



# Overcomer Spiritual Life Mentoring Ministry Training

2019

Miracle Hill Ministries, Inc.

Overcomer Center  
1916 North Pleasantburg Dr.  
Greenville SC 29609  
(864)-631-0088

Renewal Center  
19 Graves Dr.  
Greenville SC 29609  
(864)-242-2166

# **Overcomer/Renewal Spiritual Life Mentoring Ministry Training Program Overview**

## **Lesson 1. What it means to be a Spiritual Life Mentor**

“What do you need and how can I help you?”

## **Lesson 2. Understanding Addictions and Recovery**

“Nothing changes until something changes”

## **Lesson 3. Overcomer/Renewal Program Foundations**

“The most precious gift God has given us is the power to choose”

## **Lesson 4. Understanding Personality Patterns**

“There is nothing more tragic to the soul on its journey than living an unobserved life”

## **Lesson 5. Healthy Confrontation and Conflict Resolution**

“In matters of style, swim with the current: in matters of principle, stand like a rock”

## **Lesson 6. How the Covenant Relationship Works**

“With man it is impossible, but all things are possible through God”

**Visits to Renewal Center and/or Overcomer Center**  
(timing to be determined)

## Mentor Ministry Training Miracle Hill Participants

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Welcome interested mentors:

Let me take this opportunity to thank you for wanting to be a part of Miracle Hill's Mentor Training Program. Few things are more important to the success of an Overcomer or Renewal graduate than a significant and meaningful relationship with a caring mentor. Whether your mentee does well or does not, you will have been a "seed sower" of good things into his or her life. You can't change people or make them do what you think is best. But you can create an atmosphere or environment where God can work to make a difference, and God will make a difference in your life too.

I've always thought that there were actually 2 Overcomer Programs and 2 Renewal Programs. There are some who only want to "Commit," meaning they will do what they are asked and focus substantially on graduation. Others really want to "Surrender," meaning that they really want internal transformation that will hopefully never end. We pray that God will move them from commitment toward surrender.

**Philippians 1:6 (ESV) And I am sure of this, that he who began a good work in you will bring it to completion at the day of Jesus Christ.**

<b>Commitment &amp; what it looks like</b>	<b>Surrender &amp; what it looks like</b>
<b>HARM REDUCTION</b>	<b>TRANSFORMATION</b>
<b>FOCUS ON EXTERNALS</b>	<b>FOCUS ON INTERNAL</b>
<b>THE CATERPILLAR</b>	<b>THE BUTTERFLY</b>
<b>OBEYING THE RULES</b>	<b>FOLLOWING THE SAVIOR</b>
<b>TOLERATING THE PROGRAM</b>	<b>EMBRACING THE PROGRAM</b>
<b>FOCUS ON COMPLETING</b>	<b>FOCUS ON NEVER COMPLETING</b>
<b>CONFLICT &amp; RELUCTANCE</b>	<b>COOPERATION &amp; ENTHUSIASM</b>
<b>GOSSIP &amp; DIVISION</b>	<b>PRAYER &amp; UNITY</b>

**The Renewal and Overcomers Programs are perhaps a journey from "commitment" to "surrender." "Commitment isn't bad, but "surrender" is better. When, how, and if you move from "commitment" to "surrender" is an individual thing; for which we all fervently pray.**

Again, welcome to the training. May God use what you learn to bless others.

*Ryan T. Duerk*

Ryan T. Duerk  
VP of Adult Ministries  
Miracle Hill Ministries

## Spiritual Life Mentoring's Two-Fold Purpose

- **PURPOSE 1:** To provide a mentoring and accountability relationship in the lives of the Overcomer and Renewal graduates.
  - **GOAL:** To increase the long term success rate for Overcomer/ Renewal graduates by supporting their commitment to becoming productive Christian members of their community and church family.
- **PURPOSE 2:** To provide addictions training and understanding for members of local churches.
  - **GOAL:** To increase the long term ministry outreach of church members and to help local churches become more effective members of the body of Christ.

## Why Should We Be Interested in Ministry?

**We have been CREATED for ministry!** For we are God's workmanship, created in Christ Jesus to do good works, which God prepared in advance for us to do. (Eph. 2:10)

**We have been SAVED for ministry!** It is He who saved us and chose us to do His holy work, not because we deserved it, but because that was His plan long before the world began. (2 Tim. 1:9)

**We have been CALLED into ministry!** God, in His grace, chose me before I was born, and called me to serve Him. (Gal. 1:15)

**We have been GIFTED for ministry!** God has given each of you some special abilities; be sure to use them to help each other, passing on to others God's many kinds of blessing. (1 Pet. 4:10)

**We have been AUTHORIZED for ministry!** Jesus said all authority in heaven and earth has been given to me. Therefore, go and make disciples. (Matt. 28:18-19)

**We are COMMANDED to ministry!** Your attitude must be like my own, for I, the Messiah, did not come to be served, but to serve. (Matt. 20:28)

**We are to be PREPARED for ministry!** God gave pastors and teachers to prepare God's people for works of ministry so that the body of Christ may be built up. (Eph. 4:11-12)

**The Body of Christ NEEDS our ministry!** All of you together are the one body of Christ and each of you is a separate and necessary part of it. (1 Cor. 12:27)

**We are ACCOUNTABLE for our ministry!** So then, each of us will give an account of himself to God. (Rom 14:12)

**We will be REWARDED for our ministry!** Whatever you do, work at it with all your heart, as working for the Lord, not men, since you know that you will receive an inheritance from the Lord as a reward. (Col. 3:23-24)

**The Bible makes it very clear that ministry is not a minor topic.  
Ministry is the CENTRAL ISSUE of the Christian life.**

## A Prayer for Our Ministry Journey

Holy Father, please show us just how special you have made us. Take us wherever you need to, so we can experience you like never before. Ignite our hearts. Let it burn for the things you desire most – people. Align our dreams and desires with yours.

Lord, we long to be known as a difference maker. Show us the way and your will, so we can follow. We fully acknowledge that we are nothing without you. Please grant us continued grace, love and wisdom as we walk this journey with you.

God, give us strength to face our fears along the way. Fill us with your love. Make our motives pure and honorable. Teach us the things we still need to learn so we can truly honor you with all our lives. Grant us faith like never before. Help us move away from comforts and closer to your callings.

Father, help us find and fulfill the specific ministry in life you created us for so we can do your work in our generation for your glory.

In the name of Jesus we pray,

Amen

## Ministry Related Scriptures

- a) The spiritual gifts scriptures - which are Romans 12:6-8; 1 Corinthians 12:8-10; 1 Corinthians 12:28; Ephesians 4:11; and 1 Peter 4:9-10
- b) Be strong and courageous. Do not be terrified; do not be discouraged, for the Lord your God will be with you wherever you go. Joshua 1:9b NIV
- c) You (God) made all the delicate, inner parts of my body and knit me together in my mother's womb. Thank you for making me so wonderfully complex! Your workmanship is marvelous – and how well I know it. You watched me as I was being formed in utter seclusion, as I was woven together in the dark of the womb. You saw me before I was born. Every day of my life was recorded in your book. Every moment was laid out before a single day had passed. Psalm 139:13-16 NLT
- d) Trust in the Lord with all your heart; do not depend on your own understanding. Seek his will in all you do, and he will show you which path to take. Proverbs 3:5-6 NLT
- e) Commit to the Lord whatever you do, and your plans will succeed. Proverbs 16:3 NIV
- f) I know the plans I have for you, declares the Lord, plans to prosper you and not to harm you; plans to give you hope and a future. Jeremiah 29:11 NIV
- g) Come to me, all who are heavy laden, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. Matthew 11:28-29 ASV
- h) If any of you wants to be my follower, you must turn from your selfish ways, take up your cross, and follow me. Mark 8:34 NLT
- i) Much is required from those to whom much is given, and much more is required from those to whom much more is given. Luke 12:48b NLT
- j) I am the vine; you are the branches. If a man remains in me and I in him, he will bear much fruit; apart from me you can do nothing. John 15:5 NIV
- k) Give yourselves completely to God, for you were dead, but now you have new life. So use your whole body as an instrument to do what is right for the glory of God. Romans 6:13b NLT
- l) Let God transform you into a new person by changing the way you think. Then you will learn to know God's will for you, which is good and pleasing and perfect. Romans 12:2b NLT
- m) God has given each of us different gifts for doing certain things well. Romans 12.6a NLT
- n) Each of us will give an account of himself to God. Romans 14:12 ESV
- o) The human body has many parts, but the many parts make up one whole body. So it is with the body of Christ..... We have all been baptized into one body by one Spirit, and we all share the same spirit..... Our bodies have many parts, and God has put each part just where he wants it. 1 Corinthians 12:12,13,18 NLT
- p) Always give yourselves fully to the work of the Lord, because you know that your labor in the Lord is not in vain. 1 Corinthians 15:58 NIV

- q) Make a careful exploration of who you are and the work you have been given, and then sink yourself into that. Don't be impressed with yourself. Don't compare yourself with others. Each of you must take responsibility for doing the creative best you can with your own life. Galatians 6:4-5 MSG
- r) We are God's masterpiece. He has created us anew in Christ Jesus, so that we can do the good things he planned for us long ago. Ephesians 2:10 NLT
- s) God is able to do far more than we would ever dare to ask or even dream of – infinitely beyond our highest prayers, desires, thoughts, or hopes. Ephesians 3:20 TLB
- t) Work hard, but not just to please your masters when they are watching. As slaves of Christ, do the will of God with all your heart. Work with enthusiasm, as though you were working for the Lord rather than for people. Remember that the Lord will reward each one of us for the good work we do. Ephesians 6:6-8 NLT
- u) I am certain that God, who began the good work within you, will continue His work until it is finally finished on the day when Jesus Christ returns. Philippians 1:6 NLT
- v) I pray that your love will keep on growing and that you will fully know and understand how to make the right choices. Then you will still be pure and innocent when Christ returns. And until that day, Jesus Christ will keep you busy doing good works that bring glory and praise to God. Philippians 1:9-11
- w) God is working in you, giving you the desire and the power to do what pleases Him. Philippians 2:13 NLT
- x) I'm not saying that I have all this together, that I have it made. But I am well on my way, reaching out for Christ, who has so wonderfully reached out for me. Friends, don't get me wrong: By no means do I count myself an expert in all of this, but I've got my eye on the goal, where God is beckoning us upward – to Jesus. I'm off and running and I'm not turning back. Philippians 3:12-14 MSG
- y) Let's keep focused on that goal, those of us who want everything God has for us. If any of you have something else in mind, something less than total commitment, God will clear your blurred vision – you'll see it yet! Now that we're on the right track, let's stay on it. Philippians 3:15-16 MSG
- z) Work willingly at whatever you do, as though you are working for the Lord rather than for people. Remember that the Lord will give you an inheritance as your reward, and that the Master you are serving is Christ. Colossians 3:23-24 NLT
- aa) Therefore, since we are surrounded by such a huge crowd of witnesses to the life of faith, let us strip off every weight that slows us down, especially the sin that so easily hinders our progress. And let us run with endurance the race that God has set before us. We do this by keeping our eyes on Jesus, on whom our faith depends from start to finish. Hebrews 12:1-2b NLT

# Training Lesson 1 – What it Means to be a Spiritual Life Mentor

## Me... A Spiritual Life Ministry Partner?

“There is nothing more tragic to the soul on its journey to God than living an unobserved life.”

## What it’s like to have a “loser mentality”?

Humans are sometimes like elephants. When we are young, some unthinking, insensitive, unwise person says, "He's not very bright," or “He's not a leader," or “He’ll never amount to anything," and zap, we drive a mental stake into our minds. It is negative reinforcement which leads to a victim mentality.

Often when we become mature adults, we are still held back by some of these inaccurate one-sentence "stakes" put in our minds.



Let’s pull some stakes together!

## The Fall and Grace

“Only two things have ever changed the human soul: a) the fall and grace and b) the power of Satan and the power of God. And God is infinitely more powerful. Nothing is stronger than grace. Satan doesn’t have any. God is defined by it.” (Larry Crabb)

GRACE (God’s Riches At Christ’s Expense)

FAITH (Forsaking All, I Trust Him)

A Christian mentor makes all the difference!

Go back to an incident in your life where you were struggling with a really difficult issue. What difference would it have made if someone you really respected came along side you and asked two simple questions:

**What do you need to do?**  
**How can I help?**

(Don’t be a problem solver or take decisions for your mentee)

# **Spiritual Mentor Qualifications and Responsibilities**

## **Qualifications:**

- Member in good standing within his/her church
- Considered to be a growing Christian
- Known as a person who fulfills his/her commitments
- If a recovering addict, must be “clean” at least for the last two years

## **Responsibilities:**

- Shepherd the Mentee to become involved in his church community
- Complete and execute a covenant with your Mentee
- Make a minimum six months commitment
- Be willing to attend your Mentee’s graduation
- Commit to an accountability partnership relationship with your Mentee
- For the first six months, commit to meet routinely with your Mentee
- Commit to be available to talk with your Mentee at all times
- Commit to meeting with Mentee weekly for the first six weeks (usually in Level 4) to develop the relationship
- Commit to respond to your Mentee’s contact as soon as possible
- Agree to actively pursue confrontation and conflict resolution
- Keep all conversations confidential
- Never loan or give money/material goods to the Mentee

**Both the Spiritual Mentor and Mentee must agree to work to develop an intimate relationship defined as “a mutual, consistent, sustained, significant sharing of thoughts, love, trust and respect both verbally and non-verbally”.**

## Three Important Mentoring Principles

# **Being a mentor, or an accountability partner, is a “two way street”**

### Principle 1

You can't know any more about the other person than you are willing to know about yourself. Be honest regarding your own issues.

### Principle 2

You can't take another person any further than you are willing to go yourself. Get additional support as needed to work on your own issues as well as those of your mentee.

### Principle 3

You can't influence the other person any more than you are willing to expose yourself. Admit that you also have problems and challenges.



Remember that the greatest personal growth and healing comes in helping others.

# Training Lesson 2 –Understanding Addictions and Recovery

## The Human Predicament - Genesis 3:1-6

- 3:1 Now the serpent was more crafty than any of the wild animals the LORD God had made. He said to the woman, "Did God really say, 'You must not eat from any tree in the garden'?"
- 3:2 The woman said to the serpent, "We may eat fruit from the trees in the garden,
- 3:3 but God did say, 'You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.'"
- 3:4 "You will not surely die," the serpent said to the woman.
- 3:5 "For God knows that when you eat of it your eyes will be opened, and you will be like God, knowing good and evil."
- 3:6 When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it.

**The one thing we cannot do is to be in control of our own life. God tells us that only He can do this.**

**Being addicted is when we don't want to admit we are out of control and where we will medicate that reality to avoid the pain.**

## Addictions in the United States

(Partial listing in no particular order)

- Food
- Work
- Possessions (Money)
- Technology (phones, computers, music related, etc.)
- Social media (E-mail, Facebook, Twitter, etc.)
- World Wide Web
- Video games
- Television
- People (rich, movie/TV stars, famous, reality, crime, sports, etc.)
- Politics
- Pornography (Sex)
- Prescription drugs
- Illegal Drugs
- Alcohol
- Gambling
- Tobacco
  
- Sin

## The Brain and Addiction

- The first year of life – safe /dangerous
- The Limbic System (acts without thought; survival systems)
  - Food
  - Sexuality
  - Safety
- The 3 automatic responses
  - Fight
  - Flight
  - Freeze – appease
- The Limbic system imprints memories of
  - Fear and pain
  - Pleasure and reward
- The center of cravings – do it again
- Addictions are about self-gratification
- Self destructive coping behaviors
- Addictions are anesthetics
  - Temporarily push unwanted beliefs, emotions and behaviors out of the conscious awareness
  - It's not about feeling high, but feeling normal
  - Thoughts and beliefs create emotions that drive behavior
- Behaviors come from our emotions that come from our heart
- If you want to change behavior, you have to change the heart
- Recovery is learning to trust

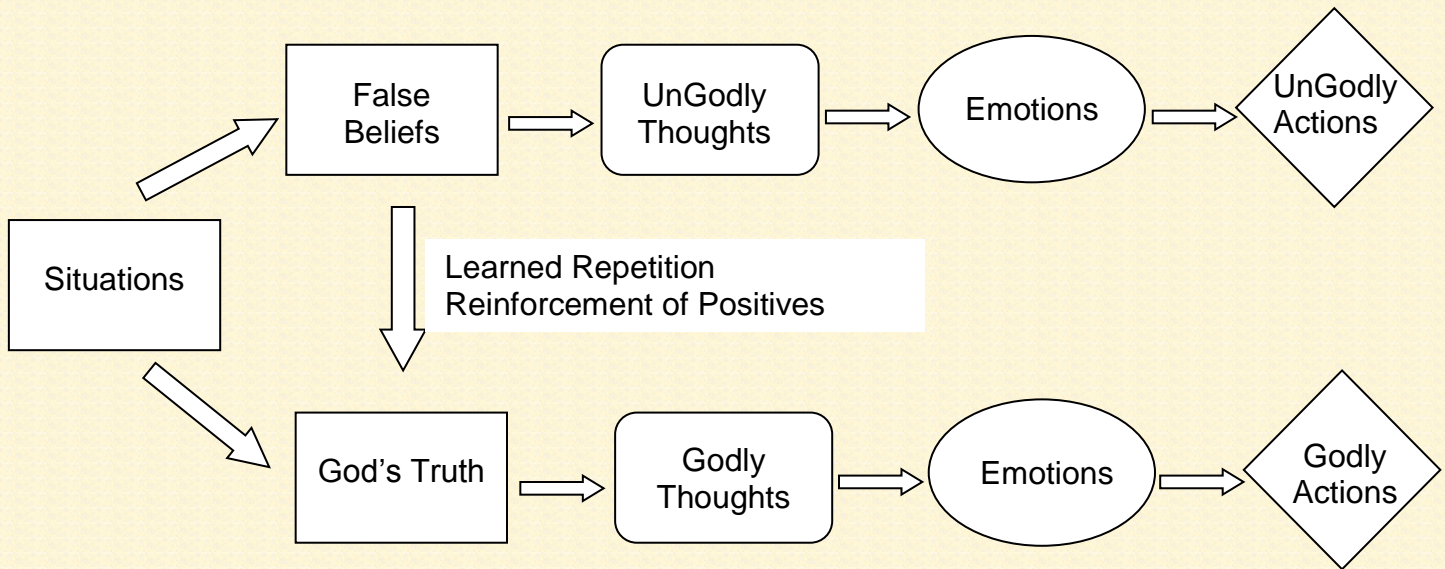
## I'd Rather "See a Sermon" Any Day!

- The most important thing we share is our genuine care and concern in order to build trust
- It is more than a relationship; it is a responsibility
- Use the "Linchpin" principle to tie into God's power
  - a locking pin inserted crosswise (as through the end of an axle or shaft)
  - a person or thing that holds something together
  - the most important part of a complex situation or system
- Mentor and mentee must stay connected to God as they connect with each other

## Growing Older or Growing Up (Maturity)

- When addiction starts, maturity ends
- Growing up begins with a decision
- Nothing shapes our lives like the commitments we make
- Changing the autopilot
- Allow God to interact with you
- The "Trip In" diagram

## The “Trip In” Diagram – Automatic Sequence Addiction



## Five Models of Addiction

In the addiction field there are many models from which the treatment community view AOD (alcohol and other drug) problems. This is important, as these are the ways that people think of drug and alcohol abuse (AODA). The perspective of the potential client and that of the family tend to indicate which approach will benefit the person long term. A less categorical approach is currently favored, in which the problem is viewed from many perspectives, and at this time is the trend in AODA treatment.

Below are some of the major categorical classifications of alcohol and other drug abuse perspectives in a developmental context and will familiarize you with some of the most common and prominent philosophies in AODA. Each section will discuss causal factors, or the theory that states the cause of AODA; suggested courses of treatment, or what is recommended in the intervention of AODA; and treatment specialists, or who specializes in each model.

### 1. Moral Model

This is perhaps the longest standing view of AODA, its suggested course of treatment and sources of its causal factors. From the viewpoint of the Moral Perspective AOD abuse is seen as an infringement of societal rules by the abuser. Proponents feel it is a punishable crime and the individual is responsible for his or her choices. Many in the religious community take this viewpoint and criticize AOD use as a sinful act and a crime by the laws of society.

#### Causal Factors

1. Spiritual Deficit
2. Conscious Choice

#### Suggested Courses of Treatment

1. Clergy Intervention (Spiritual Guidance)
2. Moral Persuasion
3. Imprisonment/Social Consequences

#### Treatment Specialists

1. Clergy
2. Law Enforcement

## 2. Temperance Model

The temperance model has habitually been confused with moral approaches. This perspective began with a prohibition movement in the late 19th century. The movement emphasized the idea of moderation as primary to the shortcomings of treatment. The conviction was that moderation was an impractical task. Abstinence was asserted as the only alternative. The core assumption of the temperance movement was that the addictive and destructive power of the drug is strong and that it is **the drug itself that is the problem**.

### Causal Factors

1. The actual drug in itself

### Suggested Courses of Treatment

1. Abstinence
2. Prohibition

### Treatment Specialists

1. Abstainers
2. Legislators

## 3. Disease Model

After the successful repeal of Prohibition in the United States, a new viewpoint from which to view AODA was needed. In 1935, the same year Alcoholics Anonymous was founded by Bill W. and Dr. Bob, the American Disease perspective was developed primarily from the assertion that AODA is a **unique, irreversible, and progressive disease**. The belief of those who support this model is that while alcoholism and addiction cannot be cured, however, such conditions **can be arrested by abstaining from the substance the individual is addicted to**.

### Causal Factors

1. Abnormal traits inherent in the individual
2. Constitutional disease or disorder

### Suggested Courses of Treatment

1. Identification and confrontation of the condition
2. Lifelong abstinence

### Treatment Specialists

1. Other Recovering Individuals
2. Peer Support Groups (Alcoholics Anonymous, Narcotics Anonymous)

## 4. Psychological or Characterological Model

The characterological approach to AODA views chemical dependency as rooted in abnormalities of personality or character. The proponents of this model follow that an **"addictive personality"** exists in such individuals and is inherent with a degree of deficit in personal and psychological boundaries. Traits associated with the "addictive personality" are poor impulse control; low self-esteem; an inability to cope with stressors; egocentricity; manipulative traits; and a need for control and power, while feeling impotent and powerless. The belief in treating AODA from this viewpoint is that a complete restructuring of the individual's personality is key.

### Causal Factors

1. Personality or disposition ("addictive personality")
2. Low Self-Esteem
3. Poor Impulse Control

### Suggested Courses of Treatment

1. Psychotherapy
2. Identification and modification of self-esteem, interpersonal skills, impulse control, improved boundary setting

### Treatment Specialists

1. Psychotherapists
2. Social Workers with training in advanced practice

## 5. Social Education Model

The Social Education Model represents an integrative approach that borrows principles from the school of classical and operant conditioning, wherein AODA is seen as **a learned behavior stemming from cognitive processes, modeling influences and behavioral as well as genetic influences**. Although, not all proponents of this model agree wholeheartedly, a cohesive philosophy retains that AODA is maintained by precursory causes (classical conditioning or expectancies) and further reinforcement of that behavior through operant conditioning ("I do A-action and get B-effect, B-effect reduces stressors, therefore A-action reduces stressors").

Unlike aversive conditioning and some earlier models related to the Social Education Model, the Social Education theorists extend their thinking to place an emphasis on human-environment interactions as key to shaping AODA behaviors. They stress, in particular, socialization processes, imitation of observable behavior, as well as the influence of modeling (role models) in both the forming of an AODA behavior, but also in the successful treatment thereof.

### Causal Factors

1. Poor Socialization
2. Poor Modeling
3. Poor Coping Mechanisms and Skill Deficits

### Suggested Courses of Treatment

1. Correct estimation and realistic goal setting
2. Appropriate Modeling
3. Cognitive Exercises and Reconditioning
4. Skill Training
5. Impulse-Control Training

### Treatment Specialists

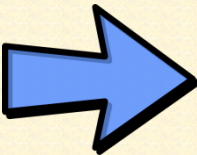
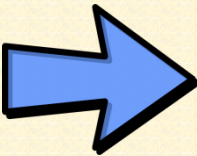
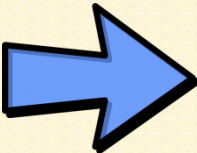
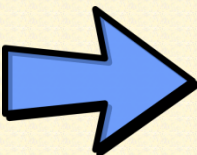
1. Appropriate peer modeling
2. Cognitive / Behavioral counseling

## Summary

While most contemporary addiction professionals and treatment centers do not fit precisely with any one of the above models, each can be termed as such by talking about their general philosophy and your background. Determining which modality of treatment is best is best left to the family and the individual needing treatment.

**Miracle Hill uses an eclectic approach that integrates pieces from each model as they individually relate to the unique overcomer clients**

## Full Potentiality = Christian Twelve Steps used by Miracle Hill

Step 1	I am powerless to fix myself		Change of Heart
Step 2	God has the power I need		
Step 3	I will turn my life over to God and Christ		
Step 4	I have identified some bad thinking		Change of Mind
Step 5	I need to confess my bad thinking		
Step 6	I need God to fix my bad thinking		
Step 7	I will ask Him to remove my bad thinking		Change of Action
Step 8	I have messed up in my relationships		
Step 9	I will make things right in my relationships		
Step 10	I want to continue this new way of life		Change of Purpose
Step 11	I want to grow in my new relationship with God and Christ		
Step 12	I will tell the world about God's love and the change in my life		

Contrition = Twelve Steps = Change of Identity

## Twelve Step Christianity

**1. WEAKNESS: WE ARE POWERLESS TO LIVE THE CHRISTIAN LIFE**

Apart from Me you can do nothing. John 15:5

**2. EXPERIENCING CHRIST: JESUS IS ALIVE, PERSONAL AND AVAILABLE**

Come to Me all who are weary and heavy laden, and I will give you rest. Matt. 11:28

**3. REPENTANCE: WE DECIDED TO COMPLETELY SURRENDER OUR LIFE OVER TO CHRIST**

If anyone wishes to come after Me, let him deny himself, and take up his cross daily, and follow Me. Luke 9:23

**4. SELF-EXAMINATION: HONESTLY EXPLORING THE IMPACT OF SIN IN OUR LIVES**

Let us examine and probe our ways, and let us return to the Lord. Lam. 3:40

**5. CONFESSION: WE ACKNOWLEDGE OUR SINS AND CONFESS THEM TO GOD AND ANOTHER PERSON**

Therefore, confess your sins to one another, and pray for one another, so that you may be healed. James 5:16

**6. RESISTING TEMPTATION: WE BECOME DETERMINED TO STOP SINNING**

No one who is born of God practices sin, because His seed abides in him; and he cannot sin, because he is born of God. I John 3:9

**7. PRUNING: WE HUMBLY ASK GOD TO REMOVE OUR IMPULSE TO SIN**

Every branch in Me that does not bear fruit, He takes away; and every branch that bears fruit, He prunes it, that it may bear more fruit. John 15:2

**8. RESTITUTION: ACKNOWLEDGE OUR SIN AGAINST GOD AND OTHERS**

**9. RESTORATION: MAKE OUR AMENDS FOR THE HARM OUR SIN HAS CAUSED OTHERS**

When a man or woman wrongs another in any way and so is unfaithful to the Lord, that person is guilty and must confess the sin he has committed. He must make full restitution for his wrong ... Num. 5:6-7

**10. DAILY SANCTIFICATION: DAILY RESIST THE TEMPTATION TO SIN AND WHEN WE DO SIN, IMMEDIATELY CONFESS AND MAKE RESTITUTION**

For we who live are constantly being delivered over to death for Jesus' sake, that the life of Jesus also may be manifested in our mortal flesh. II Cor. 4:11

**11. ABIDING: DAILY SEEK AND SUBMIT TO CHRIST'S WILL**

I am the vine, you are the branches; he who abides in Me, and I in him, he bears much fruit; for apart from Me you can do nothing. John 15:5

**12. WITNESSING: AFFECTING OTHERS FOR CHRIST**

You are the light of the world. A city on a hill cannot be hidden. Matt. 5:14

## Keys to Success

- Overcoming codependency
- Restoring broken relationships
- Reconnecting to God, self, family and others

## Unloving vs. Truly Helpful

- People persist in destructive behaviors as long as they feel the benefits outweigh the costs
- People recover from addiction when they learn to take responsibility (with God's help) for their own actions and lives
- Don't provide solutions or recommend specific actions or you'll become a parent.
- Don't give money or break the rules or you'll become an enabler
- We just can't do it for them
- Let them experience the consequences of their actions
- Consequences can be their salvation!

Remember the two key questions:

**What do you need to do?**  
**How can I help?**

### Why Discuss Boundaries?

- This is a crucial activity
- People from dysfunctional families learn that they are not allowed to have personal boundaries. Though abused and mistreated, they do not feel they deserve anything else
- Saying "no" to drugs and alcohol - or to sin in any form - is a boundaries issue

### What is a Healthy Boundary?

- A personal boundary is, essentially, the line that divides me from you
- They tell me what is my responsibility and what's yours.
- They are an essential element of “self-care”

### Allowing People to Feel

- Addictions keep us from feeling
- Return of the emotional life signals the start of the road to recovery
- Repressed emotions - anger, sadness, loneliness and fear - can be very scary and painful
- Allow them to talk through feelings even when unrealistic or inaccurate reflections of their current situations arise

## The Three Connections

- Reconnecting with God
- Reconnecting with self
- Reconnecting with other people

## "Life Themes" Identified As Essential for Recovery

Spiritual  
Self - Insight  
Security  
Self - Awareness  
People Support  
Suppression  
Boundaries  
Relapse Prevention (Triggers and High Risk Situations)

## Moving the Miracle forward!

“If you don’t know where you’re going, any road will get you there.” ~George Harrison



Renewal residents need to make decisions in small steps and then follow through with their commitments.



## "Life Themes" Identified As Essential for Recovery

In 1992, the Knox Area Rescue Ministry commissioned a study of recovery from homelessness by the SRI Gallup organization. This survey identified six critical "life themes" that separated those homeless people who recovered from those who did not. "Recovery from Homelessness" means that the individuals are sober, maintain their own residence, and employed.

The following are listed according to their degree of importance:

### 1. Spiritual

Persons with a high evidence of the Spiritual theme believe in God, pray regularly, read the Bible and describe themselves as born again Christians. As they grow in the Spiritual, they become more discriminating in their activities. They know what their religion is, they attend church regularly, and belong to a church. This theme seems to be very important in the beginning of the recovery of homeless persons. This spirituality seems to not only strengthen a person individually; it also seems to be the basis for a commonality in building relationships with other people.

When the Spiritual theme is weak, homeless persons do not seem to have the power to get on their road to recovery.

### 2. Self-Insight

Persons are high on the Self-Insight theme when they can make rather accurate descriptions of themselves, both in terms of their weaknesses and of their strengths. Self-Insight has to do primarily with the cognitive dimensions of a person's life, of those dimensions about which there can be some fairly objective assessments. For example, they can be fairly objective about their own health. They can know that their behavior may be destroying themselves. As a result of that insight, they can decide that they want to make changes. Because they can own that there are reasons for their present condition, they can accept their current situation and plan for a better future. Many of the people who find themselves in a homeless situation have lacked discipline in their lives. When they can own that they lack that discipline, then they can begin to plan how they can put some order in their lives through the help of other people and thus became more effective.

When the Self-Insight theme is weak, persons live in an unrealistic world. They make excuses for their condition and tend to blame other people for their situation rather than doing something about it themselves.

### 3. Security

When the Security theme is strong, persons feel safe. Their fears that others might be trying to hurt them subside. They feel all right about their health and they feel that they can manage any

dependencies such as alcohol or drugs. They have people that they can access, talk to, live with; they have certain possessions that are important to them, that they attach themselves to. When the Security theme is strong, these persons feel that they can take risks with other people.

#### 4. Self-Awareness

Persons who are high on the Self-Awareness theme are in touch with their own emotions. They can name the feelings that are surging through themselves. The emotional dimensions of their behavior enables them to remember the things, the exciting things, and the difficult things, that happen over a period of time. As they grow, they can discuss their emotions with other people and they will tend to express them to other people rather than keep them inside. Then, they can talk about how they feel about their own life and its hurts, they can say that and then ask for help in making the corrections. They can own the bad things that have happened to them in their life, and they can know the good feelings that they want to achieve.

When the Self-Awareness theme is limited, people tend to be patently unmotivated. They have little that excites them either positively or negatively. If they have feelings, they are confusing rather than something that drive them to action.

#### 5. People Support

Persons who are high on the People Support theme have others who care about them -- people who would care enough about them to write a letter or to pray for them. They have family members who are continuously concerned about them and know where they are. When homeless people are at their lowest level of existence, they don't have anyone amongst their family or from their friendships who knows where they are. In terms of friendships, they are lost persons. When they are high on the People Support theme, they have incoming messages of concern and support. They have people who will intentionally help them because they are friends or family, and they have people who look forward to seeing them. As the People Support theme develops, they have developed friends who give them recognition, praise them, and admire them.

When the People Support theme is in low evidence, persons have no connections to other individuals. No one has growth expectations for them. The People Support theme may be the best single theme explanation of why persons are described as homeless. In a way the real problem is they have no people support.

#### 6. Suppression

The persons who have described themselves as homeless and are making progress in their recovery seem to block out some of the painful and embarrassing experiences that have been part of their lives. They tend to deny depressions and worries and shyness, and they don't seem to dwell on physical discomforts. They do not think of themselves as homeless persons, and they deny poor self concepts which they might have or others might project to them. As they move along in their recovery, they tend to move toward an attitude of being satisfied with themselves.

When the Suppression theme is in low evidence, persons will tend to be overwhelmed with negative thoughts. Those negative thoughts will interfere with any tendencies toward growth or recovery.

(Used by permission of SRI Gallup, Inc., Lincoln, NE and Knox Area Rescue Ministries, Knoxville, TN)

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## SRI Gallup "Life Themes" & the Twelve Steps

**Step 1** - We admitted we were powerless over alcohol that our lives had become unmanageable.

- *Self-Insight*
- *Self-Awareness*
- *People Support*
- *Suppression*

**Step 2** - Came to believe that a power greater than ourselves could restore us to sanity.

- *Spiritual*
- *Self-Insight*
- *Security*
- *Self-Awareness*
- *People Support*
- *Suppression*

**Step 3** - Made a decision to turn our will and our lives over to the care of God as we understood Him

- *Spiritual*
- *Security*
- *People Support*

**Step 4** - Made searching and fearless moral inventory of ourselves.

- *Self-Insight*
- *Self-Awareness*
- *Suppression*

**Step 5** - Admitted to ourselves, and to another human being the exact nature of our wrongs.

- *Spiritual*
- *Self-Insight*
- *Self-Awareness*
- *Suppression*

**Step 6** - Were entirely ready to have God remove all these defects of character.

- *Spiritual*
- *Self-Insight*
- *Self-Awareness*
- *Suppression*

**Step 7** - Humbly asked Him to remove our shortcomings.

- *Spiritual*
- *Self-Insight*
- *Self-Awareness*
- *Suppression*

**Step 8** - Made a list of all persons we had harmed and become willing to make amends to them all.

- *Self-Insight*
- *Self-Awareness,*
- *People Support*
- *Suppression*

**Step 9** - Made direct amends to such people wherever possible, except when to do so would injure them or others.

- *Self-Insight*
- *Security*
- *Self-Awareness*
- *People Support*
- *Suppression*

**Step 10** - Continued to take personal inventory and when we were wrong, promptly admitted it.

- *Self-Insight*
- *Self-Awareness*
- *Suppression*

**Step 11** - Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.

- *Spiritual*
- *Self-Insight*
- *Security*
- *Self-Awareness*

**Step 12** - Having had a spiritual awakening as the result of these steps, we tried to carry this message to alcoholics, and to practice these principles in all our affairs.

- *Self-Insight*
- *Security*
- *Self-Awareness*
- *People Support*

The Twelve Steps are reprinted with permission of Alcoholics Anonymous World Services, Inc. Permission to reprint the Twelve Steps does not mean that AA has reviewed or approved the contents of this publication, nor that AA agrees with the views expressed herein. AA is program of recovery from alcoholism - use of the Twelve Steps in connection with programs and activities which are patterned



[Home](#) » [Drugs, Brains, and Behavior: The Science of Addiction](#) » **Drugs and the Brain**

## Drugs, Brains, and Behavior: The Science of Addiction

[Print](#)

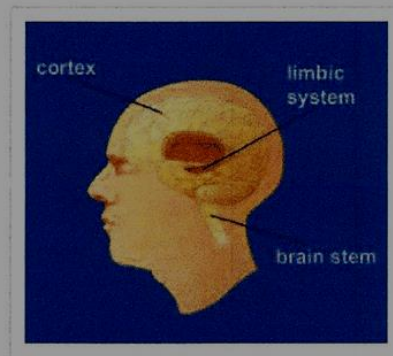
### Drugs and the Brain

#### Introducing the Human Brain

The human brain is the most complex organ in the body. This three-pound mass of gray and white matter sits at the center of all human activity - you need it to drive a car, to enjoy a meal, to breathe, to create an artistic masterpiece, and to enjoy everyday activities. In brief, the brain regulates your basic body functions; enables you to interpret and respond to everything you experience; and shapes your thoughts, emotions, and behavior.

The brain is made up of many parts that all work together as a team. Different parts of the brain are responsible for coordinating and performing specific functions. Drugs can alter important brain areas that are necessary for life-sustaining functions and can drive the compulsive drug abuse that marks addiction. Brain areas affected by drug abuse -

- **The brain stem** controls basic functions critical to life, such as heart rate, breathing, and sleeping.
- **The limbic system** contains the brain's reward circuit - it links together a number of brain structures that control and regulate our ability to feel pleasure. Feeling pleasure motivates us to repeat behaviors such as eating - actions that are critical to our existence. The limbic system is activated when we perform these activities - and also by drugs of abuse. In addition, the limbic system is responsible for our perception of other emotions, both positive and negative, which explains the mood-altering properties of many drugs.
- **The cerebral cortex** is divided into areas that control specific functions. Different areas process information from our senses, enabling us to see, feel, hear, and taste. The front part of the cortex, the frontal cortex or forebrain, is the thinking center of the brain; it powers our ability to think, plan, solve problems, and make decisions.



<http://www.drugabuse.gov/publications/drugs-brains-behavior-science-addiction/drugs-brain> 1/25/2014

## How does the brain communicate?

The brain is a communications center consisting of billions of neurons, or nerve cells. Networks of neurons pass messages back and forth to different structures within the brain, the spinal column, and the peripheral nervous system. These nerve networks coordinate and regulate everything we feel, think, and do.

- **Neuron to Neuron**

Each nerve cell in the brain sends and receives messages in the form of electrical impulses. Once a cell receives and processes a message, it sends it on to other neurons.

- **Neurotransmitters - The Brain's Chemical Messengers**

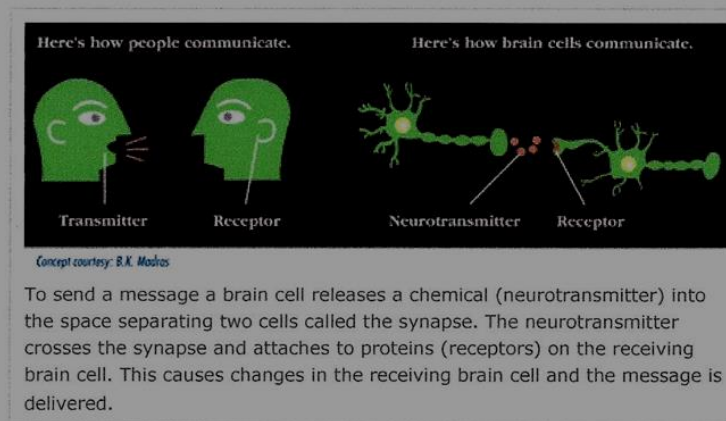
The messages are carried between neurons by chemicals called neurotransmitters. (They transmit messages between neurons.)

- **Receptors - The Brain's Chemical Receivers**

The neurotransmitter attaches to a specialized site on the receiving cell called a receptor. A neurotransmitter and its receptor operate like a "key and lock," an exquisitely specific mechanism that ensures that each receptor will forward the appropriate message only after interacting with the right kind of neurotransmitter.

- **Transporters - The Brain's Chemical Recyclers**

Located on the cell that releases the neurotransmitter, transporters recycle these neurotransmitters (i.e., bringing them back into the cell that released them), thereby shutting off the signal between neurons.



**Most drugs of abuse target the brain's reward system by flooding the circuit with dopamine.**

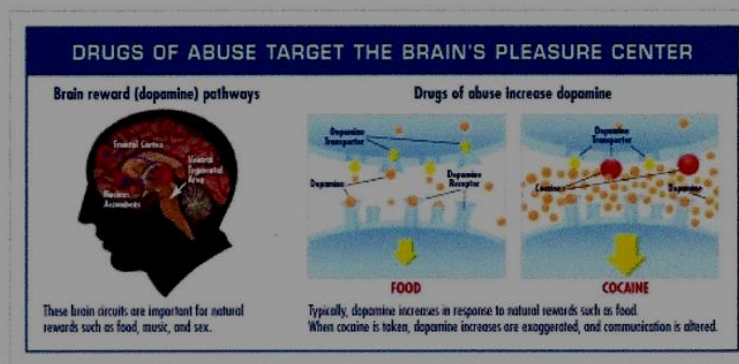
## How do drugs work in the brain?

Drugs are chemicals. They work in the brain by tapping into the brain's communication system and interfering with the way nerve cells normally send, receive, and process information. Some drugs, such as marijuana and heroin, can activate neurons because their chemical structure mimics that of a natural neurotransmitter. This similarity in structure "fools" receptors and allows the drugs to lock onto and activate the nerve cells. Although these drugs mimic brain chemicals, they don't activate nerve cells in the same way as a natural neurotransmitter, and they lead to abnormal messages being transmitted through the network.

Other drugs, such as amphetamine or cocaine, can cause the nerve cells to release abnormally large amounts of natural neurotransmitters or prevent the normal recycling of these brain chemicals. This disruption produces a greatly amplified message, ultimately disrupting communication channels. The difference in effect can be described as the difference between someone whispering into your ear and someone shouting into a microphone.

## How do drugs work in the brain to produce pleasure?

Most drugs of abuse directly or indirectly target the brain's reward system by flooding the circuit with dopamine. Dopamine is a neurotransmitter present in regions of the brain that regulate movement, emotion, cognition, motivation, and feelings of pleasure. The overstimulation of this system, which rewards our natural behaviors, produces the euphoric effects sought by people who abuse drugs and teaches them to repeat the behavior.



## How does stimulation of the brain's pleasure circuit teach us to keep taking drugs?

Our brains are wired to ensure that we will repeat life-sustaining activities by associating those activities with pleasure or reward. Whenever this reward circuit is activated, the brain notes that something important is happening that needs to be remembered, and teaches us to do it again and again, without thinking about it. Because drugs of abuse stimulate the same circuit, we learn to abuse drugs in the same way.

## Why are drugs more addictive than natural rewards?

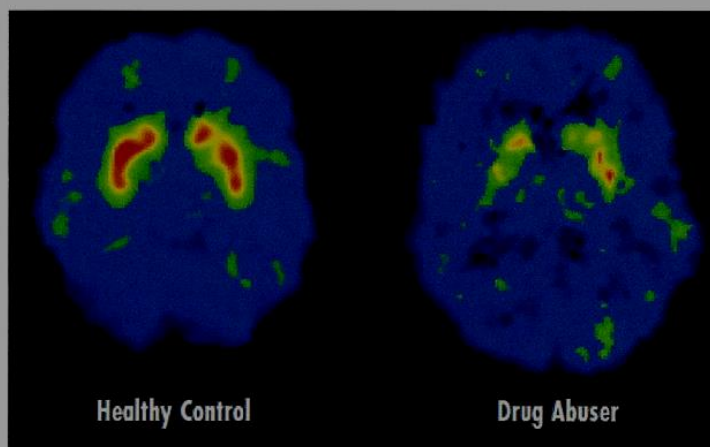
When some drugs of abuse are taken, they can release 2 to 10 times the amount of dopamine that natural rewards do.<sup>15</sup> In some cases, this occurs almost immediately (as when drugs are smoked or injected), and the effects can last much longer than those produced by natural rewards. The resulting effects on the brain's pleasure circuit dwarfs those produced by naturally rewarding behaviors such as eating and sex.<sup>16</sup> <sup>17</sup> The effect of such a powerful reward strongly motivates people to take drugs again and again. This is why scientists sometimes say that drug abuse is something we learn to do very, very well.

**Long-term drug abuse impairs brain functioning.**

## What happens to your brain if you keep taking drugs?

Just as we turn down the volume on a radio that is too loud, the brain adjusts to the overwhelming surges in dopamine (and other neurotransmitters) by producing less dopamine or by reducing the number of receptors that can receive signals. As a result, dopamine's impact on the reward circuit of a drug abuser's brain can become abnormally low, and the ability to experience any pleasure is reduced. This is why the abuser eventually feels flat, lifeless, and depressed, and is unable to enjoy things that previously brought them pleasure. Now, they need to take drugs just to try and bring their dopamine function back up to normal. And, they must take larger amounts of the drug than they first did to create the dopamine high - an effect known as tolerance.

**Decreased Dopamine Transporters in a Methamphetamine Abuser**



Methamphetamine abusers have significant reductions in dopamine transporters.

Source: *Am J Psychiatry* 158:377-382, 2001.

## How does long-term drug taking affect brain circuits?

We know that the same sort of mechanisms involved in the development of tolerance can eventually lead to profound changes in neurons and brain circuits, with the potential to severely compromise the long-term health of the brain. For example, glutamate is another neurotransmitter that influences the reward circuit and the ability to learn. When the optimal concentration of glutamate is altered by drug abuse, the brain attempts to compensate for this change, which can cause impairment in cognitive function. Similarly, long-term drug abuse can trigger adaptations in habit or nonconscious memory systems. Conditioning is one example of this type of learning, whereby environmental cues become associated with the drug experience and can trigger uncontrollable cravings if the individual is later exposed to these cues, even without the drug itself being available. This learned "reflex" is extremely robust and can emerge even after many years of abstinence.

## What other brain changes occur with abuse?

Chronic exposure to drugs of abuse disrupts the way critical brain structures interact to control and inhibit behaviors related to drug abuse. Just as continued abuse may lead to tolerance or the need for higher drug dosages to produce an effect, it may also lead to addiction, which can drive an abuser to seek out and take drugs compulsively. Drug addiction erodes a person's self-control and ability to make sound decisions, while sending intense impulses to take drugs.

**For more information on drugs and the brain**, order NIDA's Teaching Packets CD-ROM series or the Mind Over Matter series [here](#). These items and others are available to the public free of charge.

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*This page was last updated August 2010*



## **Training Lesson 3**

### **Overcomer and Renewal Program Foundations**

# POWER TO CHOOSE

A Christ-centered book/workbook to help individuals access God's power  
for making life-changing decisions over life-controlling problems

**MIKE S. O'NEIL**

## The Steps

**Step One: We admitted we were powerless over our human condition-that our lives had become unmanageable.**

In this step we come to the end of ourselves and find out that we're powerless over a person, a place, a chemical, a habit, a compulsion, or something like that. Eventually we'll learn that we're powerless, period. In our human condition-that is, in our fallen, self-centered nature-we have no power. And this is our dilemma-a lack of power.

**Step Two: Came to believe that a power greater than ourselves could restore us to sanity.**

We're powerless, and all of us need a power by which we can live, and it has to be a power that has the power to run our lives, and there are only two powers. There's either God's power or the power He allows Satan to have. Everybody serves somebody, and, on a daily basis, you'll either serve God or you'll serve the devil or self.

Also, the wording of the step would indicate that we are insane. You might say, "Well, I may have a couple of problems, but I'm not *insane*. That's pretty strong language. I mean, insane?" For our purposes, insanity is defined as: "Doing the same thing over and over again, expecting a different result-and never getting it." That is, we get the same result which is self-destructive and usually destructive to others.

**Step Three: We made a decision to turn our will and our lives over to the care of God as we understood Him.**

Having developed some trust in God in taking Step Two, we now let God have these pieces of our lives over which we've been trying, unsuccessfully, to control and exercise our own self-will power.

**Step Four: Made a searching and fearless moral inventory of ourselves.**

This inventory is an actual writing-picking up paper, writing down and mirroring ourselves on paper as to who we are, what we are, and what we've done. We are looking for patterns in our lives that have been destructive to ourselves or destructive to others.

At this point, the process begins to get tough on us. The first three steps are kind of fun and kind of uplifting, and "oh, boy," and "ain't it neat that God's going to do all these wonderful things for me, and I don't have to do anything for myself like I used to." And then we get into what I call "death valley" which is Steps Four through Nine. This is where the cutting part comes in. This is where we're going to work on getting rid of the things that we aren't, the lies about ourselves, so we can become who we are in Christ.

**Step Five: Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.**

In this step we share the writing of Step Four with God, ourselves, and another human being. This is a very humbling process, but very necessary if we are to gain the freedom that we seek through these steps.

**Step Six: We're entirely ready to have God remove all these defects of character.**

Believe it or not, we're going to find one or two defects of character in Four and Five, even though we are perfected in Christ Jesus. Yes, we really are. We become willing to have those removed in Step Six.

**Step Seven: Humbly asked God to remove those defects of character.**

At this point, we actually get down on our knees and pray a deliberate, specific, and sincere prayer. We begin to release our faith in the ability of God to actually remove those defects of character.

**Step Eight: Made a list of all persons we had harmed and became willing to make amends to them all.**

Out of what we've done in Steps Four and Five, we're going to have three lists: we're going to have defects, amends, and resentments. We'll need God to help us get rid of our resentments and our defects, and we're going to have to become willing to make our amends.

**Step Nine: Made direct amends to those people wherever possible, except when to do so would harm them or others.**

In this step we make direct amends to those we've harmed, either by telephone, by letter, or in a face-to-face visit. There are right and wrong ways of taking this step.

**Step Ten: Continued to take personal inventory and when we were wrong promptly admitted it.**

Step Ten throws us back into Steps Four through Nine. There are three types of inventories in Step Ten: daily, on-going, and periodic.

**Step Eleven: Sought through prayer and meditation to continue our conscious contact with God as we understood Him, praying only for the knowledge of His will for us and the power to carry it out.**

We continue to grow in our experience and our walk with God through prayer and meditation. Step Eleven is an enormous undertaking as it is designed to implement our walk in Christ in our lives on a daily basis.

**Step Twelve: Having had a spiritual awakening as a result of these steps, we tried to carry this message to others, and to practice these principles in all our affairs.**

In Step Twelve we're going to give this process or this awakening away to other people. We're going to find that Step Twelve tells us how we'll know when it's timely to give that away and what we're to give away. We'll also look at what it means to practice all these principles in our affairs.

## An Outline

Now I want to go over an outline of the Twelve Steps and show you the basic generic goal and underlying theme of the Twelve Steps:

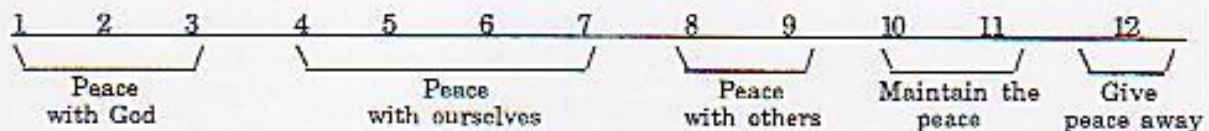
In Steps One, Two, and Three we make peace with God.

In Steps Four, Five, Six, and Seven we make peace with ourselves.

In Steps Eight and Nine we make peace with others.

In Steps Ten and Eleven we maintain the peace.

And in Twelve, we give that peace away.



So, as we go through the steps, we make peace with God, make peace with ourselves, and make peace with others. Is there anybody else to be at war with by the time we get past Step Nine? I don't think so. We've covered persons, places, and things. So the goal from Step One through Step Nine is to be at peace.

## **Goals for Level 4**

1. To demonstrate a knowledge of personal triggers
2. To identify and recognize relationships to addictions
3. To demonstrate a recognition of cravings and a plan to deal with them without relapsing
4. To understand the signals of relapse
5. To develop a community support system
6. To develop a plan for seeking work, lodging, transport, etc.
7. To demonstrate a knowledge of boundaries that will promote healthy decisions regarding friends, activities, relationships, mentors, work, church and the overall support system.
8. To conduct a daily inventory, set goals, create a budget, apply time management and set priorities
9. To adapt to change, make sound decisions, practice daily forgiveness and adjust to varying environments.
10. To demonstrate knowledge of each of the twelve steps
11. To walk out their relationship with Christ through the practice of spiritual disciplines.

## **Level 4 Issues and Key Actions that must be Addressed**

### **Relapse and Re-entry**

**“Until we can live it out in the real world, our goals and plans are of little value”**

1. Relapse prevention
2. Employment
3. Routine
4. Finances
5. Need and want (more money equals more happiness)
6. All of the things that you once had and then lost, if retained, will not keep you sober
7. Taking the easy way out again?
8. Women/relationships – one year or longer
9. Church and Christian function/attendance
10. Lawfulness vs. profitability
11. Returning directly home
12. Enabling the Overcomer (family, friends and mentor)
13. Journaling
14. Devotion
15. Boredom
16. “Faithful in little” later spells “faithful in much”
17. Procrastination leads into old “cycles”
18. Fear and other deeply entrenched processes
19. Accountability (truthfulness in sharing with these individuals)

## **Goals and Life Planning**

The Renewal and Overcomer clients set goals for themselves including plans to achieve them. The goal setting process should be very focused and specify concrete activities. A time period, or multiple time periods (in one year, in six months, in three months, in one month, in the next week), should be used for each separate goal. The client must then decide what needs to be accomplished in each of these time periods in order to meet the goal established at the end of one year. The more concrete the actions of the written plan, the more realistic the goals will be and the simpler they will be to clearly define.

The following “life areas” should be considered:

**Spiritual**

**Sobriety**

**Family**

**Relationships**

**Social**

**Physical**

**Emotional**

**Educational**

**Financial**

**Career**

For each of the above “life areas”, the following questions should be answered:

**Where am I in my life right now?**

**Where do I want to be?**

**When do I want to get there?**

**How am I going to get there?**

## Desired Outcomes One Year After Leaving The Program

- Being gainfully employed and/or actively involved in continuing education
- Being free of primary life-controlling issues identified during the mission program
- Securing stabilized housing
- Maintaining and/or strengthening healthy relationships with God, family and friends
- Achieving financial stability
- Reaching contentment with quality of life
- Ongoing involvement in a local church
- Living/walking in accountability
- Healthy relationships in a thriving recovery community

## Process for a Overcomer Graduate to have a Spiritual Life Mentor

- Choose a home church for the period of the Spiritual Life Mentoring process near the end of Level 3
- Make application through the Overcomer staff
- Enter into a mentoring relationship
- Commit to a willingness to share and discuss their life plan, goals, needs, triggers and high risk situations with their Spiritual Mentor

Transition is the essential element



## MHM Transitional Housing

Our goal is to have an Oxford Style Transitional Program that promotes Christian living and spiritual growth while encouraging each individual to become independent. Our *policies are not* to restrict but to guide and promote growth toward a life of independence.

### **GENERAL GUIDELINES:**

**There is zero tolerance for alcohol, drug (including synthetic drugs) or tobacco use. A failed screen or any use of synthetic drugs is an automatic discharge from the house.**

Miracle Hill's Transitional houses work on an adjusted Oxford Model. Each house sustains itself through the election of house officers, the maintenance of its own property, and the payment of program fees. Each house has the following officers who are residents of the house, elected for a 6 month term and can be elected to second terms:

- **President:** who calls and leads weekly meetings
- **Vice-President:** assigns and reviews house chores
- **Treasurer:** maintains financial records and keeps members informed as to financial position
- **Secretary:** records meeting minutes; organizes applications; and keeps records of house membership

Each house and its members must remain in good standing with Miracle Hill. This is accomplished by adhering to Miracle Hill Ministry guidelines, keeping current on program fees, upholding cleanliness standards, attending the required activities, and turning in all required paperwork to the transitional staff each week in a timely manner.

## **SPIRITUAL:**

Residents of Miracle Hill Transition Housing will:

- Be committed to a local church. He does not have to join this church but must be an active participant by attending Sunday services weekly and attending a mid-week service and/or Bible study
- Meet with his mentor weekly and call him a minimum of twice weekly
- Develop his own personal spiritual growth plan to include a personal daily Bible study and prayer time
- Attend a Celebrate Recovery, AA, NA, or a similar support group

Any exceptions to the above requirements must be submitted and approved by the Transitional staff.

### **EMPLOYMENT:**

- Each resident of the house is to hold a full time job. If full time work is not an option, the resident may discuss other possible opportunities with the transition coordinator.
- Day labor employment is discouraged. First shift work is preferred (exceptions are made through transitional staff).
- All residents must have a job prior to entry into the Transitional Program unless otherwise permitted (If anyone loses a job, he or she must notify the transitional staff IMMEDIATELY).
- Quitting a job could result in being asked to leave the Transitional Program.

- **If a guest is unemployed, his job is to find a job. Residents are not allowed to be at home if they are unemployed between 8am-5pm Mon.-Fri.**
- Second and third shift jobs are not permitted unless approved by the transitional counselor.

## **FINANCIAL:**

- **No guest is permitted to be more than two weeks behind in Program fees. No guest is allowed to remain two weeks behind or less on program fees for more than four weeks.** Special considerations are made for guests through case management with the transitional staff.
- Program fees are to be paid weekly unless your job pays on a bi-weekly basis. Fees must be in the form of a money order made out to Miracle Hill. Cash and checks will not be accepted.
- A two-week maintenance fee of \$190.00 is required to be paid within the first 60 days of living in Transitional Housing. This fee will be refunded when you leave the Transitional Program provided you fulfilled your commitment, given a proper two-week notice, and program fees are current (emergency circumstances will be evaluated on an individual basis).
- First week in transition no fee will be assessed.
- Weekly program fees are \$100.00 and should be in the form of a money order.
- **Program fees are to be paid in advance on Sunday evening by 9:00 p.m.** (Any exception must be approved by Transitional Coordinator).
- In the case that a house member is unemployed, vouchers are offered from the warehouse on a short term basis to cover the \$100.00 program fee as well as provide a \$25.00 stipend. This is at the discretion of the transitional staff.

## **CONFLICTS:**

In any home there will be disagreements. When these happen they are to be settled through biblical means (Matt. 18:15-17) to foster community and growth. **Issues are to remain in the house and not reviewed in public.**

**However, the transitional staff is to be apprised of all house issues.**

## **House Meetings:**

- **House meetings are to be done every week.**
- **Attendance is mandatory for every guest in the house.**
- Guest in the house will vote what day and time the house meeting should be. This time should be a time that works for all guest.
- House meeting should be as follows:
  - Pray-in
  - Short devotion that will rotate between house guest
  - Discuss and resolve house issues. (If issue can not be resolved, transition coordinator will intervene.)
  - Pray out

## **SPECIFIC GUIDELINES:**

- **Tobacco:** Miracle Hill Ministries Transition housing property is tobacco free. Miracle Hill does not allow the use of tobacco on Miracle Hill property and transitional clients are to abstain from tobacco use all together.

- **Curfew:** House curfew is 11:00 p.m. (Exceptions may be permitted for special events or for employment with proper prior staff approval). Being late for curfew may result in immediate disqualification.
- **Dating & Relationships:** Early recovery demands that we take extra precautions with high risk situations. Considering that relationships are the leading cause of relapse, guests are required to refrain from any one-on-one relationship with a female that is not family. This does not only cover a sexual relationship. Relationships can look many different ways: friendship, confidant, socializing on social media, etc. are all forms of a relationship. Guests are encouraged to pursue healthy and appropriate accountability and mentoring relationships within their church body and recovery circles. **No one-on-one interaction with the opposite sex is allowed.** Furthermore, married men are encouraged to pursue marital counseling to strengthen their existing relationship. The transitional counselor can help provide resources with which guests can pursue this option.

## **MISCELLANEOUS INFORMATION**

- Electricity, Water, Sewer and Trash are provided by MHM.
- Satellite driven (i.e. Dish Network, Direct TV) communication dishes are prohibited outside of what transitional housing may or may not provide.
- Personal modems, wireless routers, and other communication such as Laptop computers, must be approved by Staff prior to their installation
- Vehicles on the Property of Miracle Hill must have current Registration, Insurance and Proof of ownership and must be available for review at any time.

## **DAMAGE, LOSS, THEFT AND DISMISSAL FROM THE FACILITY:**

- Each resident is financially responsible for damage to the property or facilities caused by his or her actions.
- Miracle Hill will not be held responsible for guest's personal items at ANY time during the occupation of these premises. The guest is responsible for ALL loss, theft, damage and or any other situation which would require reimbursement. When a guest enters into this living arrangement he assumes ALL responsibility for his personal effects.
- Miracle Hill will not store any items for guests that have left for any reason. The items that are left on Miracle Hill property will be donated to our thrift ministry or discarded after 72 hours. No attempt will be made on Miracle Hill's part to locate the guest before these actions are taken.
- All personal items should be the responsibility of the guest (at all times) and at the conclusion of occupancy in Transitional Housing. All personal items shall be removed from the home at the time of dismissal or completion of the program.

## **Chores, visitors, and common areas:**

- **Friday or Saturday is duty day. All members are required to fulfill their assigned duties. If you are away, you must arrange for someone to perform assigned duties. There are also daily requirements for cleanliness that must be met.**
- Cleaning supplies and trash bags are to be supplied by the occupants of the house.
- Failure to follow this policy can result in immediate discharge from the house.
- **Only visitors approved by transitional staff, and confirmed at the house meeting may enter a transitional home.**
- No visitor will be permitted after 9:00 p.m.
- Visitors of the opposite sex are not permitted, and family visitors must be approved
- Utilities, such as the washing machine, shower, and outside faucets, should not be used by visitors.
- Each house member is responsible for his bedroom and common area. **Beds are to be made daily and sheets are to be washed weekly. Rooms are to be kept in an orderly manner.**

- **No personal items are to be left in common areas overnight.** Bathrooms must be cleaned and left neat after use.
- Shoes and shirts are to be worn outside the house and inside if visitors are present.
- You are to be clothed outside your room.
- No pets are permitted.

### **Passes:**

- **All passes must be approved a week in advance by Transition Coordinator.**
- Guests are permitted one 48 hour pass per month. Guest with a minimum of two months in transition who are working towards repairing a marriage, or rebuilding a relationship with their children may be approved an extra pass each month.
- Guest must have met all of their weekly requirements in order to be approved for a pass. Requirements include recovery meeting, church attendance, house meeting, and chores completed. **Any guest who does not fulfill his weekly obligations will not be eligible for a pass.**
- 

**ALL GUESTS OF TRANSITIONAL HOUSING MUST ATTEND THEIR OWN GRADUATION. GUEST'S WHO COMPLETE BEFORE GRADUATION, MUST GIVE THEIR EMPLOYER NOTICE AND ATTEND THE APPROPRIATE GRADUATION SERVICE. NO EXCEPTIONS WILL BE MADE IN THIS CASE.**

I have read and understand the above rules and agree to abide by stated rules. I also understand that this is not an exhaustive list and that common sense, accountability and good old question asking is always in order.

\_\_\_\_\_  
Guest Print

\_\_\_\_\_  
Guest Signature

Date:\_\_\_\_\_

\_\_\_\_\_  
Transitional Staff Member

Date:\_\_\_\_\_

# TWELVE STEP CHRISTIANITY



*The Christian Roots  
& Application  
of the Twelve Steps*

SAUL SELBY

## **Renewal Program**

## Addiction/Recovery

**G**enuine Christianity is more than a set of beliefs—it is a relationship with Jesus Christ that involves hearing His voice and following His directions. But how does one do this? What tools or spiritual disciplines enable Christians to live out their lives in dynamic submission to God's will? Perhaps no set of principles is better suited to help Christians hear God's voice and submit to His will than the Twelve Steps.

As a Christian who practices the Steps, Saul Selby knows them to be an invaluable tool for living out the Christian faith. Selby brings this knowledge to bear in *Twelve Step Christianity*, which teaches Christians in recovery to connect their faith with their program—and shows any Christian a clear path to a more intimate relationship with Christ. Laid out in a workbook format, with room for readers to write answers and track their progress, *Twelve Step Christianity* explores the roots of Twelve Step spirituality, examines the connections and distinctions between Christianity and Twelve Step programs, and offers readers a deeper and broader understanding of the myriad powerful reasons for applying the Twelve Steps to their lives.

Saul Selby, M.A., is an ordained minister and addiction treatment professional.

Cover design: Madeline Berglund

The logo for HazelDEN, featuring a stylized horizontal line above the word "HazelDEN" in a serif font.

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Order No. 1021



# **Renewal Program Overview of Levels**

## ***Level 1: Spiritual Foundations***

(Steps 1,2,3)

Residents begin identifying powerlessness and unmanageability due to one's addiction. They will work with a counselor to establish a program plan based on individual assessment information. They will begin to attend Renewal classes and activities.

## ***Level 2: Inner Healing***

(Steps 4,5,6)

Residents begin looking internally by identifying and processing destructive thought patterns and areas of personal hurt that have contributed to their addiction.

## ***Level 3: Planning a healthy lifestyle and relationships***

(Steps 7,8,9)

Residents are encouraged to ask God to change negative character traits and behavior and begin to focus on making peace with others by learning how to set healthy boundaries and building healthy relationships. They will also develop and follow a plan for making amends and restitution as needed.

## ***Level 4: Prevention and Planning***

(Steps 10,11, 12)

Renewal Participants continue to develop their aftercare plan. They will receive training and support on life skills such as resume writing, job preparation, practical budgeting and relapse prevention.

## Level 1

Spiritual Foundations – There is no other foundation to build on but Christ.

- I am powerless over my addiction and my life has become unmanageable. I am powerless to live the Christian life.
- I came to believe that Jesus is personal and available and can restore me to sanity.
- I made the decision to turn my life and will over to the care of Jesus.
- I am learning that I have worth and value in the eyes of God. I am learning my identity in Him.
- I am learning about God's grace, forgiveness and how to live guilt-free.

## Level 2

1. In counseling, resident reads their written 1-19 years. Our purpose is to look at family structure and relationship dynamics during formative childhood and young adult years in order to identify personal wounds. Counseling assignments are individualized to target personal areas of hurt. Prayer is the most powerful component.
2. Residents work through steps 4,5,6 in the Twelve Step Christianity Book.
  - Step 4 Self Examination (honestly exploring our sin)
  - Step 5 Confession (acknowledging our sin to God and another person)
  - Step 6 Resisting Temptation (Our determination not to sin)
3. Resident completes a moral inventory, and upon completion of that, a personal confession time with one other person.
4. Resident learns to apply Christian principles to their daily life.
5. Resident learns to effectively handle conflict (the Jesus Way) according to Matthew 7:3-5 and Matthew 18:5-17 and Phil. 2:1-11.
6. Resident learns to personally identify destructive thoughts, patterns and behaviors through class participation and counseling.

### Level 2 Core Classes:

12 Step Christianity

Refuge (Domestic Violence)

Boundaries (Healthy Relationships)

## Level 3—

**Relationships:** Client is encouraged to look to God for change in present negative character traits and behaviors and to begin to focus on being at peace with self and others. The client learns daily how to initiate healthy boundaries and build toward healthy relationships with God first, self, and then others.

### Level 3 Objectives:

- Pruning Prayers—I John 1:9-10 allowing client to self-reflect through a daily inventory of Thinking, Attitude, and Behavior.
- Client will learn how to identify problems and solutions related to her Middle and Late Recovery.
- Client will complete a spiritual and Triggers Plan for the highest priority is to live out the purpose and personality of Jesus in the clients' world for total dependence on Jesus as her Savior, Teacher, Lord, and Friend without the use of alcohol and other drugs.
- Client will learn the core elements of developing a Relapse Prevention Plan to ensure a strategy for long-term sobriety.
- Client begins to learn how to develop and follow through with a plan for making amends and restitution as needed.

### Level 3 Step Focus:

#### **Step 7—‘Asked God to remove our impulse to sin’**

Client learns how to identify and pray according to scripture regarding her character defects and negative behavior traits.

#### **Step 8 & 9—‘Made restitution for the harm our sin has done to others’**

Client learns the importance of recognizing the need to list *ALL* persons she has harmed and become willing to make amends/restitution as necessary. The client learns to achieve this through allowing the scriptures to reshape thinking, strive to live in integrity, and reliance upon the Holy Spirit in achieving healthy inter-relations.

### Level 3 Core Classes:

- **Level 3 12 Step Christianity by Saul Selby**
  - Healthy Boundaries
  - Pruning Prayers
  - Amends & Restitutions
- **Relapse Prevention by Terence Gorski**
  - Recovery Plan
  - How to avoid relapse
  - How relapse begins
- **Life Plans**
  - Spiritual Plan
  - Triggers Plan

## Level 4:

### Prevention and Planning

Proverbs 16:9 “In his heart, a man plans his course but the Lord determines his steps”

The primary purpose of a Level 4 Counselor is to assist the residents in preparing for transition by connecting them with spiritual support and community resources for job training, job placement and other employment readiness to equip them for earning a living wage and strive towards independent living. Together, we explore areas of weakness that could lead to relapse and develop strategies to prevent returning to their old self-defeating thoughts and behavioral patterns.

#### Class Curriculum:

- Substance abuse education in the middle and late stages of the recovery process using the book Passages Through Recovery by Terrence Gorski. Residents are educated on the different stages of the recovery process by learning to evaluate goals, examine their lives and make changes.
- Relapse prevention focuses on managing feelings, urges and desires to use. Residents discuss high risk situations toward redirecting self-defeating thought and behavioral patterns by using scripture for instruction. (Terrence Gorski Relapse Prevention Workbook)
- Life Plans: The residents develop plans for continued spiritual growth and development, transitioning, relationships and family.
- Changing from the inside out by utilizing the word of God to overcome the hindrances of pride, fear, laziness, rebellion and ignorance.
- Steps 10-11-12; Daily sanctification, Daily seeking and submitting to God’s will and affecting others for Christ (Saul Selby’s Twelve Step Christianity)

In Miracle Hill’s Transitional Housing, residents receive case management and individual counseling. They continue to work on individual goals and planning for the future.

All the transitional participants come together once a month at the Renewal Center for inspiring testimonies of how God has answered prayers and to address current struggles.

This is also a time to address any non-compliance to guidelines in effort to keep the ladies on track with their commitments.

# Life Goals Worksheet

Life Area	Where do I want to be?	How am I going to get there?	When do I get there?
	Goal	Activities to achieve Goal	Time period Or Frequency
Spiritual	To grow closer to Jesus	Read the One Year Bible	DAILY/2007
		Prayer time -- 15 minutes	
		Attend Sunday worship	weekly
		Join Men's group	Wkly or 2x Month
Work		Accountability relationship	weekly
	Get any job	Sign up at temp agency	ASAP
		Read want ads	
	Look for my ideal job	Same as above	
Relationships		Talk with friends at church	
	Do NOT make close female friends		
	2- close Christian male friends	Join men's group at church	From minimum one Year-Graduation 3 months
	Stay away from people in addictions	At work	3 months
Amends	Past amends -- completed	Letter, phone, in person	Rest of my life
	Current amends	Acknowledge my sin and ask for forgiveness immediately to the person and to God	3 months
			Within 24 hours

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# Attitude Inventory Definitions

## DAILY ATTITUDE INVENTORY DEFINITIONS

**Serenity** -Being at peace on the inside. Shifting the center of our interest from our own selfish wants to concerns for the needs of others around us.

**Self-Pity**- Feeling sorry for yourself. Sulking, being moody and silent. Strong sense of not being liked. "Poor me".

**Humility** -Honestly accepting our limitations and personal defects without trying to *justify* them or pretend they are not there. Having no false pride. .

**Self-Righteousness** -Becoming "puffed up" (proud) or needing to be right. Excusing ourselves of any wrong behavior or attitude while condemning others for the very same things. Justifying ourselves or whitewashing our true character to give people a better impression.

**Self-Valuation** -maintaining an honest, realistic, positive self-image. Realizing that we are changing and growing. We are unique, unrepeatable miracles of God, and do not need to continually define ourselves by the mistakes we made in the past.

**Self-Condensation** -Showing a low self esteem (self-hate) by succumbing to false guilt, and declaring ourselves unfit or unworthy of love from God or others. This is false humility.

**Being A Giver** -having a desire to put in more than we take out. Being grateful (genuine appreciation) for what we have received.

**Being A Taker** -Desiring to take more than we give in relationships and other things. Demanding instant gratification for all our needs and wants, and whining when others do not meet our expectations. Not genuinely appreciating what is given to us or the people through whom God has given it

**Honesty** -Being genuine, truthful, open, and frank. Accepting responsibility for our actions.

**Lying** -Not being truthful or trustworthy. Cheating or telling half-truths. Not being totally honest with God, ourselves, and others, The two most common in recovery are denial and projection.

**Patience** -Demonstrating a quiet, uncomplaining, endurance under distress or annoyance. Being tolerant, tender, or forbearing.

**Impatience**- Annoyance because you don't get what you want when you want it. An unwillingness to wait not being content with what you have.

**Gratitude**- Being grateful to God and other people for what we have and where we are. Being content

**Complaining**- Continually talking about the negative aspects of something over which we have no control. Failing to practice the serenity prayer.

**Forgiveness** -To give grace, pardon, when someone has wronged us. To give up the right to get even. Letting go of negative emotions that keep us in reaction to perceived wrongs. Surrender our hate and give up our resentment

**Resentment**- having a feeling of bitterness that forms a mental chain that binds us to the person or thing we hate.

**Admittance** -Accepting ownership and responsibility for our own recovery and accepting the reality of our situation Recognizing the effects and consequences of our addiction and/or life-controlling problem.

**Denial** -Blinds us to our own problems and enables us to go through disaster after disaster without learning from our mistakes. Thinking that we are the exception to the rule. Minimizing the seriousness of our situation.

**Trust**- Being able to believe and relax in the care of God and the fellowship of others. Not trying to isolate or be a lone ranger.

**Worry** -Not trusting God or others to do what they have promised. Having our thoughts consumed by the things we cannot change.

**Working the Program** -realizing the life and death nature (seriousness) of our life-controlling problem and putting forth a determined effort to change. Applying the principles of recovery' to all aspects of our lives.

**Complying** -Doing enough to get by but not putting forth any real effort to change. Doing only what is expected or required, but not having self-motivation.

**Accepting Responsibility** -Being accountable for both my attitudes and actions. Not being a victim of circumstances, environment, or other people's behavior. Realizing that I will never change by blaming God, other people, places, or things for my faults.

**Projection**- Excusing our wrong behavior by accusing others for being the source of the problem. Blaming other people, places, and things for the problems we are responsible for.

**Doing Things On Time** -Actively working to accomplish tasks (large or small) on time. Being punctual and prepared.

**Procrastination** -Putting things off (large or small), Lateness, loafing, shirking responsibility, sloppiness, and apathy.

**Being Real**- Not worrying about what other people think of you. Being honest and open to expression of inner feelings. Being transparent.

**Being Phony** -Trying to impress others making people think you are something that you are not, or that you know something that you don't.

**Positive Thinking** -Choosing to dwell on the positive. Having hope as we see health in others and ourselves as we grow in recovery.

**Negative Thinking** - Consistently believing that bad things will happen or that people will reject us because of some real or imagined character defect. Dwelling on the negative traits of others or ourselves.

**Clean Thinking** - Keeping our minds free from lust and dealing in the present. Focused on continued growth in our relationship with God.

**Vulgar Thinking** - Dwelling on memories of past or imagined sexual encounters or fantasies. Allowing lust to control our minds and to hinder our relationship with God, self, and others. Continued use of profanity.

**Accepting Forgiveness** -Laying down the guilt from our past as we take responsibilities for our wrongs, receive forgiveness, and make amends as needed.

**False Guilt About Past** - Holding on to guilt even after we have accepted responsibility for our wrongs, received forgiveness, and made amends as needed. Believing that our wrongs are too great for God, self, or others to forgive.

**Temperance** - Balance in consumption of food, beverage, etc.

**Gluttony** - Compulsive over eating or over indulging.

**Concentration** - Keeping your mind and body together in the present and working on the life-controlling problems that have affected you.

**Head & Butt** - Daydreaming, living in the fantasy world of the fun life, or reliving the unchangeable events of the past.

**Communion With God** - Improving your conscious contact with God. Being conscious of His presence throughout the day.

**Forgetting God** - Running on your own steam and best thinking. Going through the day with hardly a thought of God. Not yielding our will and life to the care of God

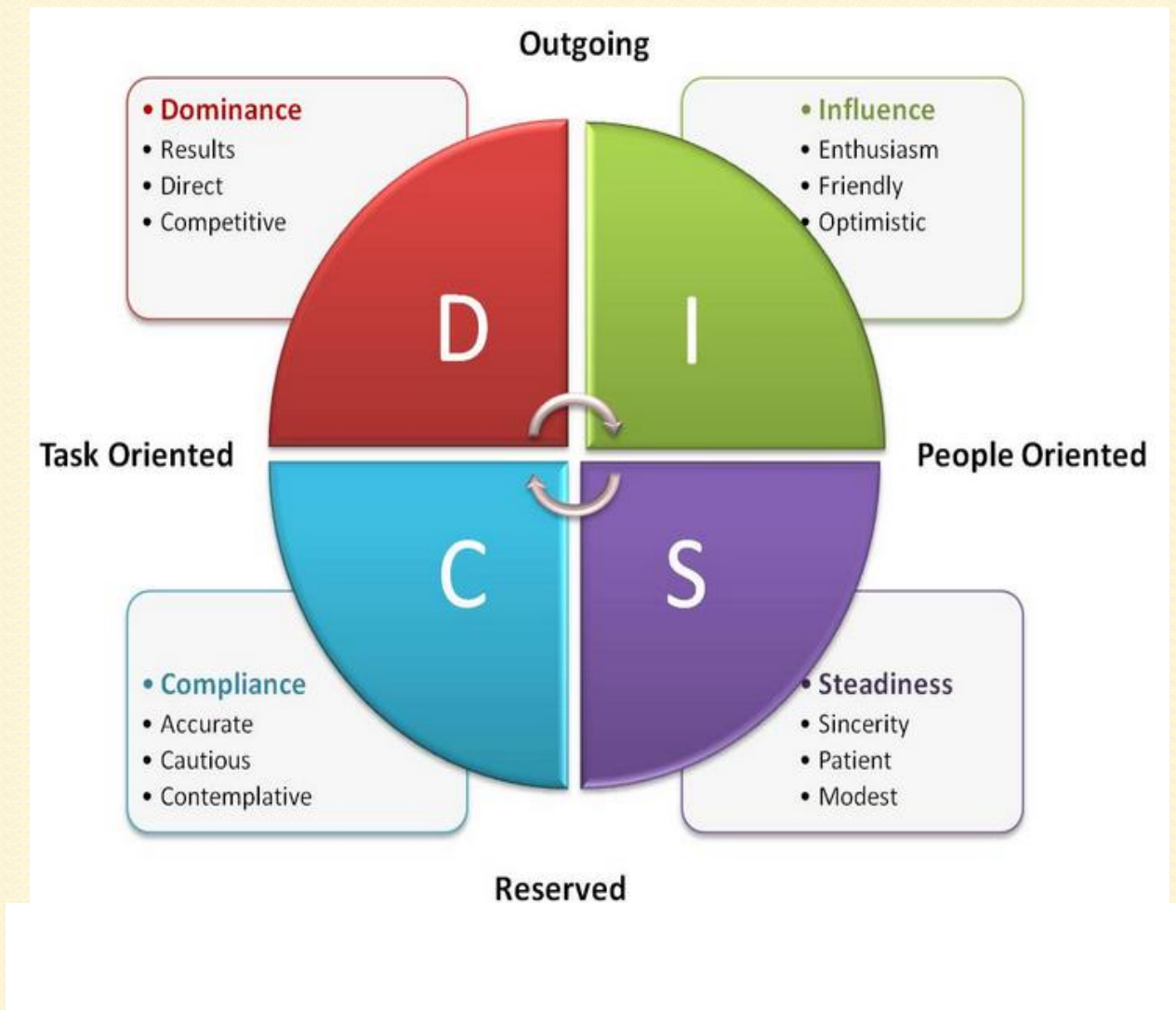
## **Training Lesson 4- Understanding Personality Patterns**

**What are your chances of connecting well with another person? On average, two people have about a 40% chance of experiencing a good personality match based on how their personality styles naturally fit together. That means that, most of the time, two people are likely to have a built-in challenge in relating well with each other – UNLESS they understand each other's personality styles. Personal and business success hinge on effective communication with others.**

**Why GUESS and take your chances in relationships when you can KNOW your personality style and the personality style of those around you? Our personality assessment and report reveals your personality style and helps to guide you connect with others in a much better way.**

**Printable reports are available online to help you understand yourself and others. Contact Ryan Duerk for options and prices.**

# DISC Personality Profiles



[www.Discoveryreport.com](http://www.Discoveryreport.com)

## Assessing Personality

1. Does this person appear to be ***fast-paced and outgoing*** or is this person ***slower paced and reserved?***
2. Does this person appear to be more ***task oriented*** or more ***people oriented?***

### ***Wired not Weird:***

Seemingly the most easily understood teachings regarding human behavior are based on the "***DISC***" model, a theory devised by Dr. William Marston, a Columbia University psychologist during the 1920s and 30's. Marston identified four major patterns of behavior that are present in everyone, to a greater or lesser degree. In 1928 he published his findings in his book, *Emotions of Normal People*

Research continues to validate this theory that, as individuals, our drives are powered either by our ***outgoing*** or our ***reserved*** approach to life, and our direction is steered either toward ***tasks*** or toward ***people***.

### ***"D" Type:***

The "D" is in the top half of the diagram (the "outgoing" section), and it is on the left side (the "task-oriented" section). Thus, the "D" type personality is outgoing and task-oriented

### ***"I" Type:***

The "I" is in the top half of the diagram (the "outgoing" section), and it is on the *right* side (the "people-oriented" section). Thus, the "I" type personality is outgoing and people-oriented.

### ***"S" Type:***

The "S" is in the bottom half of the diagram (the "reserved" section), and it is on the *right* side (the "people-oriented" section). Thus, the "S" type personality is reserved and people-oriented.

### ***"C" Type:***

The "C" is in the bottom half of the diagram (the "reserved" section), and it is on the left side (the "task-oriented" section). Thus, the "C" type personality is reserved and task-oriented.

**"D" Type:** Dominant, Driving, Demanding, Determined, Decisive, Doer  
(10% of people)

The Apostle Paul. Notice his personality didn't change, but who was in control of his life did.

Basic Need: challenge and control

Strengths: practical, decision makers, leaders

Weaknesses: A weakness is a strength carried to an extreme. Angry, cruel, sarcastic.

**"I" Type:** Inspirational, influencing, inducing, impressive, interactive, interesting, and interested in people. (25 - 30% of people)

The Apostle Peter

Basic Need: recognition

Strengths: friendly, compassionate, carefree

Weaknesses: illogical, impulsive

**"S" Type:** Submissive, Stable, Steady, Sentimental, Shy, Status Quo, Specialist.  
(30 - 35% of people)

The Apostle John. You won't find one incident in John's Gospel where he even mentions his name.

Basic Need: appreciation

Strengths: easy-going, dependable, leader (coach)

Weaknesses: stingy, indecisive,

**"C" Type:** Cautious, Competent, Calculating, Concerned, Careful, Contemplative. (25-35% of people)

The Apostle Thomas. Missed Easter





Basic Need: quality answers

Strengths: intellectual, analytical, sensitive, seldom wrong.

Weaknesses: A weakness is a strength carried to an extreme. Self-centered, moody, critical, rigid, worry and fearful

## Summary

The goal is always to achieve balance. The advantage of knowing personality is to be able to relate to people where they are.

				
Question:	WHAT?	WHO?	HOW?	WHY?
Color:	Green	Red	Blue	Yellow
Animal:	Doberman	Fluffy Puppy	Cat	Tropical Fish
Car:	Mercedes Cadillac	Convertible	Van Station Wagon	Toyota Honda
Motto:	"Go for it!"	"Lighten up!"	"All for one... one for all!"	"If something can go wrong, it will!"
Song:	"I Did It My Way"	"Celebration"	"Precious Memories" "Will the Circle Be Unbroken"	"The Gambler"
Philosophy:	"I want it yesterday!"	"Let the good times roll!"	"Working together, we can do it!"	"Don't show all your cards!"
Magazine:	<i>Money</i>	<i>People</i>	<i>US or Parents Magazine or Reader's Digest</i>	<i>Consumer Reports</i>
Target:	"Ready... Fire... Aim!"	"Ready... Aim... Talk!"	"Ready... Ready... Ready..."	"Ready... Aim... Aim... Aim..."
Need:	Challenge Dominance	Recognition Interaction	Appreciation Service	Quality Answers Correctness

# Training Lesson 5 – Healthy Confrontation and Conflict Resolution

## The Art of Healthy Confrontation

- Boundaries Face To Face by Cloud & Townsend
- Confrontation: coming face to face
- “Things can change when the person experiencing the effects of the problem takes the initiative to resolve it.”
- Two Worlds:
  - Connection without truth
  - Truth without connection

## The Talk Can Change Everything

- The “Talk” can change the relationship.
- So why don’t we have “the Talk”
  - Fear of losing the relationship
  - Fear of being the object of anger
  - Fear of being hurtful
  - Fear of be perceived as bad
  - Mentors MUST have the talk with the Mentee

## Be Clear About You and I

- Express empathy
- Speak with clarity
  - (“So what do you really want”)
- Address your need – not theirs
  - (“Without more commitment, I’m not sure I can move forward”)
- Deal with fear of separateness
- Always with humility
  - (I want ... I need) (don’t use “we need to” ... “you need to”)

## Clarify The Problem

- Clarify the nature of the problem
- The specifics
- The nature of the specifics
- Clarify the effects of the problem (“What it does to you”)
- Clarify your desire for change (don’t stop with the negatives “Here’s what I would like for you to do ... be specific)
- If you keep the issues and the desires clear, you don’t attack or diminish the relationship and you preserve the connection

### Balance Grace and Truth

- Always lead with grace
- Keep both elements present at the same time (avoid “you’re doing great...but”)
- Be aware of your imbalances
- When in doubt, go for grace

### Stay on Task

- Be prepared
- Hear them out to a point
- Make several attempts to get back on track
- Make the defensiveness an issue
- Practice with others

### When You Do “A,” I Feel “B”

- Concentrate on feelings, not thoughts
- Identify your feelings
- Stick to your experience
- Avoid “You make me feel...”
- Own your part
- Be specific, specific, specific (Identify the behavior or attitude specifically so that the other person understands what you are talking about)

## Affirm and Validate

- Again go with grace before truth
- Let them know you are on their side (I enjoy these meetings with you... I really like the way you have been doing that...)
- Be genuine (together we can handle this)

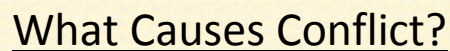
## Apologize for Your Part in the Problem

- Principle: When confronting, do not do it from a deficit balance. (In other words, don't confront someone if you owe him an apology first.)
- Your humility can pave the way
  - It lets them know you care
  - It lets them know you are not there to be judgmental
  - It lets them know you are not there to win
  - It models humility for them and takes away the shame they may feel

## General Guidelines

- Avoid "shoulds" ("You should have called..." rather..." It would have really helped me if you had called")
- Be an agent for change
- "I don't want you to feel that I am here to dump on you or make you feel bad. That's not my intention at all. I want us to talk about how we can make it better."
- Be specific
  - "You are so irresponsible. I need for you to be more responsible."
  - "I feel as if there are a lot of times when you leave things undone. I want to talk about your paying the Visa bill on time and taking care of the car insurance payment like you promised."
- Differentiate between forgiving and trusting

Conflict is a struggle resulting from incompatible or opposing needs, drives, wishes and external or internal demands.



- MHM Mentor Training Manual Version 6.10.19 RTD

## How Do We Resolve Conflict?

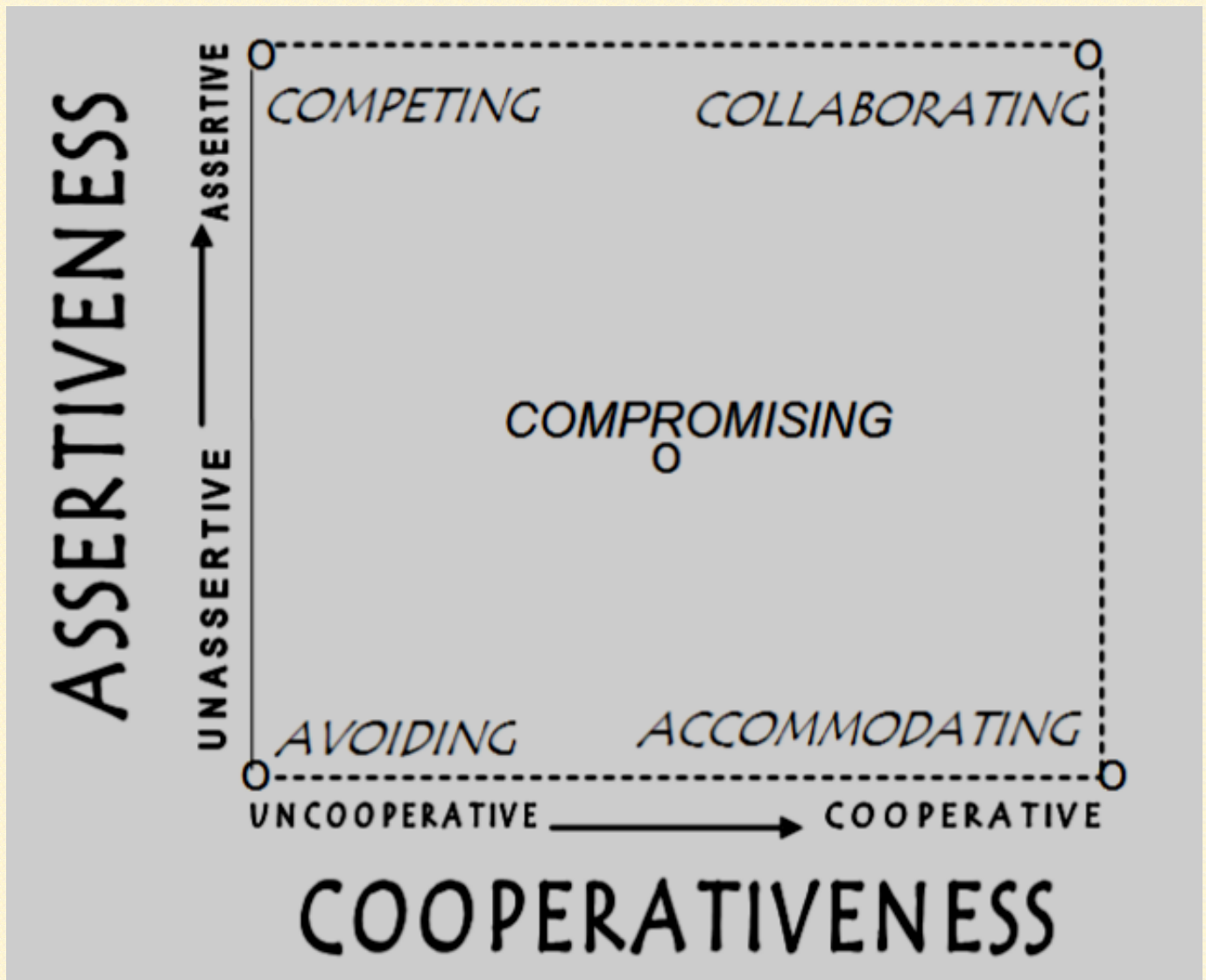
Matthew 18:15 ¶ "If your brother sins, go and show him his fault in private; if he listens to you, you have won your brother.

16 "But if he does not listen to you, take one or two more with you, so that by the mouth of two or more or three witnesses, every fact may be confirmed.

17 "If he refuses to listen to them, tell it to the church; and if he refuses to listen even to the church, let him be to you as a Gentile and a tax collector.

- Try to resolve it in private
- Take a witness along with you
- Involve the church
- Give the matter to God

## 5 Responses to Conflict



## Forgiveness or Punishment?

- Matthew 6: 14 For if you forgive men when they sin against you, your heavenly Father will also forgive you. 15 But if you do not forgive men their sins, your Father will not forgive your sins.
- You may discipline your children.
- How can you discipline an adult?
- Forgiveness: You no longer owe me a debt. (I'll let God collect it.)

## Internal Conflict or Problem Solving? Two Perspectives

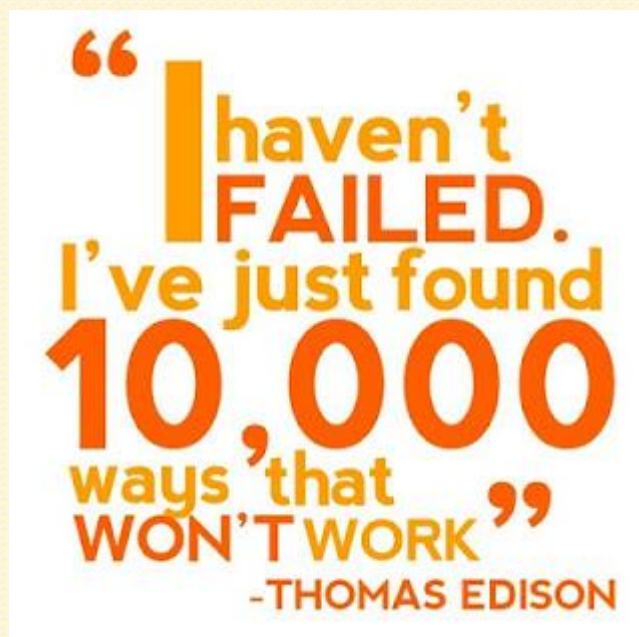
- “WIN-WIN Relationships” – H. Newton Malony
- Conflicts generally exist inside people not between them.
- Problems are differences of opinions about the ways, the means, or the ends of dealing with real life issues
- Conflicts are desperate feelings of threat to one's self-esteem that can lead to drastic acts of self-defense

## Success, Stress & Distress

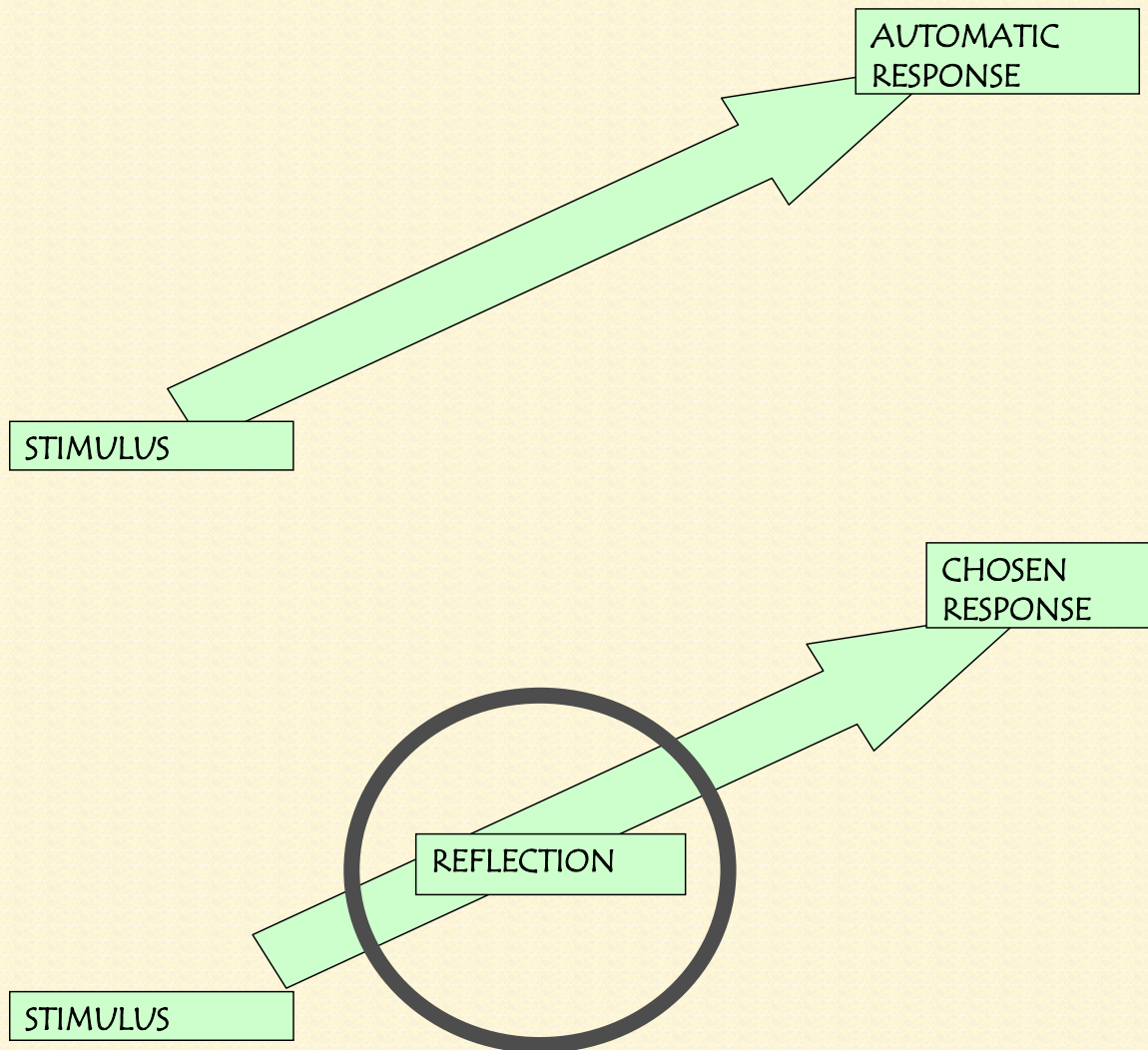
Success: Those times in life when our point of view carries the day, when nobody opposes what we want to do

Stress: Those times in life when we have to compromise, negotiate, adapt, debate, convince, accommodate, change, persuade – in other words solve problems

Distress: Those times when we go into conflict. We pass over the line from stress to desperate feelings of distress.



## Alternative Behavioral Responses



## Problem Solving: Clarify the Issues

- Proverbs 18:13 He who gives an answer before he hears, It is folly and shame to him.
- Proverbs 18:17 The first to plead his case seems right, until another comes and examines him.

## Positions vs. Interests

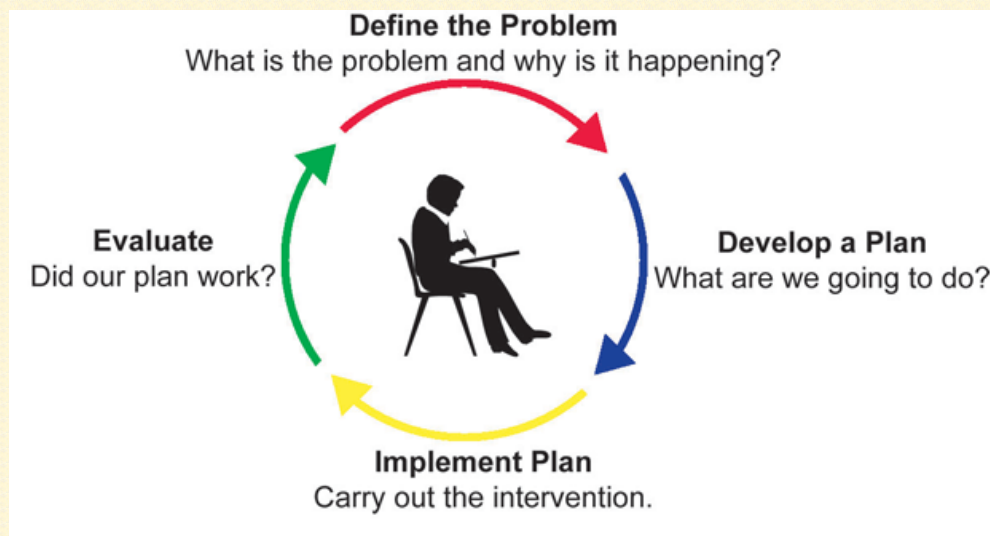
- POSITION: What you decided you want in a dispute or difference - a particular solution.
- INTEREST: What caused you to decide: your specific needs in the dispute or difference that caused you to take a particular position or arrive at a particular solution.

## Needs vs. Values

- NEEDS: An influencer of human behavior that motivates to action. Something that will make my life better or easier. (Often physical or emotional need: food, comfort, companionship)
- VALUES: A deeply held belief or conviction. (Spiritual beliefs, loyalty, prejudice, patriotism, personal values)

## Problem Solving

1. Define the problem in terms of both person's interests.
2. Identify as many options for a solution as possible.
3. Evaluate the options
4. Decide on the best option or combination of options.
5. Develop an implementation plan
6. Develop a process to evaluate the effectiveness of the solution.
7. Talk about the experience.



## Training Lesson 6 – How the Covenant Relationship Works





## Overcomers Program

### Spiritual Life Mentoring

#### **Mentee Partner - Covenant of Mutual Benefit**

I, \_\_\_\_\_, am a Disciple of Jesus Christ and commit myself this day to become an effective Mentee Partner. I will give myself to reaching my full potential, and become all that God wants me to be. I agree to participate in a Spiritual Life Mentoring experience according to the following commitments:

1. I recognize that my Mentor is only a tool in God's hands. I plan to follow through on all commitments in cooperation with God's purposes to make me a trustworthy disciple.
2. I agree to share and discuss my accountability questions, goals and my needs, triggers and high risk situations with my Mentor.
3. I will submit to the accountability of my Mentor.
4. I commit to finish well, regardless of my human tendency to seek shortcuts or simply quit. The maximum initial contract is for six (6) months:  
FROM: \_\_\_\_\_ TO: \_\_\_\_\_
5. I will be faithful and responsible by calling and speaking with my mentor at least once a week through the initial contract period.
6. I will adhere to the Ministry policy to not borrow or loan money or material goods to my Mentor.
7. I commit to become regularly involved with my church family both through Sunday worship, ministry groups and volunteer service to help me develop Godly character grow in my relationship with Jesus as my Lord and Savior.
8. I agree to be committed to developing Godly character and with the help of my Mentor to continuously review and change my Spiritual Life Plan as I grow up in Christ Jesus.

#### **CONFIDENTIALITY**

I regard the information you share with me with the greatest respect. The privacy and confidentiality of our conversations and any documents or records kept as a part of our Mentor relationship is a privilege of yours and is protected by my ethical principles and in my covenant with the Spiritual Life Mentoring Ministry. There are only two circumstances in which I cannot guarantee confidentiality, legally and/or ethically: (1) when I believe you intend to harm yourself, another person or society at large, and, (2) when I believe a child or elder person has been or will be abused or neglected. Otherwise, I will not disclose any of our communication without your full knowledge and consent.

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_  
**Overcomer Partner**

**Signed** \_\_\_\_\_ **Date:** \_\_\_\_\_  
**Mentor**

**Signed** \_\_\_\_\_ **Date:** \_\_\_\_\_  
**OC Staff or Director**



## Overcomers Program

### Spiritual Life Mentoring

#### Spiritual Life Mentor - Covenant of Mutual Benefit

I, \_\_\_\_\_, am a Disciple of Jesus Christ and commit myself this day to become an effective Mentor Partner. I will give myself to reaching my full potential, and become all that God wants me to become. I agree to participate in a Spiritual Mentoring experience according to the following commitments:

1. I recognize that I am only a tool in God's hands. In cooperation with God's purposes for me, I commit to being a trustworthy Spiritual Mentor.
2. I agree to develop my own personal accountability list and to review it with my Mentee once each week.
3. I will submit to the accountability of my Mentee partner.
4. I purpose to finish well, regardless of the human tendency to seek shortcuts or simply quit. The maximum initial contract is for six (6) months:  
FROM: \_\_\_\_\_ TO: \_\_\_\_\_
5. I will promote accountability and responsibility through Godly love that leads to continued growth and change of my mentee.
6. I will adhere to the Spiritual Life Mentor Ministry policy to not borrow or loan money or material goods to my Mentee.
7. I agree to support my Mentee's involvement in our Church family to help him develop other close relationships within our church community.
8. I commit to participate in the in the Spiritual Life Mentor Training.
9. I commit to meet with him weekly during the first six weeks of this covenant partnership so we can get to know each other and build up a level of trust between us.

#### CONFIDENTIALITY

I regard the information you share with me with the greatest respect. The privacy and confidentiality of our conversations and any documents or records kept as a part of our Spiritual Mentoring relationship is a privilege of yours and is protected by my ethical principles and in my covenant with the Spiritual Mentoring Ministry. There are only two circumstances in which I cannot guarantee confidentiality, legally and/or ethically: (1) when I believe you intend to harm yourself, another person or society at large, and, (2) when I believe a child or elder person has been or will be abused or neglected. Otherwise, I will not disclose any of our communication without your full knowledge and consent.

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Spiritual Mentor**

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Mentee**

**Signed:** \_\_\_\_\_ **Date:** \_\_\_\_\_

**Ministry Manager**

**The Mentor's "Encouraging Role" toward the Mentee**

1. I will work to lift you, not to win
2. Let's work it out as soon as possible
3. I will forgive you, not punish you
4. I will keep to the subject
5. I will judge your actions, not motives
6. I won't attack what you can't change
7. I won't call you names

It is better to lose an argument than to lose an opportunity for positive influence in the life of the individual God has placed in your path.

**What do you need to do?**  
**How can I help?**

## Sample Accountability Questions

### **TO START:**

How has God blessed you this week? (What went right?)

What problem has consumed your thoughts this week? (What went wrong?)

### **SPIRITUAL LIFE:**

- Have you read God's Word daily? (How long? Why not? Will you next week?)
- Describe your prayers. (for yourself, for others, praise, confession, gratitude)
- How is your relationship with Christ changing?
- How have you been tempted this week? In what way and how did you respond?
- Do you have any willful sin in your life? (What is it?)
- Are you asking the Holy Spirit to guide you daily? (Are you being obedient to His guidance? How?)
- Did you worship in church this week? (Was your faith in Jesus strengthened? Was He honored?)

### **HOME LIFE:**

- How is it going with your husband? (Attitudes, time, irritations, disappointments, progress)
- Are you keeping your marriage as your number #2 priority after your relationship with Jesus?
- How is it going with the kids? (Quantity and quality of time, values & beliefs, parenting, how are you encouraging them?)

### **WORK LIFE:**

- How are things going on the job? (career progress, relationships, temptations, workload, stress, problems, working too much)

### **CRITICAL CONCERNS:**

- Do you feel in the center of God's will? Do you sense His peace?
- What are you wrestling with in your thought life?
- What have you done for someone else this week? (the poor, encouragement, service)
- Are your priorities in the right order?
- Is your moral and ethical behavior what it should be?
- How are you doing in your personal high-risk area?
- Is the "visible" you and the "real" you consistent in this relationship?

## Additional Sample Accountability Questions

**(This is meant as a working model only. The mentor and Renewal graduate should personalize the questions to meet each of their own needs.)**

1. Have you been with a man anywhere this past week that might be seen as compromising?
2. Have any of your financial dealings lacked integrity?
3. Have you exposed yourself to any sexually explicit material?
4. Have you spent adequate time reading and studying the Bible and in prayer?
5. Have you done your Daily Attitude Inventory?
6. Have you fulfilled the mandates of your recovery?
7. Have you just lied, exaggerated or misrepresented anything?

"Chuck Swindoll has seven questions that he and a group of fellow pastors challenge each other with periodically." The Body by Chuck Colson, page 131  
Questions 1, 2, 3, 4, and 7 are from Chuck Swindoll list.

**The best questions are those that are  
pertinent to the Mentee,  
especially if no one else will ask them.**

## Mentoring Needs, Triggers and High Risk Situations Sheet

- What are the most important needs you want to meet through a mentor/accountability relationship
- Potential triggers list
- High risk thinking and situations list

## Relationships: Before TRUST comes HONESTY

- Commitment to caring
- Commitment to communications
- The key to relationship

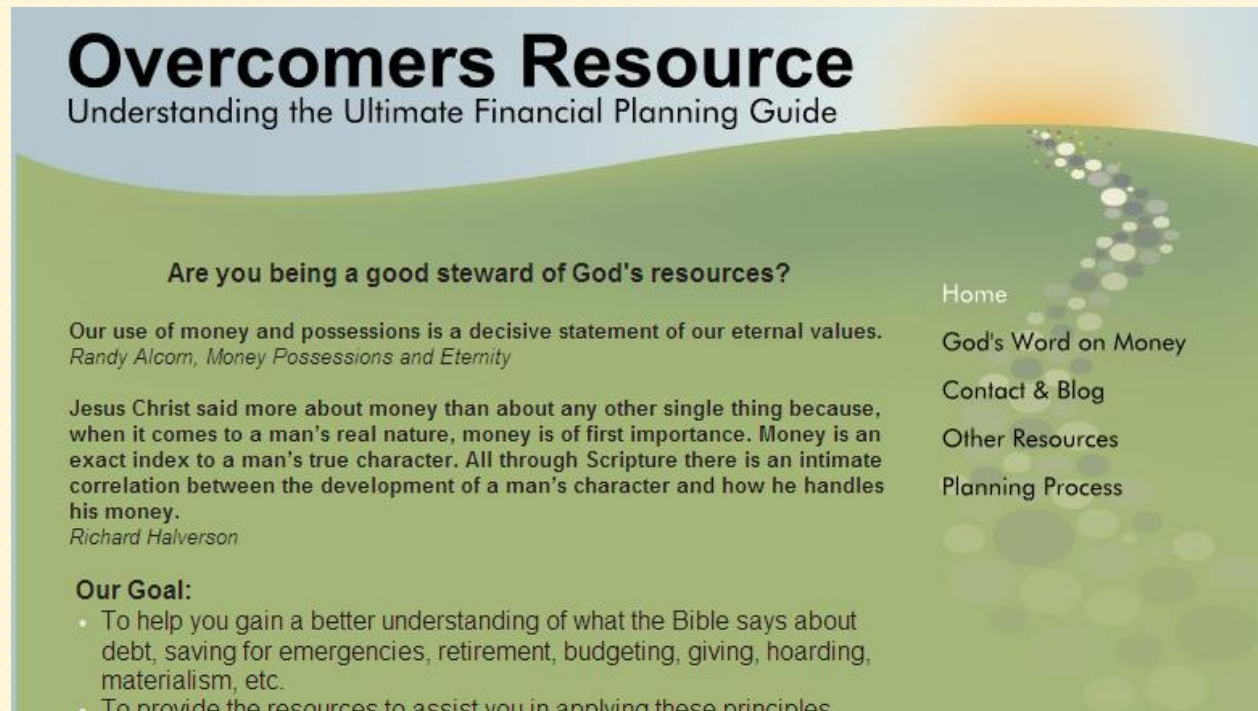


## Important Guidelines for Managing Finances

1. Put your current financial picture in writing
2. Set goals and put them in writing
3. Understand where your money is going
4. Become debt free
5. Establish an emergency fund of an amount to cover 6 months of expenses
6. Save 8-10% of your income for retirement and life uncertainties.
7. Tithe (10% of your gross income) and listen to God's guidance about giving more.
8. The three most important tools: Sacrifice, Discipline, and Organization.

## The Mentor's Role with Finances

- Help them, with God's guidance, gain control of their finances.
- Put it in writing and review it regularly.
- Small steps add up to long distances. One step at a time.



# Overcomers Resource

Understanding the Ultimate Financial Planning Guide

**Are you being a good steward of God's resources?**

Our use of money and possessions is a decisive statement of our eternal values.  
*Randy Alcorn, Money Possessions and Eternity*

Jesus Christ said more about money than about any other single thing because, when it comes to a man's real nature, money is of first importance. Money is an exact index to a man's true character. All through Scripture there is an intimate correlation between the development of a man's character and how he handles his money.  
*Richard Halverson*

**Our Goal:**

- To help you gain a better understanding of what the Bible says about debt, saving for emergencies, retirement, budgeting, giving, hoarding, materialism, etc.
- To provide the resources to assist you in applying these principles

Home  
God's Word on Money  
Contact & Blog  
Other Resources  
Planning Process

[www.overcomersresource.com](http://www.overcomersresource.com)

REMEMBER

Giving him ANY  
amount of  
money will hurt  
him more than  
help him!

## Mentee Help Sheet

### Four Levels of Addiction

Behavior	Outcomes
<ul style="list-style-type: none"><li>• Refuses Treatment and Support</li><li>• Hasn't changed/ not committed to recovery</li><li>• Has Changed/ weak commitment to recovery</li><li>• Has changed/strong commitment to recovery</li></ul>	<ul style="list-style-type: none"><li>• Death</li><li>• Relapse/Program</li><li>• Relapse/Relapse</li><li>• Track/Recovery</li><li>• Slip/Recovery</li></ul>

### Three Temptations that lead Addicts to Relapse

Women/Men  
Money  
Too much free time

### Relationship Builders with Mentee

- Visit his/her place of employment, meet her boss to put in an encouraging word for her and leave your phone number
- Visit his/her housing location to meet the manager and her roommate/s and leave your phone number

### Some Relapse Indicators

- Doesn't return your phone calls or stops calling her Mentor
- She starts missing appointments with her Mentor or in Church involvement.
- Lack of interest and/or negative attitude

### If You Feel Your Partner Is About To Relapse

- Call Venus Dixon or Tim Brown to arrange a meeting with your Church Ministry Manager, or another accountability partner; to lovingly confront your mentee explaining your feelings and concerns for her and asking how you can help.

### If your Partner Relapses

- Call Venus Dixon, Tim Brown and/or Church Ministry Manager
- Offer constructive choices to getting back into recovery
- Assure her that if she returns to a recovery lifestyle you will continue the Mentor relationship
- If she needs housing, offer to help her get short term housing at Shepherd's Gate or another facility. DO NOT TAKE HER INTO YOUR HOME!
- Offer to intercede with her employer for a second chance if necessary

**POSITION TITLE: CHURCH MINISTRY MANAGER**

**PURPOSE:** To direct the awareness, development and growth of Spiritual Life Mentoring throughout his/her church so that there is a consistent pool of mentors, accountability partners and friends to meet the needs of the graduates.

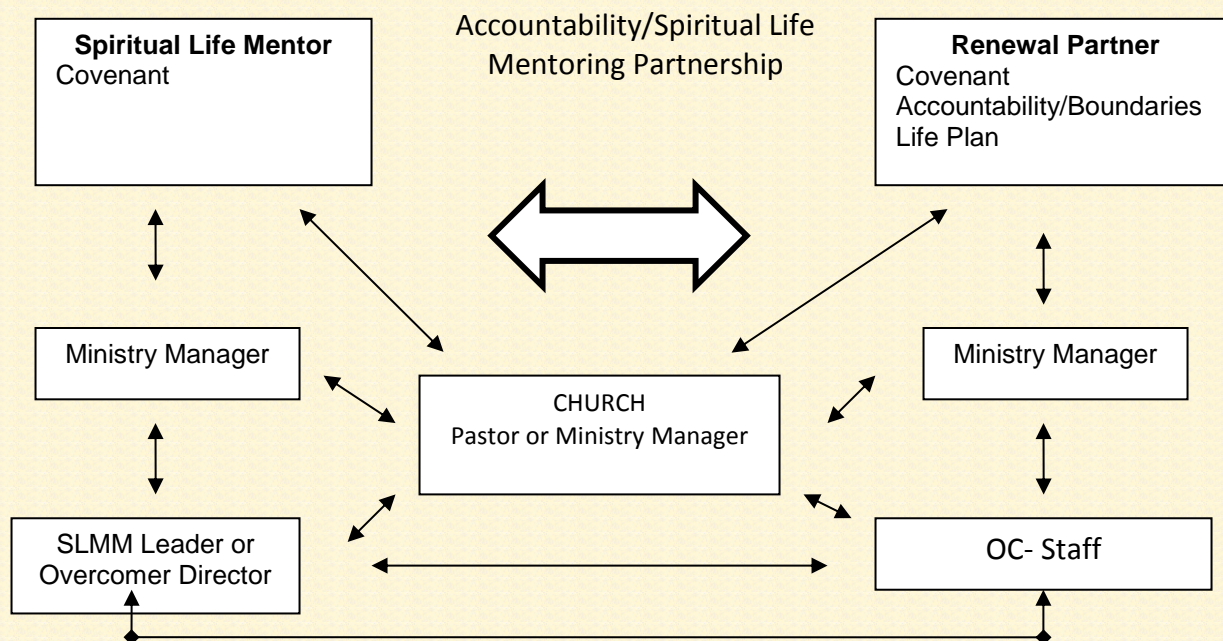
**DUTIES AND RESPONSIBILITIES:**

1. Recruit, employ and deploy mentors
  - a. Motivate and encourage men/women to become mentors
  - b. Facilitate and support the potential graduate/mentor relationship
  - c. Find opportunities to make the whole church family aware and supportive of the overcomer/renewal ministry
  - d. Keep mentors involved and encouraged when not mentoring
  - e. Introduce mentors to church staff
2. Oversee and support the mentoring process
  - a. Meet with mentor and graduate to discuss their relationship
  - b. Review covenants with mentor and graduate to ensure their understanding of and commitment to them.
  - c. Sign the mentor covenants at above meeting
  - d. Phone contact with each active mentor once a week for the first month of their mentor relationship and a minimum of once a month for the duration of the mentoring covenant
  - e. In the second week of a new mentor relationship meet with both the mentor and Overcomer/Renewal partner to discuss how they are doing
  - f. Meet together with active mentors on a monthly basis (invite inactive but not required) for “Support Group” session
3. Perform administrative responsibilities
  - a. Notify Miracle Hill contact when a graduate completes, slips or relapses

**MINIMUM QUALIFICATIONS**

- Member of his/her church
- Heart for men/women in recovery to grow spiritually
- Graduate of mentor training
- 2 – 5 hours per week availability
- Committed to attending quarterly mentoring meetings for the ongoing development of the ministry

# Conflict Resolution Process



Your “Church” should own this ministry,  
not Miracle Hill

Playing to an audience of **ONE**

Don't try to do God's job.

Don't expect God to do for you what  
He's called you to do and empowered  
you to do.

# THANK YOU

FROM

The Renewal and Overcomer Graduates



# Renewal/Overcomer Mentor Ministry

## Training Improvement Survey

### September 12, 2015

Please help us improve this training program by completing this survey. We would appreciate your feedback whether positive or negative. Your answers will be kept confidential and the survey results will reflect the combined participation of everyone who provides input.

While we would appreciate your name at the end of the survey (so we can follow up with you if appropriate), there is no requirement to sign this document.

My views on the overall content:

My views on the overall schedule:

How can we improve each section of this course?

1. What it means to be a Spiritual Life Mentor

2. Understanding Addictions and Recovery

3. Renewal/Overcomer Program Foundations
4. Understanding Personality Patterns
5. Healthy Confrontation and Conflict Resolution
6. How the Covenant Relationship Works

Name: \_\_\_\_\_ Phone Number: \_\_\_\_\_  
 (Optional)

## R-E-C-O-V-E-R-Y (Purpose Driven Life Model)

### **R**

Realize I'm not God; I admit that I am powerless to control my tendency to do the wrong thing and my life is unmanageable.

### **E**

Earnestly believe that God exists, that I matter to him, and that he has the power to help me recover.

### **C**

Consciously choose to commit all my life and will to Christ's care and control.

### **O**

Openly examine and confess my faults to God, to myself, and to another person whom I trust.

### **V**

Voluntarily submit to any and all changes God wants to make in my life.

### **E**

Evaluate all my relationships; Offer forgiveness to those who have hurt me and make amends for harm I've done to others when possible, without expecting any reward.

### **R**

Reserve a daily time with God for prayer, Bible reading, and self-examination in order to know God and his will for my life and to gain the power to follow his will.

### **Y**

Yield myself to be used by God to bring this Good News to others, both by my example and by my words.



## OVERCOMER PROGRAM

### ADMISSION APPLICATION FOR MEN

Miracle Hill Overcomers Center • 1916 N. Pleasantburg Drive • Greenville, SC 29609

Office: 864.631.0088 • Fax: 864.244.1319 • [www.MiracleHill.org](http://www.MiracleHill.org)

Date: \_\_\_\_\_

The following information is considered confidential and will be dealt with as such. Your complete and honest answers will assist us in determining your eligibility and prevent delays in entering the program. Intentionally falsifying any answers could result in being disqualified from the Overcomers Program.

Applicant's Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_

Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ E-mail: \_\_\_\_\_

Why should you be selected for the Overcomer's Program? \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

#### PROBLEM AREAS

Are there any legal, medical, financial or relationship issues that could prevent you from completing the program? ☐ Yes ☐ No

Are you the one seeking help and are you willing to accept counsel? ☐ Yes ☐ No

Please list any substances or activities to which you are currently or have been addicted to in the past. Please list these in the order of frequency of use.

Drug Used	How Often Used	Date Last Used
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

Alcohol	How Often Used	Date Last Used
_____	_____	_____

Have you ever been to Detox? ☐ Yes ☐ No If yes, where? \_\_\_\_\_

List prior treatment facilities you have entered \_\_\_\_\_

Date of your last drug or alcohol use: \_\_\_\_\_

What did you use? \_\_\_\_\_ How long have you been using? \_\_\_\_\_

Finish this statement: With God's help, and as a result of this program, I would like to change my life in the following five areas:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

Check the five most prevalent thoughts and attitudes that are ongoing or dominant in your life:

- |   |  |  |                                      |
|---|--|--|--------------------------------------|
| <input type="checkbox"/> Excessive suspiciousness | <input type="checkbox"/> Selfishness   | <input type="checkbox"/> Anger (displayed) | <input type="checkbox"/> Hostility   |
| <input type="checkbox"/> Immoral thoughts         | <input type="checkbox"/> Impulsiveness | <input type="checkbox"/> Regrets           | <input type="checkbox"/> Self-pity   |
| <input type="checkbox"/> Resentment               | <input type="checkbox"/> Bitterness    | <input type="checkbox"/> Worry             | <input type="checkbox"/> Daydreaming |
| <input type="checkbox"/> Constant Pessimism       | <input type="checkbox"/> Envy          |  |                                      |

Check five to seven words that best describe you:

- |   |                                       |                                   |                                    |                                     |   |
|---|---------------------------------------|-----------------------------------|------------------------------------|-------------------------------------|---|
| <input type="checkbox"/> self-conscious | <input type="checkbox"/> sensitive    | <input type="checkbox"/> active   | <input type="checkbox"/> nervous   | <input type="checkbox"/> persistent | <input type="checkbox"/> self-confident |
| <input type="checkbox"/> hardworking    | <input type="checkbox"/> impatient    | <input type="checkbox"/> moody    | <input type="checkbox"/> excitable | <input type="checkbox"/> serious    | <input type="checkbox"/> calm           |
| <input type="checkbox"/> easy-going     | <input type="checkbox"/> good-natured | <input type="checkbox"/> outgoing | <input type="checkbox"/> likeable  | <input type="checkbox"/> leader     | <input type="checkbox"/> quiet          |
| <input type="checkbox"/> submissive     | <input type="checkbox"/> shy          | <input type="checkbox"/> lonely   | <input type="checkbox"/> ambitious |                                     |   |

#### RELATIONSHIPS

Are you currently ☐ single ☐ married ☐ separated ☐ or divorced?

Do you have a girlfriend or common law wife? ☐ Yes ☐ No (I understand this person will not be allowed to communicate with me in any manner during the course of this program. Initials: \_\_\_\_\_)

Can you accept instructions? ☐ Yes ☐ No

Do you count the days or can you commit to remain in the program until staff recommends completion? ☐ Yes ☐ No

Do you want to join Overcomers or do you feel forced to join? ☐ Yes, I want to join ☐ I feel forced to join

Are there any areas of your life that you choose not to face? ☐ Yes ☐ No

When you are confronted on issues, how do you normally react? \_\_\_\_\_

#### LEGAL HISTORY

Have you ever been arrested? ☐ Yes ☐ No

If yes, please give the date of the arrest (month/year), reason for the arrest and the outcome: \_\_\_\_\_

Name and phone # of your attorney: \_\_\_\_\_

Are you a listed sex offender? ☐ Yes ☐ No

Do you have any outstanding warrants? ☐ Yes ☐ No

Are you on probation/parole? ☐ Yes ☐ No

If yes, please explain: \_\_\_\_\_

Name and phone # of your probation/parole officer: \_\_\_\_\_

Are you involved with social services? ☐ Yes ☐ No Are you or should you be paying child support? ☐ Yes ☐ No

Name and phone # of your case worker: \_\_\_\_\_

## HEALTH HISTORY

### FASIFYING MEDICAL INFORMATION IS GROUNDS FOR DISMISSAL FROM THE OVERCOMERS PROGRAM

Height \_\_\_\_\_ Weight \_\_\_\_\_ Hair Color \_\_\_\_\_ Eye Color \_\_\_\_\_

Would you say your health is ☐ Very Good ☐ Good ☐ Average ☐ Declining ☐ or Poor?

Please explain. \_\_\_\_\_

Vision ☐ Good ☐ Fair ☐ Poor Mobility ☐ Good ☐ Fair ☐ Poor

Overall Health ☐ Good ☐ Fair ☐ Poor Hearing ☐ Good ☐ Fair ☐ Poor

Do you have problems in any of the following areas?

☐ Dental ☐ Back ☐ Neck ☐ Orthopedic (bone) ☐ Heart  
☐ High blood pressure ☐ Diabetes ☐ Asthma ☐ Allergies

☐ Other: \_\_\_\_\_

If yes, describe your medical condition and how it impairs your life: \_\_\_\_\_

Are you currently taking any prescribed medications for these conditions? ☐ Yes ☐ No

If yes, what medications? \_\_\_\_\_

Have you been prescribed medications for these conditions which you are not taking? ☐ Yes ☐ No

If yes, what medications? \_\_\_\_\_

Do you have any physical limitations that would prevent you from participating fully in the Overcomers Program?

☐ Yes ☐ No If yes, please explain: \_\_\_\_\_

Can you sleep in a top bunk bed? ☐ Yes ☐ No

Name and phone number of your doctor: \_\_\_\_\_

Do you smoke? ☐ Yes ☐ No If yes, how many years? \_\_\_\_\_ Packs per day? \_\_\_\_\_

Would you willing to quit smoking? ☐ Yes ☐ No

Have you overdosed? ☐ Yes ☐ No If yes, when? \_\_\_\_\_

Do you have allergies? ☐ Yes ☐ No If yes, to what? \_\_\_\_\_

Were you abused as a child? ☐ Yes ☐ No If yes, what type: ☐ Physical ☐ Sexual ☐ Verbal Briefly explain: \_\_\_\_\_

Do you have a history of mental illness in your family? ☐ Yes ☐ No

Are you currently a mental health client? ☐ Yes ☐ No

If yes, please list your therapist(s) name and location: \_\_\_\_\_

List all mental health medications you have been prescribed and are currently taking: \_\_\_\_\_

List any mental health medications prescribed that you are not currently taking and why you stopped taking them: \_\_\_\_\_

## FAMILY HISTORY

Give a brief description of your childhood home environment: \_\_\_\_\_

\_\_\_\_\_

☐ Father's ☐ Step Father's Name: \_\_\_\_\_ Age: \_\_\_\_\_

Occupation: \_\_\_\_\_ Describe your relationship with him: \_\_\_\_\_

\_\_\_\_\_

☐ Mother's ☐ Step Mother's Name: \_\_\_\_\_ Age: \_\_\_\_\_

Occupation: \_\_\_\_\_ Describe your relationship with her: \_\_\_\_\_

\_\_\_\_\_

How many siblings do you have? \_\_\_\_\_ What place are you in the birth order? \_\_\_\_\_

Describe your relationship with your siblings as you were growing up: \_\_\_\_\_

\_\_\_\_\_

Give a brief description of what it was like growing up in your family: (praise, criticism, punishment, trauma, accomplishment)

\_\_\_\_\_

\_\_\_\_\_

Were you ever placed in foster care? ☐ Yes ☐ No If yes, explain? \_\_\_\_\_

\_\_\_\_\_

Did your family move a lot? ☐ Yes ☐ No Are you currently living with your birth family? ☐ Yes ☐ No

If there are children or step children in your home, describe your relationship with them: \_\_\_\_\_

\_\_\_\_\_

## FINANCIAL ASSESMENT

A program entry fee of \$85 is required to enter the program. There are a limited number of scholarships available for those with extreme hardship situations. Additionally, those with an income are expected to contribute toward the cost of the program. The fees are based on a sliding scale and no one will be denied access to the program due to a lack of funds. Financial arrangements will be discussed during the phone interview.

What is your preferred occupation? \_\_\_\_\_ When were you last employed? \_\_\_\_\_

Do you currently have an income? ☐ Yes ☐ No What is the source of your income? ☐ Unemployment ☐ Disability

☐ Insurance ☐ Family ☐ Trust Fund ☐ SSI ☐ Social Security ☐ Other: \_\_\_\_\_

List all of your financial obligations and amounts: (child support, car payment, restitution, parole/probation fees, etc)

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How will these obligations be met while you are in the program? \_\_\_\_\_

Is there anyone who would be willing to help with your expenses while you are in the program? ☐ Yes ☐ No

If yes, who and to what extent? \_\_\_\_\_

If you leave the program prior to graduation, you will need to return to your community of origin. A friend or family member will need to pick you up or someone will need to provide a bus ticket for you. You may also bring a bus ticket with you when you arrive. Who will be responsible for this?

Name: \_\_\_\_\_ Day Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

Address: \_\_\_\_\_ City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

☐ I will bring a bus ticket with me when I arrive.

#### **SPIRITUAL ASSESMENT**

Have you been, or are you now affiliated with any organized religion? ☐ Yes ☐ No If yes, what is the name & type: \_\_\_\_\_

Do you currently attend services? ☐ Yes ☐ No

If yes, where? \_\_\_\_\_ Leader's Name \_\_\_\_\_

Are you satisfied with your spiritual health? ☐ Yes ☐ No Is spiritual growth important to you? ☐ Yes ☐ No

On a separate piece of paper, state in your own words why you need to join Overcomers and describe your commitment to changing your life.

#### **WAIVERS** (initial each of the following)

I understand that the Overcomers program is not a detoxification facility. \_\_\_\_\_

I understand that the Overcomers program is not a medical program. \_\_\_\_\_

I understand that the Overcomers program does not pay for any medications. \_\_\_\_\_

I understand that as part of the Overcomers program I will be assigned a task assignment and I waive my right to legal action against Miracle Hill Ministries and its representatives if I am hurt during that task. \_\_\_\_\_

I understand that Miracle Hill provides limited transportation to me while participating in the Overcomers program and I waive my right to legal action against Miracle Hill and its representatives if injured while being transported by any of the ministries vehicles. \_\_\_\_\_

I understand that the Overcomers' staff may direct me to transitional housing for a period of time between 6 and 12 months. I also understand that refusal to accept that recommendation may be grounds for separation from the Overcomers program. \_\_\_\_\_

I understand that the Overcomers program is not a licensed treatment center and I waive my right to legal action against Miracle Hill, its staff or volunteers based on any counsel I receive. \_\_\_\_\_

Applicant's Signature: \_\_\_\_\_

Date: \_\_\_\_\_