

Finding Traction

A Wholistic 52 Week Course

Quarter One	Quarter Two	Quarter Three	Quarter Four
Awareness	Awareness	Awareness	Awareness
1. Do I have a problem?	14. External Triggers	27. 6 Pathways of Addiction	40. Recovery Timeline
2. What is an Addiction?	15. Internal Triggers	28. Addiction Cycle Retakes	41. Accelerators/Roadblocks
3. The Addiction Cycle	16. Boundaries	29. Matrix of Restoration	42. Recovery Momentum
4. Getting Started	17. False Beliefs	30. Arousal Template	43. Long Term Challenges
5. Technology Traps	18. The Power of Habits	31. Fantasy and Ogling	44. Dealing with Relapses
Connection	Connection	Connection	45. the F.A.S.T.E.R. Scale
6. Isolation vs. Connection	19. Daily Activities	32. Your Spouse and You	Connection
7. Forgiveness vs. Healing	20. Accountability	33. Rebuilding Trust	46. Self Care Part 1
8. Safe People/Safe Groups	21. Way of Escape	34. Group Principles	47. Self Care Part 2
Healing	22. Putting it all Together	35. The Power of Gratitude	48. A Strong Marriage
9. Your Story	Healing	Healing	49. Building Intimacy
10. Repentance/Rock Bottom	23. Family of Origin	36. Dealing with Pain	Healing
11. Gains and Losses	24. Dealing with Anger	37. Spiritual Roots	50. Role of the Holy Spirit
12. Your Big Why	25. Shame	38. The Spiritual Path	51. The Redemptive Life
13. Is there Hope?	26. Parental Wounds	39. Your Identity	52. Your Recovery Library