

# Healing Plan

PLAN

**Goal:**

(What specific outcome would make this plan a success?)

**Reconnaissance** - See next page for reconnaissance guide.

**Objectives:**

(What results would mark progress progress toward the goal?)

**Strategies:**

(What types of behaviors and dispositions will lead to reaching the objectives?)

**Tactics:**

(What will you do in the moment of temptation?)

**Drill:**

(What tactic will you do daily in order to make it an automatic reaction?)

**Flank:**

(Who will you share your plan with? Who can call on for help in a moment of struggle?)

**Backup:**

(What Angels and Saints will you grow in devotion to and pray to for help?)

**Laws of Combat**

*Principle #1 = **Extreme Ownership** - You are responsible for you.*

*Principle #2 = **Cover and Move** - Take an indirect approach.*

*Principle #3 = **Keep it Simple** - Don't over complicate it.*

*Principle #4 = **Decentralized Command** - Make creative adjustments.*

*Principle #5 = **Lead from the Front** - Default Aggressive.*

PRACTICE

EXECUTE

# Reconnaissance Guide

Preparation: Consider the image of the tree. If your area of struggle were a fruit of this tree, what is happening in your person (the trunk) and your lifestyle (roots) to bear this fruit?

The Trunk: The devil often attacks the individual way we are created to image God in the world. What does your struggle reveal about God's plan for your life? How are you uniquely made to image God's glory to the world?

Roots: What **physical** issues may be contributing to your struggles? (examples: hormonal imbalances, fatigue, chronic illness, lack of movement, poor diet or sleep, stress, environmental toxins, etc.) How could you remove factors that are damaging your body? What could you give your body to help it heal? What sort of medical professional could support you in this process?

What **psychological** issues may be contributing to your struggles? (examples: trauma, mental illness, loneliness, anxiety, depression, unhealthy attachments etc.) Are there unhealed or unresolved traumatic experiences from your past? What type of mental health profession could support you in this process?

What **spiritual** issues may be contributing to your struggles? (examples: false beliefs, identity lies, demonic involvement, etc.) Have you or someone you have been connected to been involved in occult or demonic practices? How do you see yourself as a child of God? Do you cooperate with any identity lies? (examples: "I am stupid", "I am hopeless", etc.) Are you bound by any inner vows? (examples: "I will never love again", "I won't be vulnerable", etc.)

