

RETRAIN TOOL

Adapted with permission from Michael Dye and The Genesis Process.

Circle the behaviors you identify with in each section.

Identify the most powerful behavior in each section and write it next to the corresponding heading.

Answer the following three questions:

01. How does it affect me? How do I feel in the moment?
02. How does it affect the important people in my life?
03. Why do I do this? What is the benefit for me?

Restoration: _____

(Living life God's way—trusting His direction, accepting grace, showing love, sharing honestly and expressing gratitude.)

No hiding and no secrets with self and others; acknowledging sin/shortcomings; working to resolve problems; owning weakness; seeking forgiveness; honoring commitments to parents, coaches, teachers, etc.; completing homework and responsibilities; making intentional time for God, family, friends, school, and physical health; sharing fears and feelings; being open and making eye contact; intentionally moving toward God.

1. _____
2. _____
3. _____

One of the quickest ways we step out of Restoration is by...

Escaping Pain: _____

(Avoiding tough choices, responsibilities, and/or things you don't want to do.)

Procrastinating/intentionally wasting time (e.g., using video games, social media, shopping, Netflix/streaming apps, music); putting in headphones and isolating; acting selfishly; shutting down emotionally; not telling the full truth; messaging someone I know I shouldn't (e.g., text, dms, etc.); breaking promises and/or commitments; giving others the silent treatment; using sarcasm; less time/energy for prayer, God, and schoolwork; overly obsessed with relationships; bragging; wearing a mask/being "fake"; manipulating moments or people; other: _____.

1. _____
2. _____
3. _____

Escaping Pain can lead to feeling...

T **riggered:** _____

(Feeling stuck or overwhelmed by specific emotions.)

Anxious and afraid; not able to name how I'm feeling; replaying past experiences and thoughts; offended by what someone said; judging others intentions (mind reading); being resentful; seeking/creating drama, gossip; trouble concentrating; swearing; sexually aroused; other:

_____.

1. _____
2. _____
3. _____

Triggered then leads to...

R **acing:** _____

(Speeding up to outrun the anxiety.)

Always being "busy"; can't relax; avoiding slowing down; can't turn off thoughts; skipping meals; binge eating (usually at night); overspending; can't identify my own feelings/needs; repetitive negative thoughts; irritable; dramatic mood swings; too much caffeine; over exercising; nervousness; difficulty being alone and/or with people; difficulty listening to others; making excuses for having to "do it all"; overwhelmed; studying for tests/homework because I waited till the last minute; pursuing perfectionism; trouble sleeping; controlled by what others think of me; other: _____.

1. _____
2. _____
3. _____

Racing then leads to the inclusion of...

A **nger:** _____

(Getting an adrenaline high off of rage and becoming violent.)

Yelling and arguing; pushing others away because no one understands; black and white (all or nothing) thinking; blaming and being unable to forgive; procrastination causing crisis in money, work,

and relationships; increased sarcasm; feeling alone; nobody understands; overreacting; road rage; constant resentments; increasing isolation; irrational thinking; can't take criticism; defensive; people avoiding me; needing to be right; digestive problems; headaches; obsessive (stuck) thoughts; feeling superior; using intimidation; gaslighting; regretful; other _____.

1. _____
2. _____
3. _____

Anger then leads to...

Isolation/Impulsive/Indifferent: _____

(Crashing from the adrenaline high, feeling alone, hopeless, and tempted to engage in negative behavior.)

Depressed; panicked; confused; hopelessness; sleeping too much or too little; can't cope; overwhelmed; crying for "no reason"; can't think; forgetful; pessimistic; helpless; tired; numb; wanting to run; constant cravings for old coping behaviors; thinking of using sex, drugs, or alcohol; seeking old unhealthy people and places; really isolating; people angry with me; self-abuse; suicidal thoughts; spontaneous crying; no goals; survival mode; not returning phone calls; missing work; irritability; no appetite; alone in my room; irritated; lonely; staying up too late; watching Netflix late at night; sexual thoughts while showering; laying down in bed alone; traveling alone; breaking rhythms or routines; other: _____.

1. _____
2. _____
3. _____

Isolated then leads to...

No Return: _____

(The point where you finally "cross the line" and act out in a way you said you wouldn't.)

Fully ignoring morals/beliefs; deceiving myself; coping with life; giving up and giving in; out of control; pursuing destructive behavior; feeding my addiction; hiding my actions from others; feeling like I can't go without it; my decision made me feel even more ashamed, guilty, and judged as if nobody cares about me and I'm all alone; other: _____.

1. _____
2. _____
3. _____