

# Freedom Plan

Life-Giving Behaviors

Triggering Behaviors

Compulsive Behaviors

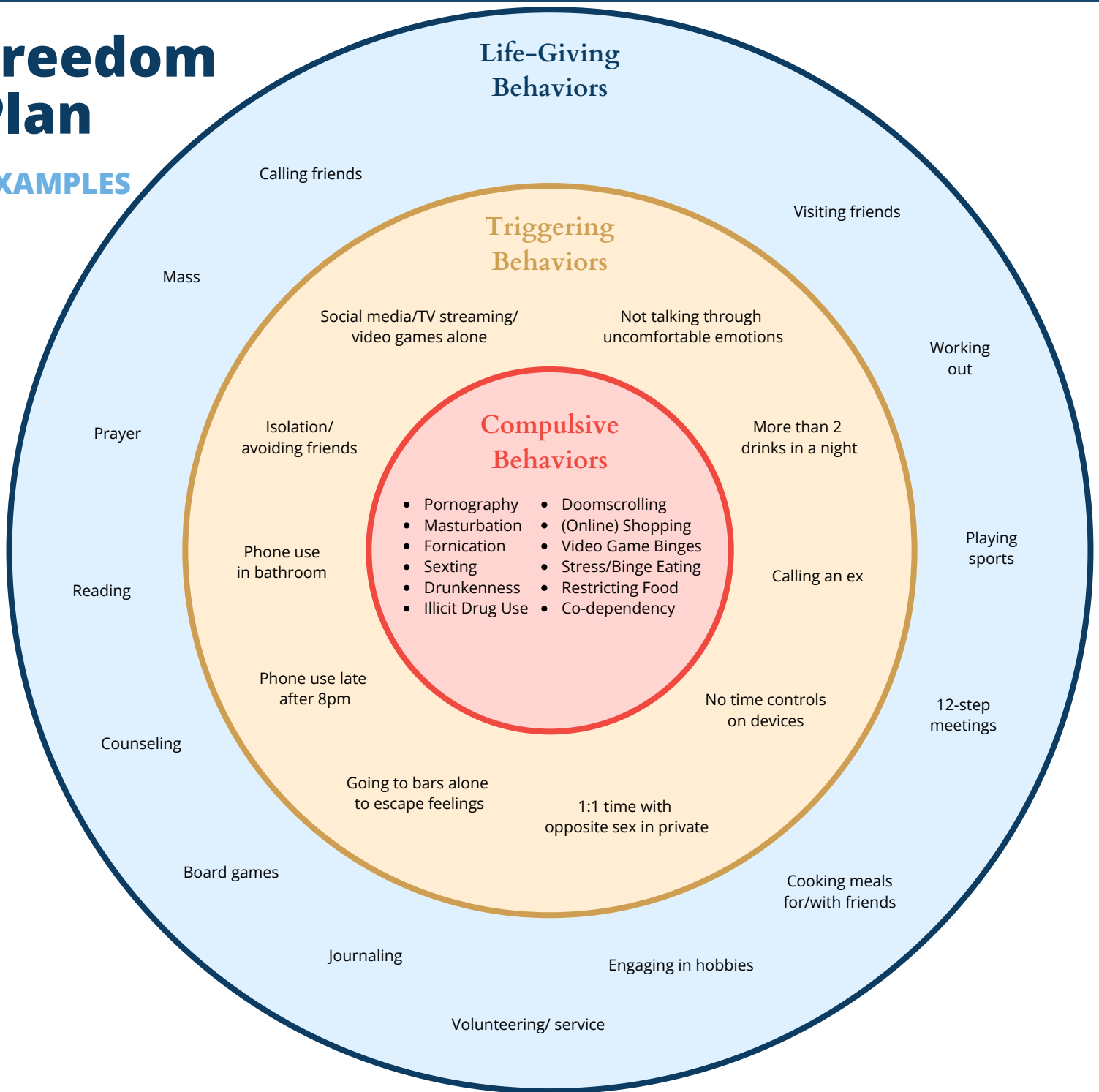
**Compulsive Behaviors:** Addictive behaviors that trap us in sin and continuously lead us away from relationship with God and others and into isolation.

**Triggering Behaviors:** While not always explicitly sinful, triggering behaviors inevitably lead us to compulsive and sinful behaviors and draw us into isolation.

**Life-Giving Behaviors:** Actions or activities that help you to grow and live in freedom. Often relational, these behaviors encourage and stimulate our desire for union with God, family and friends.

# Freedom Plan

## EXAMPLES



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## Summary for Coaching

Red circle: Behaviors from which you are seeking freedom  
Yellow circle: Behaviors which lead to you red-circle behaviors  
Blue circle: Life-giving behaviors, which keep us from seeking out yellow- and red-circle behaviors

### Do:

- Sit with disciples to work on their Freedom Plan
- Help them specify behaviors. Clarity is key.
  - SMART: Specific, Measurable, Actionable, Reasonable, Time-Specific.
  - “Phone in room at night” is not clear.
  - “Using Internet after 8pm” is clear.
- Remind them of the importance of community
- Help them to live beyond reproach – just because you can, doesn’t mean you should.
- The outermost circle is often the most difficult to fill – what do they love to do? What makes them come alive? What can they pursue doing at least once per week? (Surfing in Hawaii probably isn’t an option. But weekly fishing/hiking/beach time might be!)

### Don’t:

- Assume that they know how to create a good freedom plan from just one explanation
- Let students put this somewhere they won’t see it at least twice per day
- Go more than a month without asking if there need to be updates – new yellow circle behaviors, new life-giving behaviors, etc.
- Be afraid to ask about it weekly. There are no days off in the pursuit of Christ-like virtue.
- Fall into a fixed mindset. With God, all things are possible!