
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


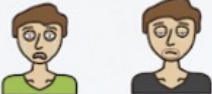

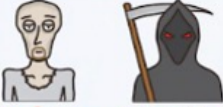
WHAT DID NOT GO WELL

- 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

Internal Family Systems (IFS)

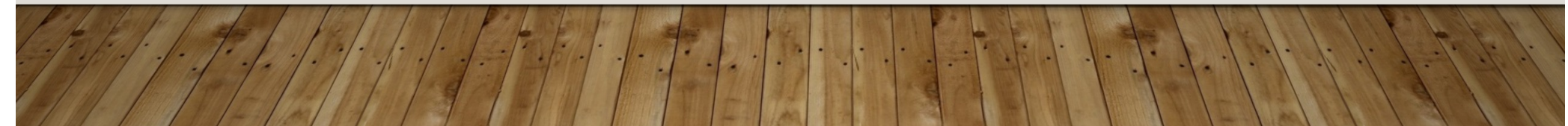
Components	Illustrative Examples	Role in the System	IFS Therapy Goals
Core Self	 Core Self / Adult	Curious, Compassionate, Creative, Confident Self. -In more polarized systems parts generally don't trust Core Self leadership and wisdom.	-Differentiate Core Self from other blended parts. -Improve Self leadership of the system. -Improve inner harmony and reduce polarization between parts.
Exiles	 Terrified 7y old. Ashamed 14y old	Hold disowned and painful feelings and trauma memories. Mostly child and teen parts.	-To be acknowledged, unburdened, reassured and nurtured by Self. -To stop hijacking the system.
Managers	 Inner Critic Angry Protector The Workaholic	Suppress and contain Exiled parts. Protect the system and focus on daily living tasks.	-Let go of extreme roles. -Adapt role to present day needs, and work under Core Self leadership. -More trusting of Core Self.
Fire Fighters	 Drug Abuser Suicidal Part	Use extreme measures to distract, dissociate and numb the system, when Exiles are triggered.	-No longer needed to perform their extreme roles.

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...



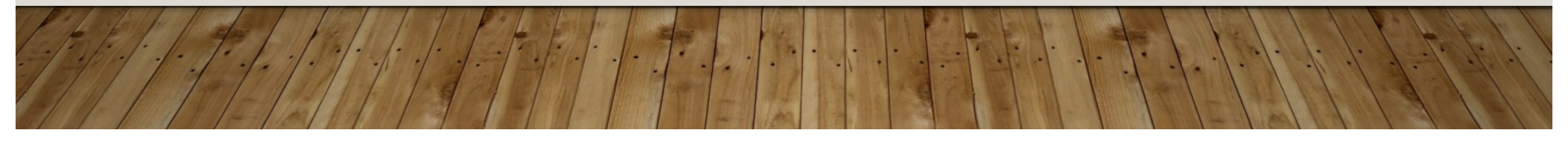
MY MIRROR OF ERISED





It is so common it often goes unnoticed. Parents dismiss it as sibling rivalry. Scientists rarely study it. But physical abuse by a sibling can leave long-lasting emotional scars.

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

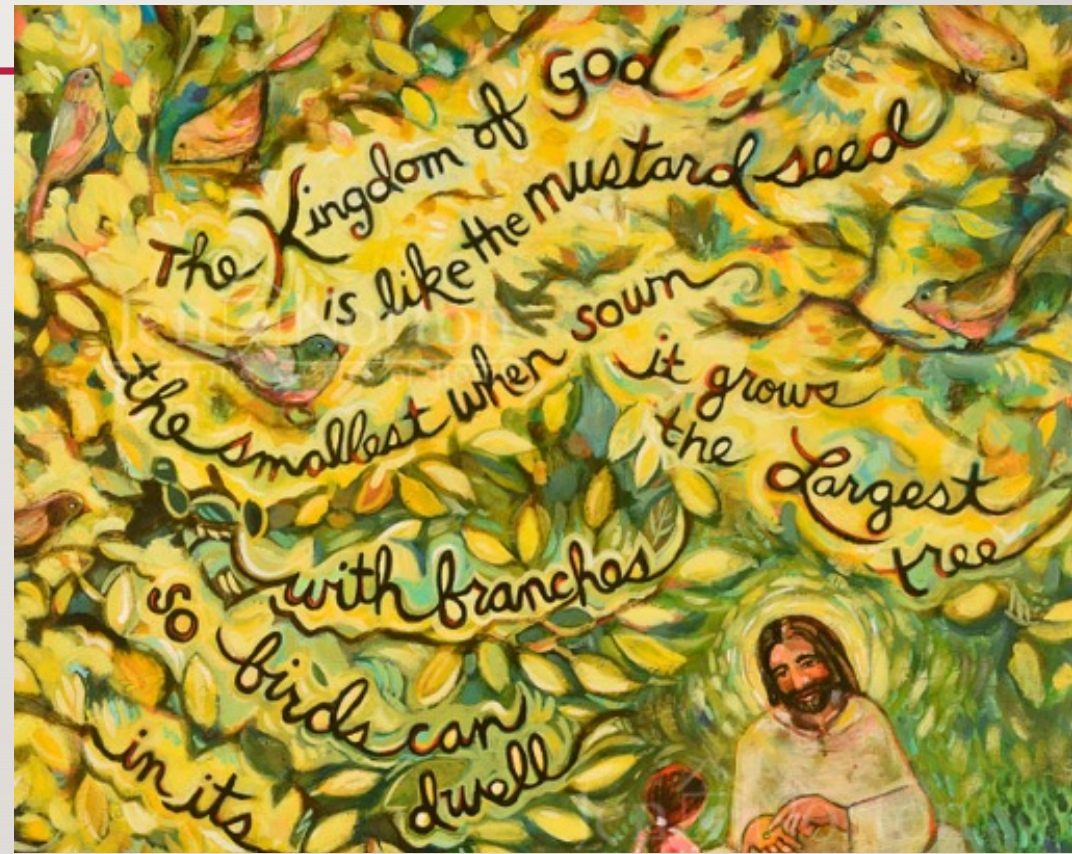
- **Jeremiah 31:33** For this is the covenant that I will make with the house of Israel after those days, declares the LORD: I will put my law within them, and I will write it on their hearts. And I will be their God, and they shall be my people.
- **Matthew 4:1-4** Then Jesus was led up by the Spirit 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

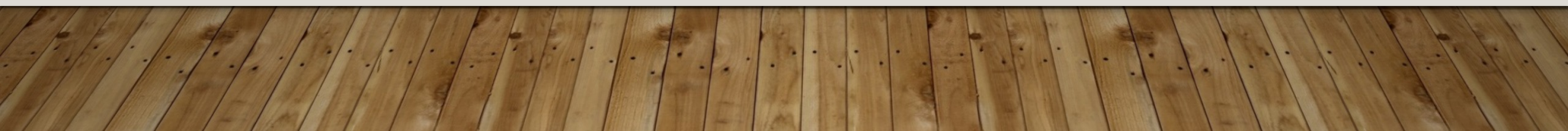
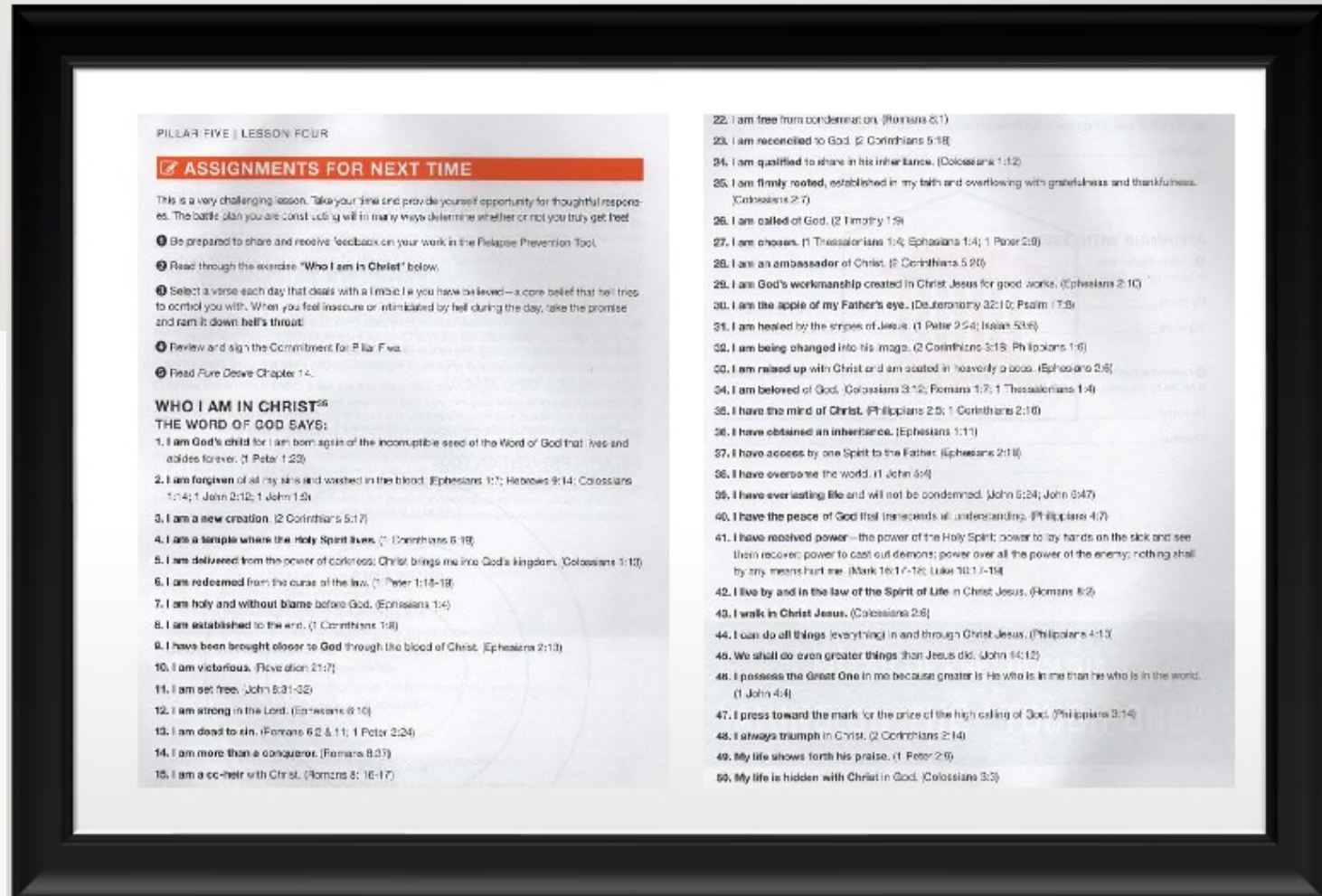
- Florida College
Freedom Fighter
Group
- Appleton Church of
Christ – Seven Pillars
Group for Men
- Group for women ?



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



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
