians 4:22,23 that, in reference to your former manner of life, you lay aside the old self, which is being corrupted in accordance with the lusts of deceit, and that you be renewed in the spirit of your mind.

Principle/Step 8. We also make a list of all persons we have harmed, and become willing to make amends to them all.

Luke 6:31 Treat others the same way you want them to treat you.

Principle/Step 9. We make direct amends to such people where possible, except when doing so will injure them or others.

Luke 19:8 Zaccheus stopped and said to the Lord, "Behold, Lord, half of my possessions I will give to the poor, and if I have defrauded anyone of anything, I will give back four times as much."

Principle/Step 10. We continue to take personal inventory, and when wrong, promptly admit it.

1 John 1:9 If we confess our sins, He is faithful and righteous to forgive us our sins and to cleanse us from all unrighteousness.

Principle/Step 11. We seek to know Jesus more intimately through prayer and meditation, and praying only for knowledge of His will and the power to carry that out.

Romans 12:1,2 Therefore I urge you, brethren, by the mercies of God, to present your bodies a living and holy sacrifice, acceptable to God, which is your spiritual service of worship. And do not become formed to this world, but be transformed by the renewing of your mind, so that you may prove what the will of God is, that which is good and acceptable and perfect.

Principle/Step 12. Having had a spiritual awakening, we try to carry the message of Christ's grace and restoration power to others who are chemically dependent and to practice these principles in every aspect of our lives.

2 Corinthians 1:3,4 Blessed be the God and Father of our Lord Jesus Christ, the Father of mercies and God of all comfort, who comforts us in all our affliction so that we will be able to comfort those who are in any affliction with the comfort with which we ourselves are comforted by God.

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