Florida College Presentation After Action Report

A HUSBANDS' RESPONSE TO QUESTIONS

- I asked on a scale from 0-100%
- How much do you feel accepted by God He noted 85%
- How much do you feel accepted by yourself (self-acceptance) He noted
 70%
- How much do you feel you would be accepted by your church if they knew your struggles
 - He noted 50%

WHAT WENT WELL

- The objectives were accomplished
 - Provided clinical overview of pornography addictions
 - Introduced treatment resources
 - Shared models for support groups for Christians to support one another in the pursuit of sexual integrity
- Attendance well above expectations
- I shared my story of recovery while modeling a marriage of love & commitment
- Freedom Fighters groups (one for men and one for women are now active on campus)



Life Enrichment

310 views . Streamed 1 month ago

WHAT DID NOT GO WELL

- I did not prepare for the Q & A
- I experienced a trauma response when I stumbled over answering questions
- I missed opportunities to elaborate on important information from a clinical and personal perspective



MY LESSONS LEARNED

		5	
Components	Illustrative Examples	Role in the System	IFS Therapy Goals
Core Self	Cove Self/Adult	Cuoious, Compassionate, Creative, Confident Self. -In more polarized systems parts generally don't trust Core Self leadership and wisdom.	-Differentiate Core Se If from other blended posts. -Improve Self leadership of the system. -Improve inner harmony and reduce polarization between ponts.
Exiles	Terrified 7-yr old Ashamed 14-yr old	Hold disowned and painful feelings and trauma memories. Mostly child and teen paats.	-To be acknowledged, unburdened, reassured and nuxtured by SelfTo stop hijacking the system.
Managers	Inner Angry The Critic Protector Workaholic		-Jet 90 of extreme valesAdapt vole to present day needs, and work under Cove Self kadushipMove trusting of Cove Self.
Fire Fighters	Drug Abuser Suicidal Poat	Use extreme measures to distract, dissociate and numb the system, when Exiles are triggered.	-No longer needed to perform their extreme roles.

Internal Family Systems (IFS)

THE MIRROR OF ERISED

- Cognitive Distortions embedded in our core beliefs to explain our lacking.
 - · I'm not good enough
 - · I'm a bad person
 - I don't deserve love
 - · I'm shameful
 - I can't express my emotions
 - I cannot trust anyone
 - Etc...



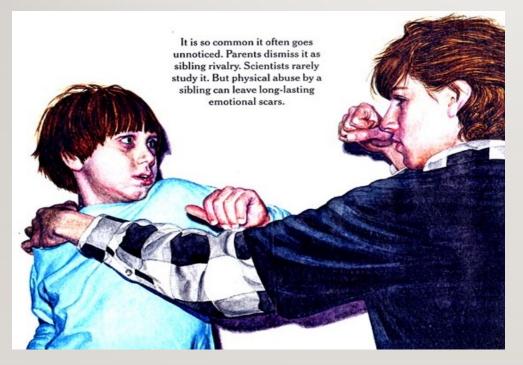
MY MIRROR OF ERISED





MY REALITY

MY COGNITIVE DISTORTIONS



- You're weak
- You're stupid
- You're gay

You're a fraud

GOD GIVES US FREE WILL

Now I'm not going to spend a lot of time on the third distortion, but I feel the church has not done a good job creating a safe place for members to discuss struggles with sexuality.

I understand that for very personal reasons, and of their own volition – many members of faith communities seek to align their sexual thoughts, feelings, and behaviors, as much as possible, with their personal values, beliefs, faith, commitments, and life goals – rather than the other way around, which is my lived experience.

OVERCOMING COGNITIVE DISTORTIONS

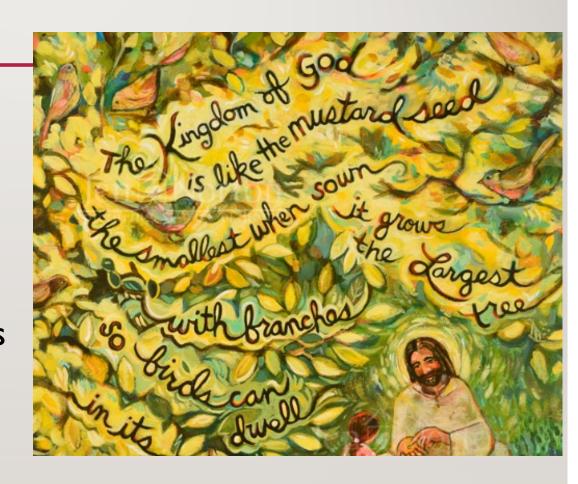
- Jeremiah 31:33 For this is the covenant that I will make with the house of Israel after those days, declares the LORD: I will put my law within them, and I will write it on their hearts. And I will be their God, and they shall be my people.
- Matthew 4:1-4 Then Jesus was led up by the Spirit into the wilderness to be tempted by the devil. And after fasting forty days and forty nights, he was hungry. And the tempter came and said to him, "If you are the Son of God, command these stones to become loaves of bread." But he answered, "It is written, "Man shall not live by bread alone, but by every word that comes from the mouth of God."

MY PROPHETIC PROMISES

- Since my return from Florida, these are the prophetic promises I've been writing on my heart after reviewing this assignment
- Romans 8: 38-39
- Romans 8: 28
- 1 Peter 2: 9-10
- Psalm 56: 3-4

THE KINGDOM OF GOD

- Florida CollegeFreedom FighterGroup
- Appleton Church of Christ – Seven Pillars Group for Men
- Group for women ?



CONCLUSION

- What did you see during your formative years when you looked into the Mirror of Erised?
- What were the distortions or lies Satan has used in his attacks against you?
- What prophetic promises can you make as your very own from scripture and write them on your heart?
- What percentage do you feel accepted by God?
- What percentage do you feel accepted by yourself?
- If you the congregation knew your struggles, and you felt 100% accepted by us, how would that change your feelings those feelings of acceptance?

PROPHETIC PROMISES TO CHOOSE FROM



22, I am free from condemnation, (Romana 8:1) PILLAR FIVE | LESSON FOUR 23. Lam recognited to God 12 Corinthians 5:18. 34, I am qualified to share in his inheritance. (Colossians 1:12) 35. I am firmly rooted, established in my taith and overflowing with gratefulness and thankfulness. This is a very challenging lesson. Take your time and provide yourself apportunity for thoughtful respons-Critissians 2.7) es. The battle plan you are constructing will in many ways determine whether or not you truly get free! 26. Lam called of God. (2 Timpfry 15) Be prepared to share and receive 'eachaby on your work in the Pletapse Prevention Tool. 27. Lam phosen. (1 Thessalonisms 1:4; Ephosions 1:4; 1 Poter 2:0). 28. Lam an ambassador of Christ. (2 Corinthians 5.90) @ Read through the exercise "Who I am in Christ" below. 29. Lam God's workmanship created in Christ Jesus for good works. (Ephesians 2:10) Select a verse each day that deals with a limbid Le you have be leved—a core belief that hell tries. to control you with. When you feel insecure or intimidated by hell during the day, take the promise 30. I am the apple of my Father's eye. (Deuteronomy 32:10; Psalm 17:9) and ram it down helf's throat! 31. I am healed by the stripes of Jesus. (1 Peter 2.54; Isalah 53:6). O Review and sign the Commitment for Pillar Five. 32, I am being changed into his image. (2 Corinthians 3:18, Ph lippians 1:6) 50. I am relead up with Christ and am souted in heavenly places. (Ephesians 2:6) @ Read Fure Desire Chapter 14. 34, I am beloved of God, Colossians 3:12; Formans 1:7; 1 Thesasionians 1:4) WHO I AM IN CHRIST²⁶ 38, I have the mind of Christ. (Philippians 2.5; 1 Corinth ans 2:16) THE WORD OF GOD SAYS: 56. I have obtained an inheritance. (Ephasians 1:11) 1. I am God's child for I am born again of the incorruptible seed of the Word of God that lives and 37, I have access by one Spirit to the Father Jüphesians 2:110. apides forever. (1 Peter 1:23) 36. I have eversome the world. If John 5:4 2.1 am forgiven of all my sins and washed in the blood. Ephesians 1:7; Hebrows 9:14; Colossians 1:14; 1 John 2:12; 1 John 1:9: 35, I have everlasting life and will not be condemned. (John 5:24; John 6:47) 40. I have the peace of God that transcends at understanding. Fif illucions 4:7) 3. I am a new creation, 12 Corinthians 5:17 41. I have received power—the power of the Holy Spirit; power to lay hands on the sick and see 4.1 am a temple where the Holy Spirit lives, (* Excirctions 5.19). them recover; power to cast out demons; power over all the power of the enemy; nothing shall 5.1 am delivered from the power of corkress; Christ brings me into God's kingdom. (Colossians 1:13) by any means burt me. (Mark 16:17-18; Luke 10:17-19). 6. Lam redeemed from the curse of the law. (1. Peter 1:18-19) 42. I live by and in the law of the Spirit of Life in Christ Jesus, (Fichians 8:2) 7. I am holy and without blame before God. (Ephissiana 1:4) 43. I walk in Christ Jesus, (Colessiana 2:6) 8. I am established to the end. (1 Cornthians 1:8) 44. I can do all things leverything) in and through Christ Jesus. (Philippians 4:13) 9. I have been brought closer to God through the blood of Christ. Ephesians 2:13) 45. We shall do even greater things than Jesus did. (John 14:12) 10, I am victorious. (Reve ation 21:7) 48. I possess the Great One in me because greater is He who is in the than he who is in the world. 11. I am set free. (John 8:31-32) 12. I am strong in the Lord. (Fin tecano 6:10) 47. I press toward the mark for the prize of the high calling of 3oc. (Philippians 3:14). 13. I am dead to sin. (Forears 6.2 & 11; 1 Peter 2:24) 48. Letware triumph in Christ. (2 Codothians 2:14). 14. I am more than a conqueror (Fornara 8.37) 49. My life shows forth his praise. (1 Peter 29) 15. I am a co-heir with Cfr st. (Romans 8: 16-17) 50. My life is hidden with Christ in God. (Colossians 3:3)

YOU ARE ACCEPTED YOU KNOW

- Ephesians 1:5-6 notes: He predestined us to adoption to the kind intention of His will, to the praise of the glory of His grace, which He freely bestowed on us in the Beloved.
- 2 Cor 5:17 notes: Therefore, if anyone is in Christ, he is a new creature; the old things passed away; behold, new things have come.

INVITATION