

# Like Dragons Did They Fight

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## The Sons of Helaman™

*A Synergy of Eternal Principles and Accurate Science  
for Personal Self-Mastery*

By Maurice W. Harker, CMHC

With

Lucas J. Reynolds

*Revised February 2017*

Like Dragons Did They Fight  
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*“But they fought for their lives,  
and for their wives,  
and for their children;  
therefore they exerted themselves  
and like dragons did they fight.”*

Mosiah 20:11





## Testimonials

*“As a priesthood leader I have referred members to a number of different mental health professionals. For the past several years I have narrowed the number of those professionals to primarily one: Maurice Harker. His research and understanding of sexual addiction is better than any other therapist I have ever met. His methods and counseling (including the Sons of Helaman youth groups) are superior to any I’ve experienced. His success rates at helping people overcome addiction and transgression have been remarkable. I can’t give a high enough recommendation for Maurice Harker as a counselor and therapist.”*

***--President Thomas V. Beard, Stake President, Kaysville Crestwood Stake***

*“I am glad that I found the Sons of Helaman program. It’s made me the man I have become today. I am now home from a mission and I am temple worthy; I like who I have become. I know that anyone who follows what they have learned in this program will succeed. The Sons of Helaman gave me the knowledge that Satan is real and he is doing his best to ruin my life. Also, and more importantly, God became real to me as well as my Savior Jesus Christ—I know they exist. I know they love and care about me and who I become in this life.”*

***--C. F., Graduate of the Sons of Helaman Program***

*“First, I would like to say that this problem truly is a fight, and it will take time to overcome, but the rewards are so worth it. Becoming free will change your life and the lives of those around you for the best. Through this program and the guidance of your peers, you will discover strength in yourself and deeper faith in the Lord. I wish you well, and hope for the best.”*

***--Chris, Graduate of the Sons of Helaman Program***

*"I find the Sons of Helaman program to be a remarkably effective treatment for young men struggling with pornography addiction. Maurice Harker has discovered a powerful key - that adolescent & young adult males respond best when they are in a TEAM environment, and as members of a team they often find the courage to confront & overcome these powerful temptations. They learn that they are bigger than the Temptation after all!"*

**--Larry Lewis, CMHC, author of *Receive Ye One Another***

# Acknowledgements

First, I want to thank my wife. She has been the primary impetus of my inspiration and insight. She has been a guiding light to me. She has been my most accurate sounding board. She has been patient with me as I have taken time from our family to complete these writings. I would not have grown into the man I am today without her.

When I write, I tend to dive deep into a topic, and then I jump randomly to a completely unrelated topic. Lucas Reynolds has saved the day by reading through hundreds of clips of my writings and bringing the relevant pieces together into a cohesive narrative. He has also sat in on many Sons of Helaman group sessions and has written up many pieces to fill in the gaps. He is very insightful and is an excellent student.

My friend and associate, Aneladee Milne, has not only successfully and pleasantly pressured me into completing this book, but she has also orchestrated events behind the scenes to help facilitate the practicalities of getting the book published. She has taken the load off my shoulders in many other areas of my practice, thus allowing me time and mental space to write.

I wish to thank Lisa Peterson and Connie Jorgensen for their editing skills. It appears I am like every other author who does not see the errors in his own writings. I thank her for eliminating all the embarrassing flaws in my writing.

For the 2017 edition, Karen Broadhead, the leader of our Mothers Who Know branch of service, has added some important elements for parents. Several young men have courageously added descriptions of concepts they have found to be very valuable. Most wanted their full names printed because they are proud of what they have learned, but we chose to publish just their first names for client confidentiality purposes.

Finally, I want to thank the young warriors with whom I have learned so much as we have stood, and continue to stand, shoulder-to-shoulder these many years learning and fighting as we go. I am so deeply edified by their strong spirits. They have inspired me to work and teach and learn and write. I just pray the information found in this book will give back not only to them, but also to all the warriors to come.

Maurice W. Harker

## Author's Note

Dear Reader,

I have put my heart and soul into the information you are about to read. The agony I have felt for those who have become slaves to addiction has driven me to provide effective information and services.

In this, the 2017 edition of *Like Dragons Did They Fight*, we made a special effort to make the content more gender neutral and broadened the scope to apply to those who may not be struggling with addiction, but would like to better understand how to use the same principles for self-mastery. Some sections are still specifically directed toward young men, but you are welcome to expand the application to yourself. In addition to our Sons of Helaman training system, we now have Men of Moroni for adult men and Daughters of Light for women of all ages. If you just want to work on self-mastery and are not experiencing an addiction, look into our Eternal Warriors program. For mothers who aren't sure how to help, look into the free Mothers Who Know service. If you are a woman who has been traumatized by the sexual misbehaviors of your husband, you will want to look into our free therapeutic group, W-O-R-T-H: Women of Rebirth – Therapeutic Healing. All details of these and many other services can be found at [www.LifeChangingServices.org](http://www.LifeChangingServices.org).

So many people have expressed to us they have found great treasures of joy in learning how to identify Satanic attacks and respond with skill and success as taught by the principles in this book. I never dreamed it would serve so many people. Over 10,000 copies have sold so far. We hope many more will be served with this new edition. Don't hesitate to contact us and tell us your story!

Before I proceed, I will add a quick disclaimer: I have spent my professional career simplifying complex psychological concepts so they are easily understood by the layman, especially teenagers. The concepts behind what you are about to read are scientifically sound. I write this book for those who are in pain and would like to experience the joy of self-mastery. Most of the principles you read here can

be validated in either LDS doctrine as found in scriptures and conference talks, or psychology research and/or text books.

Some of the principles here are from my own insights, observations and revelations over the past 25 years. These principles are not new. They have been available forever, for all to discover. Many have found them to be of great value as they try to understand the bridge between spiritual and scientific concepts. As with other literature intended to inspire, I will not be able to provide scientific proof of all you read. To gain maximum value from what you are about to read, carefully ponder the principles with a mind open to both sharp scientific concepts and spiritual manifestation. As many others before you have experienced, I am confident you will find these principles resonate with your soul.

If applied diligently, they will lead to amazing improvements in your happiness, confidence and self-mastery.<sup>1</sup>

I felt inspired as I discovered the amazing principles I will now share with you. I hope you feel equally inspired as you read them. Enjoy your reading.

Your Devoted Servant,  
Maurice W. Harker



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PART I  
The Problem



## Chapter 1

# The Pain

You have tried everything. You are not stupid. You have decent self-discipline in almost all other areas of your life. You know better. It is not like someone has to motivate you to stop your misbehavior. You have hated it from the beginning... and still... it comes back again and again and again. It is almost impossible to talk to anyone about it. No one is going to understand. They are just going to tell you what you already know - it is bad to do and you should stop or you are "going to Hell."

For a while, you have maintained hope. You have succeeded before in other things and you believed you could succeed again. You have been a problem solver and you thought you could solve this one also. But... it's not working this time. You have begun to withdraw from those who would be disappointed *if they knew*. You have begun crossing things off of your list of goals for your future, important things like serving a mission and getting married in the temple. As a coping mechanism for your shame, you might be questioning your faith or looking for ways to find fault in what you've always known and accepted to be true. You have started rationalizing.

You may also think there's something fundamentally wrong with you, you are defective, cursed, or must have been "bad" in the pre-existence. You could lie about your struggles like so many others do and get away with it. However, you have lied before, and it only made things worse. Now you avoid those who will be disappointed

and/or judgmental. You catch yourself doing things to get others to leave you alone.

Perhaps at this point, you find yourself identifying with the man in the New Testament (see Mark 9:17-29) who had already tried everything in hopes of finding a solution to his son's illness, yet nothing worked.

Christ was not intimidated by the previous lack of success. He first recognized there was a Dark Spiritual Element involved in torturing the young man. After the father begged for compassion, "Jesus said unto him, 'If thou canst believe, all things are possible to him that believeth.'" Not surprisingly, "the father of the child cried out, and said with tears, Lord, I believe; help thou mine unbelief."

The problems this young man was dealing with were resolved by prayer and fasting. I am going to guess you have already tried that. Two thousand years after this miracle quoted in the Book of Mark, Satan has improved and diversified his fighting weapons. He has become really, *really*, good at what he does. President Spencer W. Kimball taught the fight against Satan and his forces "is not a little skirmish with a half-willed antagonist, but a battle royal with an enemy so powerful, entrenched, and organized we are likely to be vanquished if we are not strong, well-trained, and watchful."<sup>2</sup> He has had thousands of years of practice, and billions of people to practice on. You've had only a few years...and only yourself to work on. Whether you realize it or not, you are in the fight of your life, and the enemy you're fighting against uses weapons unknown to you. In this day and age, the solutions like prayer, fasting, thought control and exercise, are often not enough.

But we do not have to give up. The Gospel of Jesus Christ is the source of all truth. In it we find answers on how to beat Satan, even when he uses his most diabolical "state-of-the-art" methods of attempting to destroy our lives. In ancient Book of Mormon battles, warriors relied on the power of God. They used their *bodies*, the *ferocity of dragons* (Mosiah 20:11) and "*stratagem*" to defeat their enemies (Alma 43:30).

The present day warrior will also need to learn to use a combination of weapons to defeat the enemy. To win this war today, one will also need to fight with the body, the spirit and varied methods of strategy.

We are told over and over again, “God...will not suffer you to be tempted above that ye are able.” So, many conclude if they are still losing battles, it is the result of some kind of personal weakness. However, I have found quite the opposite to be true. To understand my point of view, it is important to read the rest of 1 Corinthians 10:13, “but with the temptation also make a way to escape”. In some stories from the scriptures, like when the Israelites were enslaved by the Egyptians, it took a very long time before a way was provided for them to escape. Likewise, if you have been enslaved by an addiction or a self-mastery issue, it may take time and training at a whole new level and in ways you've never tried before, in order to escape

If you are in this position, I am sad what you have tried so far has not worked. My awareness of your pain is what drives me to write this book.

President Kimball said, “To know where the danger is and to be able to recognize it in all of its manifestations provides protection.”<sup>3</sup> He goes on to warn us...

“The arch deceiver has studied every way possible to achieve his ends, using every tool, every device possible. He takes over, distorts, and changes and camouflages everything created for the good of man ... so he may take over their minds and pervert their bodies and claim them his.

He never sleeps—he is diligent and persevering. He analyzes carefully his problem and then moves forward diligently, methodically to reach that objective. He uses all five senses and man’s natural hunger and thirst to lead him away. He anticipates resistance and fortifies himself against it. He uses time and space and leisure. He is constant and persuasive and skillful. He uses such useful things as radio, television, the printed page, the airplane, and the car to distort and damage. He uses the gregariousness of man, his loneliness, his every need to lead him astray. He does his work at the most propitious time in the most impressive places with the most influential people. He overlooks nothing that will deceive and distort and prostitute. He uses money, power, and force. He entices man and attacks at his weakest spot. He takes the good and creates ugliness. ... He uses every teaching art to subvert man.

The adversary is subtle. He is cunning. He knows that he cannot induce good men and women to do major evils immediately, so he moves slyly, whispering half-truths until he has his intended captives following him.”<sup>3</sup>

Despite President Kimball's admonishment, we need not fear. The enemy is daunting, but we now have a much greater understanding of Satan's modern war tactics than we've ever had before.

You have probably been told in the past, "Watch out for Satan!" I remember similar encouragement, but then realized I was not sure I would notice him if he was attacking, nor did I know what I would do if he did attack. After years of "reconnaissance" and "battle-tested" experience, I am pleased to report we now know how to catch him and beat him!

As you read this book and apply its principles in your life, you will develop the tools to successfully fight your own personal battles. As with the heroic Sons of Helaman in the Book of Mormon, you will need to combine a powerful connection with God (spiritual) with military-type training of your body and mind (temporal). It takes training, education, and practice to win this war, but if you are determined, it can be done. As the Prophet Joseph Smith said, "All beings who have bodies have power over those who have not. The devil has no power over us only as we permit him" (*Teachings of Presidents of the Church: Joseph Smith* (2007), 214).

I invite you to risk hoping again. I invite you to shed humiliation and hopelessness in exchange for personal empowerment and self-mastery. I invite you to learn how to fight in a way that will actually work! I invite you to read on.

First, let's get a better idea of how our opponent thinks. Let's expose his strategy...

## Chapter 2

# The Attack

(From within the mind of Satan)

“It’s not too late! I can still beat God. I can win the war. I need to start by identifying those who are most likely to be leaders of the next generation, and then I will wipe them out! I remember in the times of Moses and of Christ, I was able to persuade the political leaders of their times to commit mass infanticide. All two-year-old children were killed in an attempt to take out the prime individuals who I feared would rise up and cause serious problems for me. That strategy didn’t work. Anyway, in today’s society, political leaders are not willing to commit political suicide. I need to fine-tune my methods of destruction. I have learned a great deal about mortal psychology over the last 7,000 years. I believe I can now truly be ‘the serpent [who is] more subtle than any beast of the field’ (Gen. 3:1).

“I will start by attacking the inhabitants of earth before they are old enough to fight back. I know this is unsportsmanlike of me, but I don’t care. I have observed even though youth do not reach the age of puberty until early to mid-teens, their bodies still have a chemical reaction to opportunities they are given to potentially reproduce. I will use the modern technologies of the internet and cell phones, combined with the impulsiveness of youth, to have young adolescents pass images on to one another as fast as possible, beginning at the age of eight. Most of the youth who experience these chemical reactions will enjoy it so much; they will ignore any whispers of their conscience, despite it saying: *this is the wrong time and wrong place to be*

*feeling these sensations.* They will easily slip into becoming addicted to the physiological chemicals released into their bodies by arousal. But the easily enticed youth are not the ones I am really after.

“I am after the Warriors, the ones who are driven to become someone or do important things with their lives. The loving, supportive adults around them have taught them well, and they are on the verge of knowing who they are. These are the ones whom I must target with great intensity, or all will be lost in my efforts to reclaim the souls of Man. So, here is what I will do. I will invite the calloused ones—the willfully rebellious people who are deaf to the voice of the Holy Ghost—to throw images at these valiant young warriors and mock any attempts they make at self-defense. I can use modern technology to hit them when they least expect it. I can easily convince them *once more won't hurt and no one will find out.* I can get them to allow themselves a handful of exposures to opportunities to reproduce until they experience enough brain chemical reactions they become addicts. Glorious! It has begun. Once this has happened, the seeds are planted.

“I, Satan, have learned from scientists the chemicals associated with sexual experiences of any kind are a fascinating combination of stimulants and soothing agents. Apparently, there is a set of chemicals related to sex which are very healthy and contribute to the quality of committed relationships, but I am not talking about that right now. I have learned there is another combination of brain chemicals involving sex which decreases clear cognitive functioning and increases the likelihood of someone behaving in a manner against their own values system. Some scientists have compared this set of chemicals to mind-altering drugs like heroin or alcohol. Now *that* is way more exciting!

“During the formative years, as a young person transitions into adolescence, the pain and frustrations of being a teenager can become profound. Whenever a youth is experiencing this kind of pain at intolerable levels, I can suggest the need for soothing. This pain can come in so many entertaining forms! There is fear, loneliness, anxiety, depression, hopelessness, feeling over-whelmed, to name only a few. I have also learned each of these feelings comes with its



own chemical reactions inside the human brain. The chemical reactions associated with strong emotions can create the sensation of spinning out of control. For example, with anxiety I can throw ideas into their heads like, *You are never going to get it all done. You are going to run out of time. They are not going to like you anyway.* Each of these primary emotions can be stimulated to the point of real pain.<sup>4</sup>

“I have learned from more scientists, a certain part of the brain is designed to keep track of effective (short term) ways to decrease emotional pain. If, while in the pre-maturation phase of life, the youth’s brain discovered the powerfully soothing chemicals associated with opportunities to reproduce, they will quickly get the idea to use again. If I manipulate the chemicals gradually enough, they won’t even notice the frontal lobe (values system) and cerebral cortex (creative problem solving) parts of their brain shutting down. I can help bring to their awareness the steps they need to take in order to use again.<sup>5</sup>

“Once the activity is over, these chemicals will quickly drain out of the blood stream. The mental energy returns to the frontal lobe and the cerebral cortex and the young person feels very unintelligent. This is so much fun for me because I know for Warriors of any age the need to feel confident and competent is very strong. They ask the question, *Why did I do that* They assume, since they cannot see any outside cause of the problem, *they* must be the problem. When I can set up a scenario where they feel dumb and out of control, they gradually lose all sense of manhood/womanhood.

“The adolescent years are the formative years for identity. I want to arrange for them to go through this cycle many times. Each time they can’t figure out what is happening. If I can get them to start to believe there really is something wrong with them, eventually, they will start to lose hope. They don’t want to feel even more incompetent by asking for help. Gradually, they start to reject even those who love them most. They give up on the future. They allow themselves to slide into lives of quiet desperation – no longer a threat – no longer desiring to become what they were foreordained to become.

“In Doctrine and Covenants section 138, verses 55-56, it reads:

*'I observed that they were also among the noble and great ones who were chosen in the beginning to be rulers in the Church of God.*

*'Even before they were born, they, with many others, received their first lessons in the world of spirits and were prepared to come forth in the due time of the Lord to labor in his vineyard for the salvation of the souls of men.'*

"God wants them to labor in His vineyard for the salvation of souls; but, instead, they will become my brainless slaves...forever!"<sup>6</sup>

## Chapter 3

# A Parable

## Why are They Losing Battles?

When this “vision” of the mind of Satan first started to become clear to me, I was left in a state of shock and fear. The more I learned, the more hopeless I felt. An unseen and extremely intelligent enemy is using scientific means to neutralize the most powerful men and women of the coming generation!

It was a great blessing to remember the phrase from the Old Testament, “Those that be with us are more than those that be with them” (2 Kings 6:1-6).

The question I asked basically was “Why do smart people do stupid things?” Youth and adults who are so disciplined and capable in other areas of their lives can still find themselves struggling with these terrible addictions or struggles with self-mastery. Why is that? Understanding the answer to these questions begins by understanding true psychology—what the word psychology literally means.

“Psychology” by definition means: psych = “spirit”; ology = “the study of.” Putting the two pieces together it means, “the study of the spirit.” Unfortunately, many of my fellow professionals have neglected the spiritual side of understanding addictions. Ignoring man’s spirit, and the Creator of man’s spirit, they unsuccessfully try to find solutions to problems like addiction which plague the human race.

I am convinced humans are by nature good. Because of who we were spiritually before we were born, we have a natural tendency to do good. The only time we do things that are destructive, either to ourselves or to our relationships, is when such behaviors are initiated by an intelligent, skilled, destructive spiritual entity. In our culture, we call this entity Satan.

We have learned Satan is a military strategist. One intelligent element in the strategy for winning a war is to take out the opposing leaders. The young people he targets these days tend to have one thing in common; *they are each a major threat to Satan*. They are on their way to becoming important contributors and leaders in this world.

Satan has learned if you are going to wipe out future leaders you need to do so while they are still young; not yet able to fight back. And, instead of trying to kill them physically, he works to enslave them to addictive chemicals in their youth. He has learned the military strategies used by the British in the Revolutionary War were too obvious and easy to defend. Direct and obvious temptation does not work on these modern, valiant warriors. So, Satan has worked relentlessly to become "the serpent [that] was more subtle than any beast of the field." He can now successfully "tempt" a young person to engage in misbehaviors completely opposite of their moral code and belief system. To illustrate one of the more tricky psychological tactics we have observed Satan using, consider the following experience which may have taken place during the time of the Vietnam War.

### The Radio Trick

Imagine being a soldier back in the late 1960s. You have just finished boot camp, and because of your intelligence and skills, they assign you to be the leader of a team of a dozen soldiers. You are excited to go to war and fight for what is important to you!

A helicopter dumps you and your men on a beach in Vietnam, and before you have a chance to unpack your bags, a leader who has been there a while says, "Drop your bags, grab your guns, go get to that mountain over there!"

With enthusiasm and confidence you lead your men, blazing a trail with your machine gun and flame thrower, until you almost reach the destination. Just then, the enemy increases their intensity and pushes you and your men down into an unfamiliar bunker.

Now you are trying to decide what to do.

While you are there, your radio crackles. There is a voice that sounds like some guy from Texas on the other end.

“Looks like you guys are in a baaaaad sichiashon (situation),” he says in a Texas drawl.

You respond urgently with, “You wanna help us out here, or are you just gonna make fun of us!?”

“Oh, yeah, sure,” he says as he gives directions. “Just take your men and go here, here, here, and here and you will get out just fine.”

“Thank you!” you reply with relief. You call out to your men and lead the way.

Half way out of the forest, the enemy jumps out of the bushes and kills all your men. Right before their leader kills you, he shows you the American radio he stole the other day, and talks to you with a Texas accent.

Is that fair? No, but it is war. We have been told for some time now the last days would be a time of wars and rumors of wars. Unfortunately, most people are still watching for guns, tanks and airplanes. Psychological warfare on a spiritual level is still a new idea.

You see, psychology is still one of the youngest sciences; as with all sciences, there is a lot of hypothesizing (or guessing) that takes place. And sometimes the guessing is discovered to be wrong. Remember back when people at the time of Christopher Columbus thought the world was flat? One popular idea in the field of psychology is the concept of negative self-talk. I'd like to propose to you a better explanation as to what is going on in your mind in those situations.

We have all gained confidence in the idea the Holy Ghost can float ideas into our minds, and they often come undiscernible from our own thoughts. What if, like in the story above, Satan has figured out how to “talk” to us in a voice we thought we could trust? A voice undiscernible from our own voice? Is that a scary idea? Is that fair? If we acknowledge this is a time of war, and Satan will do every

tricky thing he can do to wipe out the leaders of the final generation, we will need to be aware of this type of Satanic attack.<sup>7</sup> Perhaps some scientists struggle with the idea any thought we experience might come from a source other than our own mind. Thanks to prophets we learn we need not feel like the source of evil or self-disruption, let alone, self-destruction is the case, when such ideas come to mind. As we train people to practice self-awareness and increased discernment, more and more they are gaining the ability to tell the difference between their own thoughts, thoughts from the Holy Ghost, and thoughts from Satan.

In a January 2016 youth Face2Face event, Sister Bonnie L. Oscarson, President of the General Young Women Organization, emphasized Moroni 7:17, “But whatsoever thing persuadeth men to do evil (Can we include subtle thoughts that sound like our own voice in this category?), and believe not in Christ, and deny him, and serve not God, *then ye may know with a perfect knowledge it is of the devil*; for after this manner doth the devil work, for he persuadeth no man to do good, no, not one: neither do his angels; neither do they who subject themselves unto him” (italics added).

Most psychology philosophies are “proven” by many individuals reporting, “Yeah that is what it feels like for me.” This being the case, many are now discovering the earth is not flat, or in other words, negative self-talk is more accurately described as *unwanted, deprecating thoughts which come into our mind from a source intent on our downfall*. These thoughts do not come from a mysterious subconscious within our minds seeking self-sabotage. This is a vital insight needed to win this war.

Scary concept, right? But what if this is not even Satan’s best technique!? Guerilla warfare strategies have been around for many years. What if Satan has advanced his strategies to an even more devious level? You would want to know, right?

I will use one of my fictional tales, a parable, to illustrate these most recent advances we have become aware of in Satanic Warfare. This imaginary story takes place somewhere in the middle of the Book of Mormon.

## Lamanites vs. Nephites

The Lamanites return to their camp from another battle with the Nephites having lost again. The leader hangs his head in shame while the followers whine and complain. Yet, once again, they raise their fists and swear oaths that they will win next time, although they have no idea how.

While they are all sitting around, one of the more nerdy Lamanites (you know, the one wearing a pocket protector and quirky glasses and his loin-cloth hiked up to his rib cage) comes rushing out of the forest and into the camp. He approaches the leader of the Lamanite army with great hope and enthusiasm. He is a member of the research and development team.

“Oh Great Leader, while exploring in the forest I found this really cool plant. If we dry the leaves and grind them into powder, then sprinkle the powder into the water source of the Nephites, we can get them all stoned!”

It doesn't take long for the Leader to catch the vision. He takes a team of men and they find the stream that delivers clean drinking water into the Nephite city. Every day they sprinkle some of the intoxicating powder into the water of the Nephites. Not too much though; they don't want the Nephites to notice! Remember Genesis 3:1, “the serpent was more subtle than any beast of the field”.

In the meantime, Captain Moroni is down in the Nephite city fine tuning the strength and skills of his men. They are doing push-ups and sit ups. They are drilling with swords, knives, shields, bows and arrows. They are running laps. And...drinking the water.... Because there is so little of the powder in the water, they are unable to recognize its presence or its gradual effect on them.

After five days or so, the Lamanites, who have been anxiously waiting with weapons of war in hand, rush toward the Nephite city with a blood-curdling yell. Captain Moroni sees them coming and calls out to his men, “Charge!” He is horrified when he looks behind and finds his men of great valor can barely stand on their own two feet. What is going to happen to his men if he sends them into battle in this condition? Even worse, what is going to happen to their women and children if they don't win?

The Lamanites begin to slaughter the Nephite armies. Captain Moroni calls out, "Gentlemen, fight harder!" anxious to motivate his men. This doesn't work. "Gentlemen, fight smarter!" This doesn't work either. "Sing a hymn?! Recite a scripture?!" He calls out with dwindling hope. Imagine how this battle is going to end. Imagine being one of these warriors who has trained his whole life to fight for things he cares about only to find himself unable to correctly use the skills and weapons he has worked so hard to develop.

Let's come back to current reality for a moment. Similar to the story above, Satan has found a way to trigger the brain chemistry of good, solid men and women, young and old; similar to the way the Lamanites drugged the Nephites in the story above. (I will explain in careful, scientific detail, how he does this in a later chapter.) Modern warriors are often very disciplined and faithful in every other aspect of life, yet find themselves slipping into addictive behaviors at a destructive level. They strive to work harder, smarter and to sing hymns, but end up losing battles anyway, and they don't know why.

The following is the story of one of my clients; we'll call this young man Jim.

I met Jim as a newly-returned missionary, still getting used to normal life. Jim had been a good, faithful LDS Missionary and had loved serving the Lord with all his heart, might, mind and strength. He was obedient to the rules, successful, well-liked by his fellow missionaries, and a leader in his mission.

Before getting called on his mission, Jim had struggled with unwanted pornography and masturbation behaviors, but working with his Bishop had conquered this problem and he had moved forward. He prepared worthily for a mission, and couldn't have been more content than in the service of His Savior.

Then, something completely unexpected happened. One day, out of the blue it seemed, Jim's addictive behaviors returned. He didn't know how the unwanted behavior had re-infiltrated his life. He felt embarrassed and ashamed. How could he be a representative of the Lord, and a leader in the mission field, and be committing such a "bad" sin? He felt alone and went to his mission president to confess and ask for help.



During the rest of his mission, Jim struggled with the addiction. How could he be so obedient and faithful in every other aspect of the work, and yet feel completely out of control in this very embarrassing way? He was being chemically altered and he didn't even know it.

After his return home, Jim's bishop recommended that he come see me, and shortly afterwards we were sitting across from each other in my office. When I explained the analogy of Captain Moroni and the drugged soldiers his eyes lit up: "You mean that explains why I could be so good in so many areas, and just never seem to get this under control?"

"That is exactly why."

These two attack strategies, 1) tricking us by using our own "voice" to talk to us, and 2) triggering chemical reactions in the brain which cause the brain to not work right, are very scary. But we need not fear. We were told in 1 Corinthians 10:13, "God is faithful, who will not suffer you to be tempted above that ye are able: but will with the temptation also make a way to escape, that ye may be able to bear it." As with other stories, like Limhi and his people trying to escape from Lamanite bondage, we may not be able to defeat these kinds of Satanic Warfare attacks on first effort or with methods we have used in the past. We may need to advance in our fighting methods as well.

I find myself in a position like unto Captain Moroni of old. It is my job to study the enemy carefully so I can develop new "stratagem", teach the men and women of all ages how to identify (discern) the most subtle of Satanic attacks, and then train them to prevail over such attacks with precision, speed and strength. The information in this book is like unto any sports, music or military training book. It is only a book. You will need to practice, practice and practice with a well-trained mentor if you are going to win such a difficult war.

And never forget, in a war like this, you will need more than mortal strength and skill. The Sons of Helaman in Book of Mormon times understood this concept. You will need to be aligned with the power and angels of God. As Elisha declared to the young man with him, "Fear not: for they that be with us are more than they that be with them. Lord, I pray thee, open his eyes that he may see. And the Lord opened the eyes of the young man; and he saw: and behold, the

mountain was full of horses and chariots of fire round about Elisha.” (2 Kings 6:16-17)

There is a way to win this war, notwithstanding the diabolical techniques of the dark side. I will train you in those methods, but first, in the next chapter I will give a description of how the scientific and the spiritual worlds intersect so you can understand what happens inside the mind of a “drugged” warrior.

## Chapter 4

# The Satanic Spin™

Experiencing re-occurring patterns of unwanted behavior can cause someone to feel very out-of-control. Without understanding why, one can feel a downward, hopeless spiral toward the unwanted behavior no matter how hard you try to control your thoughts and actions. Here are the words of one client. If you've struggled with addictions, this might sound familiar:

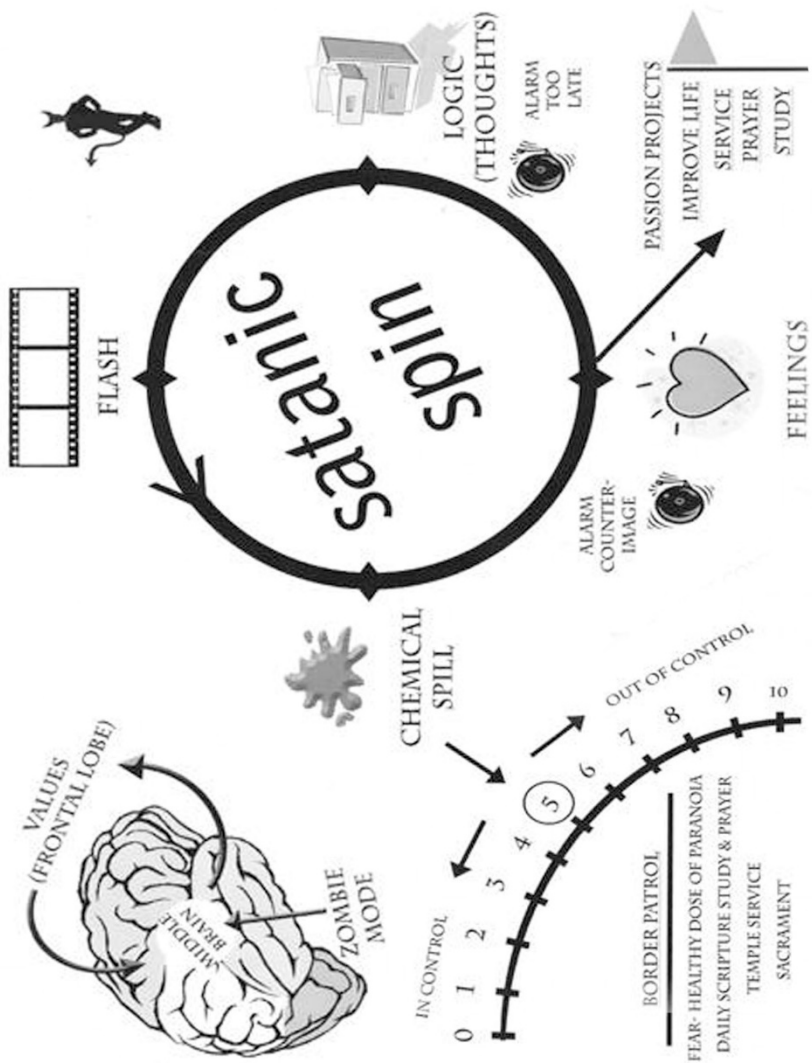
"I cannot describe how it happened. A few minutes before, I thought everything was normal; now my head hangs in shame. I just lost another battle. I hate this. No matter how hard I try, I just lose it. I can be doing great spiritually or emotionally, and then WHAM! It is like I am hit by a two-by-four, knocking me into the ditch. I find myself totally out of control. My life seems to be going normally, and then a random thought will enter, but for some reason I don't have the strength or will to fight it. I know I shouldn't dwell on the temptation, but I feel frozen. Life seems to be in slow motion. *You need to stop!* I try to tell myself. *I will...in just a second*, pops into my mind. Before I know it, the battle is over and I feel stupid. Why is this happening to me? I am usually a pretty smart guy. I can't figure it out. I am losing hope."

This pattern became the primary focus of my professional work. My father used to say, "For such a smart kid, you sure do some stupid things sometimes." On the heels of this I became determined to figure out, *Why do smart people do stupid*

*things?* It is not very interesting to study why stupid people do stupid things.

If you are reading this book, it is because it is really important to you to learn how to gain self-mastery and understand what you are going through. I feel your pain. It is your pain and my own pain that motivated me to discover and fine tune the principles which will empower you to win this war. I hope to encourage you. The answers are here. We know what you are going through and we know how to train you to over-power it. We have studied the scientific and spiritual elements of what you are going through. You need not live in misery and pain due to falling into patterns of behavior which deviate from your values system any more. Refer to the diagram on the following page as I explain the process your mind goes through when you lose a battle.

When people dealing with re-occurring patterns of behavior which contradict their values system describe what they experience before a “lost battle,” a common pattern is revealed, a *spin*, resembling a downward spiral. It feels to them as if they are unknowingly being drugged. I have discovered four elements to this Spin, each element feeding off the previous in a cyclical fashion. There is a gradual acceleration and loss of control which finally culminates in the individual engaging in behavior contrary to their personal values. Sadly, the scientific sophistication of this pattern validates to me the existence of a cunning adversary who has refined his strategies for over 7,000 years!





**1. *The Flash*** – Back in 1957, a marketing experiment was done in a movie theater. It is my understanding they cut out one frame of a film and inserted an advertisement in its place. As the movie quickly scrolled by (about 24 frames per second), the conscious brain overlooked the image, but the subconscious mind captured the idea. Pre-conditioned members of the audience were stimulated with an irresistible urge to purchase the advertised product. The experiment was so dangerously successful it was eventually outlawed.<sup>8</sup>

In my office, I ask my clients to quietly listen for the sound of the ticking clock. Within seconds they hear the ticking and over the next few moments, the volume seems to grow louder. I explain the ticking does not actually grow louder; in fact, our brains have been registering the ticking sound the entire time. We, however, don't consciously notice it. This leads to the question, "Are there other ideas or thoughts coming into our minds, as fast as the movie theater frame and as quiet as the ticking of the clock we might not be noticing at first?"

As with most Christians, we believe in inspiration. By definition it is the experience of having positive, motivating and edifying thoughts enter our minds from an external or divine source, known to us as the Holy Ghost. Sometimes thoughts come from the Holy Ghost because we are asking for them. Sometimes they come without us asking for them. It takes practice to recognize the difference between your own "voice" and the "voice" of the Holy Ghost. As full-time missionaries, we were encouraged to help others feel and recognize the Spirit. As we have all noticed, just because the Holy Ghost floats an idea into your mind does not mean you are forced to continue the thought or follow through on it to the point of action. The Holy Ghost does not control your thinking or your behavior.

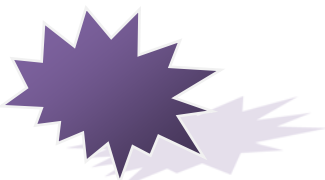
Though not commonly discussed, we also believe Satan has similar power. Satan is able to insert ideas, pictures, thoughts, and information into our mind.

"We should be on guard always to resist Satan's advances. He has power to place thoughts in our mind and to whisper to us in unspoken impressions to entice us to satisfy our appetites or desires and in various other ways he plays

upon our weaknesses and desires.” (Answers to Gospel Questions, comp. Joseph Fielding Smith, Jr., 5 vols., Salt Lake City: Deseret Book Co., 1957–66, 3:81.)

It is very uncomfortable to discover the most “subtle” of all the beasts of the field has learned how to throw ideas into our minds as fast as the movie theater flash and as quietly as the ticking of the clock. This is not a new idea. References of Satan tempting and influencing the hearts and minds of men and women are found throughout the scriptures and writings of modern day prophets. If such thoughts had as little influence as a ticking clock, the results would not be so devastating. He complicates things by speaking in a “voice” which is very difficult to discern from your own “voice”. Many have described the experience as, “It is as if he is speaking to me in my own voice.” It shocked me when I learned he could do this. When he combines the familiarity of my own voice with highly logical thoughts, it is very hard to catch him. I have learned I can only catch him (discern his presence) by the way it feels, or more specifically, the way I feel when he speaks to me. I will explain more how to do this later.

Remember, as I mentioned earlier with respect to the Holy Ghost, just because an idea, or *flash* comes into our mind from Satan, does not mean he has control as to whether or not we continue to think about it or act upon it. But you will find as you read on, the longer it takes you to identify and respond correctly to his attacks, the more loss of control you will experience.



**2. *The Chemical Spill*** – Many have experienced driving a vehicle and seeing flashing lights in their rearview mirror. After the eye captures the image of the police car, the mind registers the meaning of the lights and sends a signal to the adrenal glands, releasing adrenaline into the bloodstream. This entire process takes less than one second. Even if the officer pulls past your car, it takes approximately 15 – 30 minutes for the body’s natural filtering systems to clean the chemicals out of

the blood stream. In the meantime, the body continues having a noticeable physical reaction to the chemicals.

Now let's alter our story. You are back in the car, but this time in the passenger seat there is a man from a remote tribe in Africa, who has never seen a car, a road, or a police officer. Does he have the same adrenal reaction that you had? No! Why? *Because it is not the flashing lights that cause the adrenaline dump, it is the thought of what the flashing lights represent that triggers the chemical reaction.*

In other words, certain thoughts can cause chemical reactions in the brain. Chemical reactions of a psychological nature are not in and of themselves good or bad. People don't usually pay attention to changes in their brain chemistry, but they do notice strong changes in how they *feel*. These strong changes have a significant influence on thought processes and decision making, which lead to behavior. I often compare the power of brain chemistry to fire. Is fire good or bad? It depends, would be the correct answer. The size and location of a fire can either produce good/productive results (in the boiler of an old steam locomotive), or bad/destructive results (burning down a home).

Strong chemical reactions which provoke the strong emotion of fear can influence someone to behave within their values system (run away from a lion) or against their values system (run away from a fight that threatens a loved one.) Similarly, strong chemical reactions which provoke the strong emotion of sexuality can influence someone to apply themselves to nurturing a sexual relationship with someone they are committed to (behave within values system). Or the strong chemical reactions which provoke the strong emotion of sexuality can influence someone to participate in sexual activity outside of their values system (too many examples to list).

When certain categories of ideas come into a person's mind, the chemicals released into the mind signal the brain to transfer processing from the frontal lobe (values based thinking) to the mid brain (survival based thinking). Some of these include anxiety, fear, depression, anger, and sexual response. Without intentional training, the survival processing will overpower the values based thinking. With training, survival based processing can be used to your



advantage. Without training, you can find yourself in more trouble than when the process started.

Unfortunately, it appears not only have we figured out this “thought –to- chemical reaction –to- emotion surge –to- cognitive process change –to- behavioral change” process, we have reason to believe Satan has figured it out also.<sup>9</sup> Satan cannot read one’s mind. “There is none else save God that knowest thy thoughts and the intents of thy heart.” (D&C 6:16) But, after 7,000 years, it can be assumed he has honed his skill of guessing what ideas (“Flashes”) will cause chemical reactions in an individual’s body, thus influencing cognitive processes as described above. Remember, this does not mean the individual is forced to follow the thoughts and feelings. I will address this more later.

With unwanted patterns of sexual misbehavior, Satan’s objective is to float ideas or thoughts into the mind intended to initiate a process which decreases the ability of the individual to choose behaviors in alignment with their values system (good) and increase the likelihood the individual will do things which deviate from their values system. These ideas are intended to cause a release of a set of chemicals which I refer to as Deviant Sex Chemicals™. I use this term to help those who are fighting for sexual self-mastery improve their discernment between healthy sexual sensations in their bodies from sensations which will lead to behaviors which *deviate* from his or her own values. As described above, chemicals themselves are neither good nor bad.

Not all sexual sensations are deviant. The human body can release a set of chemicals that can be referred to as Healthy Sex Chemicals. This is a set of chemicals when released into the body, the body feels sensations associated with a healthy sexual experience within one’s values system. Those who have worked hard to recover from sexual addiction, primarily those who have experienced healthy marriages and healthy sexuality, describe a distinct difference between what it feels like throughout their body when they are moving toward and participating in a healthy sexual experience in contrast with what it feels like when they are moving toward or participating in sexual behavior which deviates from their value system.<sup>10</sup>

(For a more scientific exploration of the brain chemical dynamics associated with what we are calling Deviant Sex

Chemicals, I recommend studying the materials gathered by the organization called, *Fight the New Drug.*)

It is very important for youth to understand there are many sexual sensations caused by body chemistry which are healthy and productive. This set of sensations is not deviant. Elder Boyd K. Packer addressed this contrast very clearly back in 1972, "This power is good. It can create and sustain family life, and it is in family life we find the fountains of happiness. It is given to virtually every individual who is born into mortality. It is a sacred and significant power, and I repeat, my young friends, this power is good."<sup>11</sup> Remember, the word "deviant" in this book refers to that which increases the likelihood of behavior which is contrary to your values system. There need not be any shame or negative emotion about experiencing healthy sex chemistry/sensations. One of the greatest challenges when striving to overcome sexual addiction is to gain the ability to discern if and when healthy sexual chemistry/sensations are contaminated and/or distorted by deviant sexual chemistry/sensations. Because this book is designed to train individuals to overcome behaviors which deviate from their values system, we won't be spending much time discussing healthy sexual /chemistry sensations. This could fill an entire book. I will leave this up to loving and wise parents and leaders.

This whole idea of needing to pay very close attention to whether or not your chemicals and sensations associated with sexuality are healthy or deviant is already daunting enough. Unfortunately, there is another set of chemicals and sensations you will need to attend to if you are going to win this war. As a precursor to stimulating deviant sexual sensations, Satan often works to manipulate other brain chemical dynamics. It probably does not surprise you he will also float ideas into your mind with the intent to cause chemical reactions to increase negative emotions such as anxiety, depression, and boredom. These additional chemical reactions have a strong tendency to inhibit our resolve to fight off the deviant sex chemical sensations and affects when they come. We will talk about this dynamic a whole lot more later.



**3. *Partial Feelings/Emotions*** – One thing makes humans unique from computers. We experience changes in body chemistry, which affects how we feel. We typically don't notice chemical changes in our bodies, but we can, with some effort and training, identify changes in feelings, emotions and sensations. When trained to recognize subtle shifts in body chemistry, one often describes the first wave of feelings using the following words: unmotivated, antsy, bored, irritable, frustrated, curious, anxious, depressed, lonely, angry, bugged, or deviant. Imagine in your brain there are many little buckets, filled with many different chemicals. When various combinations of these buckets are spilled, they can create a myriad of unique feelings. When Satan identifies a young person as valiant and capable and he realizes the Red Coat and the Vietnam strategies won't work with this individual, he tends to turn to this chemical approach to warfare. I am convinced when he wants to derail someone in subtle ways, he looks for an idea to tip a chemical bucket just enough to create a slight change in feelings. A big chemical dump would be too easy to perceive, thus a slight spill is more effective. He does not want the victim to easily discern what is going on.



**4. *Filing Cabinets*** – The human brain stores memories of everything you have ever seen, tasted, touched, smelled, felt or experienced in any way. When you see a previous acquaintance you cannot identify because of an incomplete memory, your brain begins asking, "Where have I seen this person before?"<sup>12</sup> This process happens many times per second in an effort to remember. Similarly, when a single drop of chemical is spilled in the brain, it gives the person a subtle and incomplete set of feelings. When this happens, your brain asks many times per second, "Where have I *felt* this sensation before?" The brain abhors the discomfort of an unsolved puzzle, so it keeps searching its memory files until it remembers a time when it had a similar feeling. When a memory is found in the filing cabinets, it instantly flashes in the mind, becoming the next "Flash" and the spin continues.

***Spinning*** - The human brain can process this entire four-phase cycle in less than one second. 1- Ideas or thoughts flash into the mind. 2- Chemicals are released into the blood stream. 3- The chemicals create partial sensations or feelings. 4- The mind/brain works to find interpretations of the sensations or feelings. Back to 1- The ideas found in the memories flash into the mind thus continuing the cycle. Because we believe Satan has the ability to intentionally choose thoughts and ideas to float into the human mind intended to initiate and perpetuate this cycle toward deviant behavior, we call this the Satanic Spin. (See the diagram on page 21.)

It is important to look closely at part 2 of the Spin. Some chemical experiences in the human mind have been found to have more of an impact on cognitive functioning than others. Chemicals associated with deviant sexuality have been found to have an impact on the mind which can lead to addiction.<sup>13</sup> As with alcohol; each “drink” of this drug will have an increasingly debilitating effect on cognitive processing. In other words, each trip around the Satanic Spin will release mind altering drugs which will decrease values based processing. When does one who drinks alcohol lose control? When driving a car, do they choose to run the car into a pole? At what point was the ability to choose lost? If you tell a drunk driver to choose not to drive his car into a pole, you are addressing the problem way too late. To tell one who experiences sexual addiction, “Don’t click on that,” when they are already “stoned,” it’s too late. Be reminded, although this spin experience is very daunting, we are not powerless. 1 Corinthians 10: 13 states, “There hath no temptation taken you but such as is common to man: but God is faithful, who will not suffer you to be tempted above that ye are able; but will with the temptation also make a way to escape, that ye may be able to bear it.” A person will need to be trained how to discern the micro chemical reactions much earlier in the cycle. They will need a level of discernment never considered before. They will also need a high-speed, accurate and intense response, empowered by divine energy, in order to win each battle, and the war overall. It is my professional responsibility to teach and train you how to escape this type of Satanic Attack.

A common question I get at this point is, "Are you implying Satan can control our brain chemistry and behavior?" Let me clarify...

### Loss of Control vs the Power to Choose

While the experience described above may feel ominous, we strongly disagree with any idea similar to, "The Devil made me do it." We believe and teach that *all* can be taught to catch and overpower this cycle before it leads to behaviors which deviate from the individual's value system. I will explain by breaking down each phase of the cycle described above:

**The Flash:** If you believe the Holy Ghost can make suggestions into your mind, then you have probably been prompted to stop a behavior, e.g. "Don't drink that drink;" "You shouldn't lie about that;" but this does not mean you are forced to behave accordingly. You can still choose to drink the drink or lie. Just because an idea pops into your mind does not mean you have to do what it says. This is the same with ideas that come into your mind from Satan. Just because he floats an idea into your mind does not mean you have to comply with it.

**The Chemical Spill:** Some ideas which come into our minds are accompanied by chemical reactions as described above. If your mother announces she has made your favorite meal for dinner, it is likely you will have a chemical reaction to the idea. If you continue to think about the meal, you are likely to have even more chemical reactions give you a stronger sensation of wanting the food. If you are on a new diet and this food is contrary to the diet, the more you think about the food and experience the chemical reactions associated with the food, the more the compulsion to eat it will grow, and the harder it will be to over-ride the compulsion. You still have not lost the freedom of choice, but as the chemicals increasingly signal your brain to move away from the frontal lobe (values based decision making zone) and toward the mid brain (animal/survival based decision making zone) the

more likely you are to behave deviant to your values system.

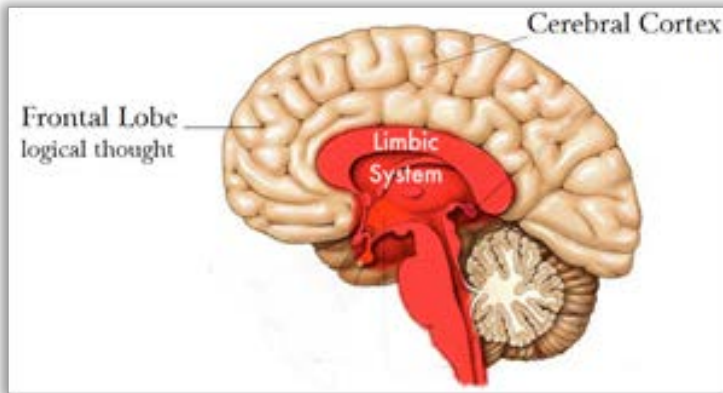
In our Eternal Warriors program, for those who are working more on self-mastery and prevention than sexual addiction recovery, this experience can be referred to as “doing what you feel like doing” instead of “doing what is important to you.”

Some chemicals produce a more intensely compulsive sensation in the mind. While the experience can be somewhat different in each individual (the compulsion to eat chocolate chip cookies can be stronger in one person than in another), if the brain has been triggered by a very strong substance, (e.g. meth, cocaine, and pornography) it is usually much stronger than the compulsion to eat a certain food.

As with alcohol, the more drinks the individual consumes, the less control they have. Thought processes are compromised. Behavior is compromised. And choice, even the choice of whether or not to drink more, is compromised. So the question is, when a drinker, after many drinks gets in his car, and while driving, runs his car into a telephone pole, did he choose to run his car into the telephone pole? No, he lost his ability to choose how to drive correctly somewhere between the first and last drink.

This is the same process one goes through when one slips into sexual misbehavior. The more chemical spills (drinks) the individual experiences due to the Spin described above, the less control they have over their behavior.

So, how do you keep from running your car into a telephone pole? How do you keep from losing your ability to make sure your behavior does not deviate from your value system? This will all be explained in the next chapter.



Before we move on, it is important you understand another role of chemicals in the brain is to tell the brain in which area to heighten functioning and in which area to decrease functioning. This is most noticeable in fight/flight/freeze situations. It also happens when strong emotions build in the body (anxiety, sadness, frustration, hopelessness, boredom, etc.). As uncomfortable and painful emotions build, the energy of the brain vacates the values part of the brain (frontal lobe) and the creative problem solving part of the brain (cerebral cortex), and moves the energy to the survival part of the brain (mid-brain).

The build-up of one or more of these uncomfortable or painful emotions can mask the buildup of Deviant Sex Chemicals under the surface of awareness. These two combined, create the sensation of being “stoned”. We use the term “stoned” because the brain is losing its ability to function correctly, similar to what is experienced by those who are using drugs or alcohol.

By the time the individual notices the invitation (thought) to do something which deviates from their value system, the will-power to fight against it has been greatly compromised. The frontal lobe is asleep and the mid-brain is ready to go. Conscious decision making has come to an end. Satan holds his hands up and innocently says, “What? I wasn’t even there. It was your own choice to do something like that. There must be something wrong with you. You can’t even control yourself. What makes you think you will ever be useful? Give up on being a future leader!”

## Psychological Civil War

This would be a good time to insert a concept I call, Psychological Civil War. Remember the story in the Book of Mormon when the political leader of the Nephites, Pahoran, and the military leader, Captain Moroni almost went to war against each other in Alma, Chapter 60? Imagine if the Lamanites had become aware of this situation and intercepted the messages between the two, then replaced the messages with new messages designed to increase animosity and fear between the two? It would have turned into a civil war. What would have happened to the Nephite resources and people? How much work would it take for the Lamanites to win after the Nephites spent time attacking each other, when in reality, there actually never was a conflict between the two sides?

Because the early scientists of psychology did not acknowledge the existence of an intelligent entity intent on our destruction, they left themselves with explaining unwanted human behavior as one part of your brain in conflict with another part of your brain. We have been told our subconscious can sabotage our conscious brain. We have been taught concepts like, "Negative Self-Talk".<sup>14</sup> Keep in mind the field of psychology is one of the youngest sciences. Many great things have been discovered. But what if the concept of negative self-talk is as accurate as "the earth is flat" as told to Christopher Columbus? What if the truth is a military genius has discovered how to "send messages" designed to get you to fight against yourself, thus depleting all your resources (creating increased anxiety and depression), and making you more vulnerable to his final attacks? Would this bother you?

Again, you need not fear. We now know how to catch this type of satanic attack and to defeat it. The next thing you will need to learn is how to discern to what degree your body chemistry has been compromised. If you keep the Spirit with you as you read this next section, your spirit of *discernment* can grow and be strengthened.



## Chapter 5

# The Chemical Scale™

In order to fight back, the warrior will need to know how “stoned” they are. The Chemical Scale ranges from zero to ten (see diagram on page 21). It is intentionally shaped like the edge of a whirlpool because as the chemicals build, it feels like you are swirling down into a hole. A person experiencing unwanted patterns of misbehavior can identify how “stoned” he or she is by where he or she fits on the scale in that moment. Most people who read this book initially are reading it to understand someone else’s misbehaviors. If you really want to understand this chemical scale, pick a behavior that keeps happening in your life contrary to your values system. (Getting loud with children, eating something outside your health plan, skipping planned exercise, etc.) Keep your behavioral problem in mind as you read. It is best understood by counting backward from:

**10 - Crash.** This is self-explanatory. The individual has a lost battle. By lost battle, we mean there has been a behavior (one or more) contrary to the values system of the individual.

**6-9 - The Fall.** We don’t talk much about this phase because there is not much to talk about. The individual is spiraling.

**5 - The “I Give Up” moment.** This is the moment in time when the individual stops fighting the temptation (this time). His ability to hold on to his values system is exhausted. This is what I call the Action or Behavioral Stage. This can be a conscious decision, but is usually a lack

of decision. They just keep floating down until it's over. (Keep in mind, this moment is the same for those who raise their voice or eat a cookie when they have committed not to as it is for those who view pornography.)

**4 - The Irrational Conversation.** "You know where this is headed." "Yeah, I know." "Probably should stop." "Yeah, I know, I will...in a minute..." This conversation or something like it is very familiar to those experiencing addiction. Is it familiar to you? It is part of the journey to level 5 and ultimately to level 10. This is what I call the Words Stage.

**3 - The "Dude" moment.** This is the first moment the individual notices the thought to do something inappropriate. "Dude, your parents aren't home." "Dude, it's been a while." "Dude, it will make you feel better." Text books call this the "trigger" moment. Religion calls it the "temptation" moment. Men tend to be *thought* oriented, so this tends to be the first stage of the Chemical Scale they recognize. Unfortunately, by the time the individual reaches level 3, he has already gone through two levels of increased chemicals *before they even notice* what is happening to them. At this point there are 30ish drops of heroin-type chemicals floating through their blood stream and in their brains. This is what I call the Thoughts Stage.

**2 - Feelings Stage.** Before the thought of doing something against your values system is thrown into your mind at a noticeable level, Satan has to knock you off balance using emotional pain. "Yeah, but this time I have a really good reason to feel this way." Whether your Achilles' heel feelings are anxiety, depression, self-loathing, frustration, feeling overwhelmed, irritation, or any other negative emotions, Satan will flash thoughts into your head that are true, or mostly true, just for the purpose of increasing the intensity of the feelings and compromising your brain chemistry. All of these negative emotions are associated with chemical reactions in the brain which start to drain the upper regions of the brain and move the energy toward the animal (survival) brain. As the panic increases, the willingness to "do whatever it takes to be relieved" increases, and attachment to one's values system decreases.

“Deviant chemicals” often carry a type of pain relieving sensation. In order to get the brain to accommodate the pain reliever, it needs to experience the pain. Prior to reaching Level 3, the dominant feelings the individual experiences are the painful, negative emotions as indicated in section 3 of the Satanic Spin model. Under the surface, usually too subtle for the individual to notice, deviant chemicals build. By the time the individual notices the invitation to betray his value system; he is too “stoned” to do anything about it. He has 10 more drops of “heroin” in his system.

**1 – Chemicals.** For the purpose of explanation, it takes about 10 laps around the Satanic Spin to get to a Level 1. This means the warrior has about 10 drops of a heroin type substance in his or her brain at this point. You don’t hear people saying things like, “Hey, I think I am having a slight brain chemistry change right now.” Why? Because they don’t notice it. The initial spins are so subtle the untrained individual does not recognize them until it is too late. To help a warrior understand what a level 1 feels like, it helps to know what level 0 feels like.

**0 – Awesomeness.** When a person is at level 0, or in other words, when they are at their best and are not experiencing any satanic distortion, they feel awesome! They are in the mood to do good. They want to serve other people. They want to do well in music, sports, family relations, education. At Level 0, they are in their true, spiritually natural state. Level 1 is when they are a little “off”. This is when they are not in the mood to do good. They, “don’t feel like it,” when it comes to behaviors the warrior values. The sensation of “laziness” starts to creep in. Some who spend a great deal of time at level 1 even start to classify themselves as “Lazy”, having no idea they are under constant attack, in a very subtle way.

As you might guess, the goal is for each of us to function at Level 0 as much as possible. Edmond Burke, a philosopher supporting the American Revolution, said, “The only thing necessary for the triumph of evil is for good men to do nothing.” We are the great warriors of the final generation! We are the Noble and Great Ones. If all the dark side has to do to keep us from our fore-ordained greatness is

to get us stuck at Level 1, where we “don’t feel like” doing small and simple good things, then the war is won, but not by us. I am sure Satan finds great pleasure in using the Spin to get the Noble and Great Ones to reach Level 10, but I am also convinced anytime he can get an individual entangled at any level between 1 and 10, it keeps the individual from anxiously engaging in a good cause. I hope this bothers you. I hope by now, after reading about this amazingly subtle attack on your mind and on your life, you are beginning to become ferociously determined to learn how to win! Let’s go there now!





# Part II

## The Solution





## Chapter 6

# Warrior Chemistry™

## Vs. What Has Not Worked

To understand which battle plans work in fighting Satan, we need to first understand which strategies do not work. Historically, in the field of psychology, the solution to self-mastery issues has been “thought control”. The basis of this intervention is when an individual has deviant thoughts; he or she should simply kick them out and replace them with constructive thoughts. This may be effective for someone who is not experiencing an addiction; however, it lacks effectiveness for someone who is experiencing an addiction and has a pattern of losing control of their behavior.

From a spiritual perspective, the use of “thought control” underestimates the power of Satan. Satan’s primary weapon is his ability to affect our thought process. It is unfortunate we, with less than 100 years of experience in thought control, are pitted in battle against Satan’s 7,000 years of practice. But, as with David against Goliath, and Moses against Pharaoh, we can win.

It would be nice to stop the Satanic Flashes, but we learn in LDS scripture God allows us to be enticed by both good and evil. This part of the spin cannot be eliminated. I often ask the question, “When will the Lamanites stop attacking the Nephites?” The sobering answer is, “When the Nephites are all dead.” Some have been heard to say, “Once an addict, always an addict.” I disagree. But one must be sober enough

to realize no matter how righteous and strong you are, the enemy still wants to destroy you and will still try.

Next, it would be nice to disconnect the flashes from the chemical spills, but even when we are able to disconnect a flash from a chemical spill, Satan simply finds new flashes. Referring back to the Chemical Scale and the Satanic Spin, quite often before the individual identifies they are under attack and becomes aware of their thoughts, they are already at level three. This means they are already under the influence of several chemicals. It is like asking a drunken man to concentrate on driving his vehicle and to stop swerving outside the yellow lines. It is common for both drunks and those experiencing addiction to believe they have control of their minds, when in reality they do not because they are “under the influence”. A drunk may drive in what he thinks is a straight line, and one experiencing addiction will act in what he thinks is a logical and rational manner.

This is especially common in marriages, and is especially destructive too. If you have been married while experiencing on-going addictive behaviors, please, get professional assistance to help you see the impact your behaviors have had on your spouse. You are highly unlikely to be aware of it on your own, let alone know what to do about it.

### What Does Work!

Since thought control is insufficiently effective for one experiencing unwanted patterns of misbehavior, what will work? Everything I found in text books referred me to thought control. Nowhere was found any acknowledgment of a spiritual element in this war. As I mentioned before, the word psychology means *the study of the spirit*. Please observe how temporal (body) and spiritual resources can work together to win this battle and this war!

After many long hours pouring over psychology books for the answers, there appeared to be no solution. Then I remembered a scripture I had heard many times: “If any of you lack wisdom, let him ask of God.” (James 1:5) I learned during the first three years of my study of psychology God is

a good psychologist. As I read my text books and asked Him to clarify the principles, I realized how smart He really is!

After laboring through a period of time where I struggled for answers, God responded with a thought I was familiar with, "You are making it too complicated." Next came the thought; "What do you have that Satan does not have?" After several inaccurate, overly complicated responses, I finally thought, "A body!" He confirmed, "You are right!" I thought, "But that seems to be the problem!" He answered, "Go back to your textbooks and find out why your body is the answer."

As I referred back to my text books, I remembered "all things are created both temporally and spiritually." Temporal can mean "of the body". I remembered from a chemistry class certain chemicals neutralize each other. Going back to the Lamanite/Nephite story, everything would have been completely different if before the Lamanites arrived at the city, one of Captain Moroni's scientists discovered a different plant which held within it a chemical set to neutralize the Lamanite drug put in the water. If, after the Nephite warriors consumed this new plant, the mind altering drug was neutralized, the Nephite warriors would not have to be retrained; they would regain their strength, their skills and their values! The Nephites would surprise the Lamanites and continue in dominance!

After understanding this perspective, my quest became finding how to release the chemicals in the brain that would counter the deviant chemicals. What were these chemicals, and how were they activated? I felt great relief when I found there is a way to counteract the mind altering chemicals floating around in our bodies as a result of the Satanic Spin. We call this counter-chemical, "Warrior Chemistry".

## Warrior Chemistry

The best way to understand Warrior Chemistry is to experience it.

Imagine, on a Friday afternoon, after a long week at work, you get a phone call from your wife. She says, "I have made arrangements for the kids tonight, we are going to have an empty house. I would like to have a stay-at-home date

night with you.” You are no dummy. You know what that means. You find a way to get out of work early so you can pick up flowers, take-out, and a video.

As you pull up to your house, you try not to squeal your tires with enthusiasm. As you move toward the front door, you try not to prance like a ballerina! As you approach the front door, you find the door is already 6 inches open. That’s strange....

As you push the door open, you hear your wife screaming. As you enter, you see a guy in a ski mask throwing your wife to the ground.

What action do you take?

He knocks you to the ground and calls you a wussy Momma’s boy and invites you to sit there and watch because you might learn something.

What action do you take now? There is no time to call for help. Do you sit there and let her scream as the masked man rips at her clothing?

What if you have to make him bleed?

What if you have to kill him?

Is God okay with that?

If your answers to these last questions match what you have learned from the Book of Mormon, it is not only our deep animal instinct to protect our women with ferocity, but it is our God-given responsibility to do so. He made us as men naturally protective and ferocious—the perfect guardians for His precious daughters.

Would it matter if the man is bigger than you? No. If you think back now to the way your body felt while I was telling the story. Imagine even more how your body would feel if you had to go through this experience in real life. You would feel a powerful combination of fear, anger, panic and love. These feelings are the result of a chemical spill in your mind we call “Warrior Chemistry” (in women we call it Mother-Bear Chemistry). For women, instead of the story above, I just have them imagine someone grabbing one of their children. That’s usually enough.

I am convinced God instilled in our bodies this set of chemical shifts designed specifically to be used in times of battle to actually make us stronger, quicker and more protective when our loved ones are under attack. These

chemical shifts empower men and women old and young to be able to overcome an enemy far stronger or faster.

I have observed these chemicals not only empower our bodies to be more powerful and effective in fighting the enemies of our loved ones, it also empowers the body to fight biochemical warfare with Satan. These chemicals neutralize the debilitating chemicals used by Satan. In layman's terms, a warrior can tell when he has successfully changed his body chemistry when "like dragons" (Mosiah 20:11) he does fight.

In our culture, these warrior chemicals and their related feelings are rarely accessed, primarily because they are rarely needed. In most modern cultures, men do not usually have to physically fight invading Lamanites as the Nephites did. Unfortunately, it leaves our men untrained in using Warrior Chemistry and in protecting their families. In the Sons of Helaman program, young men are trained to use this biochemical weapon quickly and instinctively. They learn to use techniques found in the military, sports and music. As with the men of the Book of Mormon, our young warriors combine these temporal skills with their spiritual training so they can kill Lamanites on Saturday and still be able to teach Priesthood on Sunday. The same training is now available in the Men of Moroni, Eternal Warriors and Daughters of Light programs.

### Practical Application

Before a warrior can use this weapon correctly, he must be trained to recognize when his chemicals are being manipulated by Satan. This means, instead of setting the alarm at the previously trained level of awareness, (deviant thoughts—level 3); the alarm is moved up the scale as close to zero as possible. When the alarm is at level three, by the time an individual recognizes their thoughts are deviant, it's probably too late. The body is so full of the deviant chemicals most of the will to win is already lost. The signal the deviant chemicals send to the brain causes the energy of the brain to leave the frontal lobe (the values system) and move to the mid-brain (the animal).

In training, by moving the alarm up to levels two (feelings) or one (chemical), the individual is alerted to chemical spills at the very earliest levels, prior to reaching

the point of no return. This increased discernment is one of the crucial skills taught in the programs taught by Life Changing Services. The warrior must learn to feel very subtle shifts in his/her brain chemistry and feelings. When it's felt, the alarm goes off.

An increase in the Spirit of Discernment is required to acquire this increased sensitivity. Similar to the way a wine tester increases his sensitivity toward the subtle differences with practice, we set up situations in the group setting designed to increase discernment of shifting feelings and body chemistry within the young person. Along with increased awareness, we work to increase intensity and speed of response.

To facilitate this, we work to make use of the same part of the brain used by military men in battle situations when they are asleep. As a military man falls asleep in a battle situation, he sharpens his "listening" skills for any sound that could represent danger. He puts his "adrenaline bucket" nearby so as soon as he hears the snap of a twig, he will be flooded with the energy necessary to fight quickly. With increased sensitivity, the warrior fighting against addiction or for self-mastery will be able to feel slight chemical shifts (snap of a twig). With practice, the body can be flooded with warrior chemistry within seconds.

When the warrior "hears" an attack coming, he/she initiates a process of intentionally changing their own body chemistry by activating "warrior chemistry." Warrior chemistry is a combination of the feelings of anger, love, determination, and ferocity. This is the same response the men of the Book of Mormon used to protect their lives, wives and children: "Like dragons did they fight" (Mosiah 20:11). In this chapter, you may remember, the Nephites of King Limhi were outnumbered 2-1 by a ferocious Lamanite army who "fought like lions for their prey." By fighting "for their lives, for their wives and for their children" these outnumbered soldiers were able to decimate a hopelessly larger enemy.

Satan is just as intent on enslaving valiant young men and women today as the Lamanites were intent on enslaving the people of Limhi. He is fighting "like a lion", and will not stop fighting as long as there is a chance of success. Satan unleashes all his forces to put us in bondage. Most of

those experiencing addiction or struggles with self-mastery feel like they are fighting a battle outnumbered at least 2-1, if not infinitely more. However, just as the Nephite soldiers used warrior chemistry to win a hopeless battle, I have seen many young people overcome this type of satanic attack with the weapon of Warrior Chemistry.

Today, the battle against addictions and for self-mastery is just as real as the Nephites' battles against the Lamanites. The Lamanites would destroy families through slavery, and Satan would destroy families through addictions and lack of self-mastery. This is not a battlefield for halfhearted soldiers. In my experience, any person, young or old, not yet experiencing these chemicals and sensations associated with dragon-like intense ferocity, is not yet fighting hard enough.

### How Ferocious do I Really Need to Get?

It is mature and appropriate, when we are under attack by a foe, to first attempt to resolve the problem with dignified diplomacy. If someone enters your space and shows signs of wanting to intrude upon your rights (e.g., kill you, assault your wife and take your children for slaves), you may first try to talk them out of it in a firm, but controlled tone of voice.

If this does not work to dissuade him, unfortunately, you may have to turn to a less dignified form of "communication" in order to successfully protect yourself and your loved ones. These more intense interventions can be uncomfortable.

I am convinced one of the amazing strategies Satan has been using during this time in history is to keep men from feeling the need to experience the higher levels of ferocity needed to truly protect one's family. This leaves men unprepared when he attacks. Throughout much of recorded history it has not been uncommon for men to carry weapons with them at all times, because there may have been threats of a significant nature to them and their families at all times.

When we are taught Satan wants to destroy families, we need to take it seriously. His reputation, "the Serpent was the most subtle of all the beasts of the field," remains true. His attacks on the human mind really are intended to destroy

families. He really does work on the minds of men until they are distorted enough to hurt their own wives. And worse, he is so cunningly convincing some men think they are justified in doing so. They will verbally, physically, or sexually abuse their wives and feel completely justified in doing so after experiencing addictive behaviors for a time. Satan really does want to assault our women, and successfully does so through the unkindness of the husbands, through inappropriate sexuality, etc. This vicious attack also affects the children who are often tempted and stolen away while the parents are incapacitated.

As we discussed in the Satanic Spin, after a great deal of research and observation, I have discovered the chemistry of the brain has a great deal to do with the decision making process. With careful and meticulous efforts using carefully crafted thoughts, Satan can trigger chemical changes in the brain causing people to lose touch with their values system and make decisions damaging to themselves and others. The “antidote” to this mind distorting set of chemical shifts is released into the brain of a man when he feels the same feelings he would feel if he needed to protect his family from violence. This level of ferocity often elicits thoughts and words not common in the man’s language. If I were put in a situation where I either had to kill a 20 year old soldier from another country or let him kill my wife and children, I would experience some strong feelings about it. If he were bigger than me, I would need these strong feelings and the chemicals associated with them in order to have sufficient strength to protect my loved ones. The chemical shifts associated with these feelings are just as effective in strengthening the brain and empowering it to override the subtle, debilitating chemicals triggered by satanic efforts.

For the untrained, if you are going to beat this, you are going to have to do the little things with great ferocity! When it is time to read, FIGHT to read! When it is time to pray, FIGHT to pray! When it is time to empty the dishwasher, FIGHT to empty it. When it is time to do homework, FIGHT to get it done! When it is time to NOT turn on the TV, start the computer or play a video game, FIGHT!



## Warrior Chemistry in Action

I asked a client how Warrior Chemistry had helped him in his battles, and he wrote back the following:

*“There are many ways to fight the adversary; many sing hymns, quote scripture, or try to think of spiritual things. I’ve tried all those things many times and quite honestly it hardly worked for me. I had to combine something temporal along with my spiritual tactics. I had a very hard time fighting off the devil on my own. I didn’t have the proper tools, until I started the Sons of Helaman program. There I learned more tools to fight against Satan. Not only was I shown how to use them, but how to use them effectively.*

*“The one tool I use today and will use forever is... ‘warrior chemistry’, also known as protective anger.*

*“In order to learn how to use this tool I had to learn how to imagine myself in different situations, such as fighting off someone trying to take advantage of one of my friends or mom. Science has demonstrated that your mind doesn’t know the difference between imagined experiences and the real thing. You will feel the same feelings imagining it as if it is actually happening. To be effective with this tool I had to learn how to do drills, so at a moment’s notice when I needed it, the warrior chemical release would become automatic. To do this I allowed myself to feel a little drip of the deviant sex chemical, and then used my warrior chemistry to get rid of the feeling. I’ve done it so many times now that it has become automatic, I can’t tell you how much it has changed my life. I finally feel free and I finally feel like I have some control over my life.” –C.F.*

## Call to Arms

A young man is walking through his day doing good things, and Satan observes if he stays on this path, he is going to become a significant contributor in the fight for good. Satan starts by flashing ideas in the young man’s mind, almost instantly causing subtle chemical reactions. The trained warrior realizes almost instantly he is being messed with, and he is not okay with that. He detects his chemical state is being altered and immediately activates his “warrior chemistry” feeling protective anger against his enemy who

would destroy him and his family. The deviant chemicals are neutralized and the warrior's chemicals, feelings and thoughts return to normal. Values, creative problem solving and determination all come back. To finish off the enemy in this battle, the young man follows through on his training to do something good in that moment of crisis, above and beyond what he would typically do. If the chosen activity makes the life of a woman more comfortable, this is even better.

Because one of Satan's main goals with sexual addiction is to hurt women, inflicting pain and making them cry, anytime these warriors bring a smile to a woman's face, they have defeated the enemy! Yes, he will be back, but the warrior can continue to punish him for attacking.

### The Need to be on a Team

When a person of any age falls into addiction, it usually takes more help and training than can be accessed alone. Practicing martial arts or sports without practice opponents will be insufficient. Satan can, and often does, float thoughts into the minds of warriors intended to create feelings of discomfort around the idea of working closely on a team with other warriors. Now, why would he want warriors to fight him alone? It is not a sign of courage or strength to offer to run into the jungles of Vietnam by yourself in an attempt to win a battle. The humility of knowing when it is time to align yourself with a team often is life or death. I invite you to seriously question any idea that heightens embarrassment.

Those who battle addiction must do all they can to overcome on their own. Self-sufficiency builds self-confidence. You will have many successes! But when the enemy starts to cheat and hits you with more than you can handle, it is an indication you are a bigger threat than you thought. If you feel like you just can't win, and like you are fighting more demons than you can handle alone, it means Satan is so intimidated by you that he has assigned a lot of demons to attack you. This means you are a bigger threat than you thought! It does not mean you are weak. Align yourself with a team. You have too many God ordained works to

accomplish in your life. There is not time to be stuck isolated and miserably bound by these chains.

What Effect Does Sons of Helaman Training  
Have on Young Men?

**I Know What It Feels Like!!**

A Warrior's Battle to Win...

By Parker

**Before I was Trained: The BONDAGE**

I know what it feels like to be in the dark and see no light anywhere.

I know what it's like to not be able to escape the insulting voices in your head.

I know what it feels like to not want to do anything but cry because you don't know what else to do.

I know what it's like to hate yourself.

I know what it's like to wonder why you should even try because a voice in your head will immediately not allow you to enjoy it or even handle it...you're just too big of a loser.

I know what it feels like to hear Satan and his demons laughing at you because you're so helplessly stuck in their power.

I know what it's like to not have any control or stability whatsoever in your life.

I know what it feels like to think about ways to kill yourself so you can end all this crap.

I know how it is when the only way to cope with the pain is to purposefully dump deviant chemicals into your system to numb yourself.

I know how it feels to wonder what other excuse to use when the next person asks you, "What's wrong?" or "Can you come to the temple?" or "Can you help with the sacrament today?" or "Have you got your mission papers started?" or "Shouldn't you be on a mission?" ... "Aren't you 19 already?"

I know what it feels like to **again** shake your head “No” to the sacrament tray and wonder who notices you not taking it every week.

I know what it’s like to wonder how you got in this hole, and how you are ever going to get out.

I know what it’s like to doubt everything you once believed in.

I know what it feels like to have so many voices in your head and you don’t know which one is the truth.

### **After Training: The FREEDOM**

I know what it’s like to use warrior chemistry and tell Satan to go play in traffic.

I know what it feels like to have power over Satan.

I know what it’s like to be in control of my life and my thoughts and my feelings and not let some old man influence me.

I know how it is to snipe Satan from 300 yards away at the slightest movement he makes in my direction.

I know what it’s like to feel the spirit cleanse me from all the wrong that I’ve done.

I know how it is 5 minutes after losing a battle to know that I am still the man and can look ahead with hope and strength.

I know what it feels like to have the Atonement of Jesus Christ work on my heart and change my desires to what he would have them be.

I know what it’s like to be so confident and happy that my cheeks hurt from smiling so much.

I know what it’s like to experience the most ecstatic joy I’ve ever felt in my life.

I know what it feels like to know that whatever happens today, whatever trial comes my way, I can handle it.

I know how it is to wonder why Satan even tries to tempt me, because it’s worthless.

I know what it feels like to fist bump with God.

I know what it's like to talk to a girl and allow myself to just soak in the joy.

I know what it's like to walk through the mall and have girls check me out, and not even think twice about it.

I know what it's like to talk to a girl and have a voice in your head tell you; "You're such a stud."

I know what it's like to be prompted by the spirit to talk to someone that needs MY help.

I know how it feels to talk with your Father in Heaven.

Another warrior reports...

*What have you learned because of this struggle?*

I have learned who I am. During my addiction, I felt, and after years of no progress, began to be convinced that I was a pathetic loser, that I was a fraud, that I was a cheat, that I was a pedophile, I was a sinner, I was an outcast, I was a liar. I would've said that I was fake, I was evil, I was pitiful, I was disgusting, I was gross, I was alone. I was truly not worthy of anything good.

Now I know who I am. Go ahead, ask me who I am! I'll tell you. I am a son of God. I am a warrior! I am a recipient of eternal love, mercy, long-suffering, and compassion embodied in the Atonement of the Savior Jesus Christ. And one of the most beautiful things is that I would not be who I am today without having gone through this addiction. I would not understand who I am without life's storms. "The refiner's fire is real, and the qualities of character and righteousness that are forged in the furnace of affliction perfect and purify us and prepare us to meet God." (Elder Quentin L. Cook) The refiner's fire is real, I know that now. I know it is real for each of us individually, and I also know it is real for our families. This storm raged and beat against our family for many years. It affected each of us differently. My family came to know Jesus Christ; indeed when at one point we had no sure footing or foundation, we now stand firmly on the Rock of our Salvation, even Jesus Christ. He is our foundation, and we have come to know that through this

struggle. Just as this quote says, our family has been perfected, purified and prepared to meet God. We are stronger because of what we've been through. We are far from perfect, but we know in whom we trust - we know who has led us through our trials and tribulations!

I have learned this is a real war, with real wounds and real casualties. This war has showed me the truth – the truth behind this life's purpose, the truth behind this battle between good and evil, the truth behind the struggles of mortality. This truth is the great plan of redemption, offered to me freely through the life, suffering, death, and resurrection of The Only Begotten Son, even Jesus Christ. The victory over death and hell and Satan. The triumph over evil, over sadness, over pain and anguish. Because of Jesus Christ I do not have to be what I have been. Because of Jesus Christ I can rise above past problems. I can watch them die, I can blot them out. The Savior can literally give me a new heart – a new life – if I am willing to give *Him* my old one. That is the truth – the truth that has set me free.

Did I ever try giving up? Yeah, I tried giving up. It didn't work, trust me. At one point, I decided that it wasn't worth trying anymore. The road was just too steep, too long, and too hard – I'm never going to make it, so why try. So I gave up – just decided that I would live with this forever, that I might as well give up on serving a mission, on getting married in the temple, on having a beautiful family that I always dreamed of having.

But I eventually hit rock bottom. I came to know for myself the truth of the last verse of Alma 30 – that the adversary does not support or uphold those that choose to follow him. Oh, he sure makes it sound like he will though, he promises fun and excitement and pleasure and acceptance, but none of it does he fulfill. I was left completely alone, completely empty, completely disgusted with myself.

So giving up doesn't work, trust me.

For years I went to professional counseling, and for years I continued to struggle, never going any notable amount of time without misbehaving, never being able to break out of my addiction. During those years, my efforts were backed by the study of behavior. Boyd K. Packer said, "True doctrine understood, changes behavior faster than the study of behavior, changes behavior." My

experience proved the truth of that principle. The point I began to change, was when I began to study, ponder, understand, and apply true doctrine. I began to see an increase in God's truth in my life, His light, intelligence and glory.

## Chapter 7

# The Counter-Attack

Just like Moroni's soldiers from our story, today there are many of God's faithful soldiers "drinking" Satan's contaminated water. The Adversary knows how potentially dangerous these young warriors can be to his kingdom and he won't take any chances. He uses his keen intellect and 7,000 years of manipulating experience to debilitate bright and promising warriors.

I decided I couldn't sit back and let Satan get away with this spiritual sabotage. I had to do something. The youth Satan was doping up and dragging into addiction needed to learn how to fight back. They needed to learn about warrior chemistry and other tools to enhance their spiritual fight against the adversary. In response to his efforts to destroy the lives of our youth, I have worked closely with God and other dedicated professionals to bring together several teams: The Eternal Warriors – for those who are not experiencing addictions, but want to improve self-mastery. Daughters of Light – for women of all ages fighting sexual self-mastery, self-harm behaviors, and other struggles common to women. Men of Moroni - for adult men fighting sexual addiction, and our flagship program, the Sons of Helaman!



## Sons of Helaman™

The Sons of Helaman is a group of young men who have dedicated themselves to helping each other overcome unwanted addictive behaviors, primarily those of a sexual nature. In a “Knights of the Round Table” environment, they encourage and help their brethren in the fight against this demon that assails them. With the guidance of a Licensed Master’s Degree level clinician, they practice and develop the warrior instincts required to conquer these addictions for the rest of their lives. They learn the strategies the adversary will use against them and are trained how to use the most powerful weapons to defeat him.

Graduation from the program requires successfully conquering the addiction for 12 consecutive weeks along with making and keeping the 6 MANPoWeR goals for 28 consecutive days during the last four weeks of the program. By this time the young man has acquired a healthy fear of the power of Satan and a reverent alliance with the power of God. He will have practiced calling upon the power of God to serve himself as well as those he has grown to love. He will have gained a familiarity with the words of the prophets and will discover how they apply to real life. He will have gained an unusual amount of control over his thoughts, feelings, and body chemistry that will serve him throughout his lifetime. After graduation, the young men are encouraged to return as often as they wish, free of charge (as long as they keep winning), for the brotherhood and continued education.

The young men who are experiencing this training find it to be much more enjoyable and much more effective than individual therapy. Each group is facilitated by a licensed mental health clinician who has been personally certified by the Director, Maurice W. Harker, CMHC. Parents and bishops have been pleased with the cost efficiency being approximately one-fourth the cost of individual therapy. When a group averages more than eight members, another group is formed. New enlistees join already existing teams in order to accelerate their training.

In this next section I will outline how the group training works. I will teach you many of the principles

of addiction recovery. As you read and apply them you will be given tools to fight and win against the demon that assails *you*. You will be able to come off conqueror and live a life pure and worthy, happy and free. Fight as much as you can on your own, but if you are unable to achieve sufficient success, join a team!

From a Wife-to-Be of a Sons of Helaman Warrior

I received the following from a young adult woman who is engaged to one of the graduates (Generals) of our Sons of Helaman program. (In case you are wondering what the young men are learning from our trainings.)

"I just wanted to thank you for all of your efforts towards this wonderful program. Thank you for taking the time to understand and study addictions that are so hard and sensitive to the emotions in a lot of ways. I am soon marrying ----- in the Salt Lake temple for time and all eternity in August. Thank you for giving this wonderful Son of God hope, comfort, and the knowledge of how to overcome things that Satan had convinced him he could not. Thank you for seeing his potential and helping him understand that his Heavenly Father was and is still supporting him, gently encouraging him to change and become whole again. Showing him that his Savior is there to help him. Helping him find valiant heroes to model his life around from The Book of Mormon. Thank you for helping him realize that he is not alone. He now can reach out to others and strengthen them because he has walked that lonely path and understands that you are not the only one fighting for truth and righteousness in a chaotic world. You taught him tactics that changed his life, my life, and our family's lives forever and counseled him in moments of distress. He is a man full of honor and virtue and has become my personal warrior and defender and most of all my hero. You taught him to defend and protect women. He goes above and beyond to do that. Thank you for giving him the opportunity to shine his light, a light full of righteous power that cannot be hid."

May you be blessed for all you have done.

Full of gratitude,

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Part III  
The Battle Plan



## Chapter 8

# The Team Process

There is great power in fighting against the enemy in teams – not unlike a military troop. I will describe in this chapter how the team/group process works in Sons of Helaman. You will be empowered to conquer the addictions faster if you understand the process. You are welcome to do your best to implement this process on your own. Training is available for those who want to work alone by using a Personal Warrior Trainer, but in the end, Satan will always try "there is something uniquely wrong with you" until you meet and associate with other warriors. He will also maximize the shame feeling unnecessarily. If you feel any ongoing shame or desire to hide, then Satan still has something to mess you up with.

Group sessions work best when there are more than three and fewer than nine participants. The team meets once a week for just less than two hours. If interest in the group exceeds eight members, an additional group will be started once four or five more individuals show interest. Each group is intended to be on-going. When one member graduates, a new member can take his place. This allows for participation from individuals at every level of progress. More advanced young men can mentor the beginners. Beginners eventually become leaders.

Before joining a team, there is a one hour visit with the group facilitator, the young man and his parents (if he is a minor). In this meeting we make sure the program is a good

fit for the young man and teach him and his parents the basic principles behind the work we do.

When a new group member comes to his first meeting, everyone introduces himself using only first names (for confidentiality reasons) and sharing something interesting about himself.

Each warrior is expected to record days of success (no misbehaviors) and days that contained lost battles with different markings on a calendar. This has proven to be a very relevant part of their training. This calendar is used to track points and progress. Also, after reading this book, each young man is encouraged to purchase and read the book, *Putting on the Armor of God*, by Steven A. Cramer. Important basic concepts about fighting these addictions can be learned from this book. We commonly refer to it as “The Green Book”. This book is not intended to be read quickly, but steadily until completion. Parents are also encouraged to read the book and discuss what they learn with the young man (and the whole family if inspired to do so).

### Team Motivation

As a form of positive pressure, a reward is provided when the group point average is high enough. At the beginning of the team meeting, the facilitating clinician asks each young man to report his points for the week. The points are totaled and averaged. If the average of the points per young man is equal to or greater than 1.5, pizza will be ordered for the group. Time is allowed (half hour) for the maximum number of young men to show before the “pizza call” is made. Points of first timers are not counted. Pizza seems to be a universal motivator. We find the young men are highly motivated to contribute, and not detract from the group average. Surprisingly, the young men are very honest about their points. In this kind of group the others can usually tell if one tries to lie.

### Calculating Progress Points

Each week at the beginning of the group session the young men will report their points. Points are calculated as follows: On a calendar, the young man is to record each day



whether or not he succeeded (no pornography or masturbation) or lost at least one battle. On the day of the group meeting he will total the number of successful days in the last 7 days, and he will compare that to the total number of successful days in the week before. For every day he does better this week compared to the last week he gets 1 point. If he does worse, then he gets -1 point for each day he does worse.

**Example:** If during the most recent week he had 4 successful days and during the previous week he had 3 successful days: He improved one day so he reports 1 point. If he had 4 successful days during the most recent week and 5 successful days the previous week, he reports -1 point.

If the young man has two perfect weeks back to back, he reports 2 points and informs the group what week (consecutive) he has achieved.

Individuals who complete 4 consecutive perfect weeks achieve the rank of Lieutenant, those who reach 8 weeks, the rank of Captain, and at 12 weeks, the rank of General. Each of these achievements is awarded and celebrated as we will describe in the following chapter.

After points and weeks are calculated, the group member who has the most consecutive weeks of success has first option of running the group. One must be at least a Lieutenant in order to run the group. He begins the discussion by asking each member of the group to respond to the questions from the Captain's Log (which we will discuss in the next chapter). Each warrior answers question #1 before moving on to question #2. The Lieutenant is expected to follow inspiration during the process. The therapist interjects and educates along the way as needed. The questions should be asked in order. They have been carefully created over many years of research and experience. During this time the group facilitating clinician and the lead warrior work hard together to keep the room spiritually strong and warrior intense. Extra time is given to individual young men as needed. It is often the case that all can learn from the needs of the individual.

In the last half hour, emphasis will be given to a discussion on patterns of lost battles (question #5). Individuals who have not figured out how to defeat the

enemy in a specific attack will discuss the patterns used against them. Ideas will be exchanged, looking for ways to win in the future.

In the final ten minutes, the young men will participate in the Brotherhood Ritual. This includes standing in a circle and each young man proceeds from brother to brother in the circle shaking his hand, looking him in the eyes and repeating:

***“I promise that I will be of service to you,  
and I will allow you to be of service to me,  
until both you and I successfully defeat  
this demon that assails us.”***

The receiving brother responds with, “Thank you”. The young men take this commitment to each other very seriously.

### Progress in Group

*Getting Started.* Often, gaining momentum is the hardest part. Each warrior understands that at any time along the way, if he has a single “lost battle” he must return to zero weeks and start over. This pressure ensures that the brain will prepare itself to win battles for the rest of the man’s life!

*4 Weeks—Lieutenant.* When an individual has achieved 4 consecutive weeks of success, he then becomes a Lieutenant. At this time he is awarded the Lieutenant’s wristband. This is often the most difficult phase. The young men have a strong drive to be a leader in the group and so they make a special effort to succeed. The Lieutenant is now qualified to lead the group discussion (along with the supervising clinician). The Lieutenant has the responsibility to learn to be inspired in this process and does so by watching the leaders before him.

*6 Weeks—Fighting S.P. & S.S.* The bar is raised at 6 weeks when the battle shifts its focus to the more subtle elements including Soft Porn (little brother to pornography) and Self-Stimulation (little brother to masturbation). After 6 weeks, if the warrior visits with SP or SS, he drops back to 6 weeks (instead of going all the way back to 0 weeks). Points are

calculated the same: visits with SP and/or SS are considered 2<sup>nd</sup> level lost battles.

*8 Weeks—Captain.* When an individual has achieved 8 consecutive weeks, he becomes a Captain. He is rewarded with a medallion that represents Sons of Helaman principles. He is responsible to continue sharing with his brethren the keys to success during the final stage. Between 8 and 12 weeks he is also required to achieve 28 “perfect MAN PoWeR” days. The details of this will be discussed in the section to follow called Border Patrol. Details are also found in the MAN PoWeR journal. (See page 87 for explanation.)

*12 Weeks—General.* When a young man reaches this level, he graduates from the program and becomes a General. He has gained the skills necessary to beat this enemy for a lifetime. A ritualistic award ceremony takes place. The young man receives the coveted “SON OF HELAMAN” ring to be worn for his lifetime to remind him of his success and the necessity to stay ever vigilant. The young man is asked to use the skills he has gained by serving his brethren who are still struggling. This effort will help him crystallize his acquired skills and transition into the next phase of his life, which hopefully includes serving a mission and/or temple marriage. He is invited to return to the group as often as he wishes for free, as long as he keeps winning.

### Personal Warrior Training™

Some young men (or women) are not quite ready for the team experience. Some want extra, personal training. For these two purposes, we created Personal Warrior Training (PWT). Meeting one-on-one with a licensed therapist can be expensive. A personal warrior trainer is like a personal trainer at the gym. His job is to go over your daily training exercises to make sure they are being done accurately. He works to help you get stronger, faster and more precise. He also provides encouragement and edifying pressure. He will follow the same principles and techniques taught in the Sons of Helaman training sessions. Trainers can meet in person, via webinar, or on the phone for a quick check-in. Our

trainers are all graduates of our programs who have been carefully trained and certified by our headquarters. They do amazing work.

## Text Coaching™

I can't tell you how many times I have had a mother contact me in powerless desperation because they have a dearly loved son who needs help, but is too embarrassed, or afraid, or proud to ask for it. Not only mothers, but fathers and wives and bishops have approached me with the same dilemma. In the past, I tried several different ways to help these individuals, but they have always been insufficient. Too many of our loved ones who have not been able to live up to their own expectations are falling through the cracks.

Also, there are graduates who need help avoiding lost battles, as well as warriors in Sons of Helaman who just need an extra push. I have pondered for years how to help these young men—and I have finally found a solution. And as usual, "...by small and simple things are great things brought to pass" (Alma 37:6). I have found a simple weapon, if used properly, is extremely useful for the long-distance addict, the warrior avoiding lost battles, and all others fighting addiction as well. This weapon is Text Coaching. Text Coaching is so simple and powerful. I am almost embarrassed it took me this long to find a way to make it work. As you know, it is not uncommon to find individuals with addictions and compulsive behaviors able to succeed for a period of time, but then they lose momentum and **fall off the wagon**. Text-Coaching (or T-Coaching, as it is often called) takes advantage of modern social media technology (texting) and allows struggling warriors to automatically receive several therapeutically formulated text messages each day from a Certified Text Coach. In these texts the client is asked carefully crafted questions designed to **train their brains** to overcome addictive and/or compulsive behaviors. For maximum benefit, the client is encouraged to answer every text as soon as possible after receiving it. These **answers go directly to** their personally assigned Text Coach, who assesses the answers to see if the state of mind of the client is strong enough for them to "win their battles" until they get

their next text. The Text Coach will provide **short interventions** via text at least once per day. By winning for shorter periods of time the client gains the momentum needed to help them succeed for a life time.

### Why is Text Coaching So Effective?

Text Coaching is effective because it allows thumb-tip access to professional help. When an addict first feels under attack, they are only one text away from instant support and motivation.

Text Coaching is effective because it increases the frequency of coaching. Many who fight addictions and compulsive behaviors can't last a full week. Daily intervention through text coaching can make the difference between falling off the band wagon or not; and it is far more affordable than weekly treatment.

Text Coaching is effective because it costs less. Text coaching is less than half the price of even a low-end weekly group therapy session, where the addict will be seen only once a week.

Text coaching is effective because the client retains anonymity. Many struggling warriors resist seeking help due to humiliation. They want help, but they are afraid of exposing themselves as addicts. Text Coaching allows anonymity from other clients. This can also prove a good first step towards more intense treatment, if desired.

### Text Coaching At Work

One warrior, after using the Text Coaching program, wrote the following:

*"At first, I wasn't enthusiastic about using Text Coaching. I was already attending group therapy sessions and I didn't want to spend the extra \$20 a week just for someone to text me. I didn't need that—or so I thought.*

*"Somehow, I don't remember exactly how, I got signed up, and I am eternally grateful I did—it has become a key to my success. Despite my initial hesitancy, I soon came to look at each text as a challenge—a challenge to see if I was man enough to answer. I made a game out of it. I wouldn't receive a*

*single text without answering it, even when sometimes the texts came at busy times.*

*"The hardest part was when I had to confess I had not been keeping my goals like marking my calendar, or running my border patrol. 'Dang it!' I would think when the text came, 'I have to do that again!' Looking back, that discomfort was exactly what I needed. I needed to be consistently reminded of the daily actions I needed to take, especially when I had been slacking.*

*"I have been a graduate of the Sons of Helaman for over 6 months and I continue to use Text Coaching. I have noticed a significant difference in my battles depending on my faithfulness in responding to my texts. When I have been lax in responding, thinking, 'I have this under control', those have been the moments when I have been hardest hit. I love Text Coaching because it helps me stay focused all day long every day.*

*"I hope many more young men will apply this program seriously. I am convinced that it is a powerful tool for overcoming the enemy that assails us."*

*--Jim*

## Consistency Matters

"It doesn't work!" some warriors exclaim after receiving the daily texts and experiencing no improvement in their ability to fight battles. "It's just a waste of time and money. I signed up, but nothing changed."

When they say this, I ask them a few questions. "How many of the texts have you responded to?"

"Um...well...I have responded to some of them."

"Okay, how often have you responded would you say—on average? Once a day? Twice a week? Once a week?"

If they're honest they usually answer, "Once a day, maybe every other day. It depends."

When I hear this I begin teaching my "IT" principle. When someone calls into IT technical support for help with a computer that isn't working, before asking any complicated questions, the IT representative will ask: "Is your computer plugged in? Did you try hitting the power button?" This may be a no brainer, but often times the client will say, "Oh, wait, it wasn't plugged in," or "Where is the power button?" For a

computer to work it has to be turned on, for Text Coaching to work, you have to “turn it on” by responding. Just signing up will not magically remove the addict’s habits, but it does give the warrior an ideal opportunity to daily remind himself why he is fighting and how he must do it.

I cannot stress enough the importance of actually replying to the text messages. Even if the answers are one sentence answers, or even one-word answers. Just the act of responding consistently puts the warrior’s brain in a different mindset.

Text coaching works. It works when it is used. Like any tool, if it is left on the shelf it is useless. Simply receiving text messages is not going to change much, but consistently responding to 6 text messages a day—that will make a difference.

If you are receiving Text Coaching and are not satisfied with the results you are receiving, I have a challenge for you. In the next two weeks, respond to *every* Text Coaching text as soon as you can, even if it is one word. Be completely honest, if you haven’t run to your Flag Pole, or written on your calendar, say so—and then go do it.

Do this for two weeks and then use your internal scanning skills to see what changes have happened to you over the previous two weeks. It is a cool experience. Try it out.

## Captain's Log

A military Captain will often write down his thoughts for future reference, or just to clarify what is going on in his mind. A successful warrior will ask and answer the following questions frequently in a personal journal or notebook. In the following chapter, we will take an in depth look at these powerful questions.

- 1) *"Why are you fighting?" "Why don't you just give up?"*
- 2) *"How did you win your most difficult recent battle?" "What have you been doing right when you win?"*
- 3) *"What are you doing to help pay for your work in this program?" "Are you marking all squares of your MAN PoWeR calendar every day?" "Do you keep your calendar in a location where someone important to you can see and comment on it every day?" "Do you think about these things when temptation is knocking at the door?"*
- 4) *"What are you doing for Border Patrol activities?" "Do you have meaningful rituals in place? (MAN PoWeR calendar)" "Are the demands of your squares sufficient?" "What is your Flag Pole/Passion Project?" "How is your Border Patrol system different from those with more than 8 weeks?"*
- 5) *"When you lost, what technique did the enemy use to defeat you?" "Is there a pattern?" "If you could replay the event, what could you have done to beat him?" "What drills can you do to make sure you win next time if he tries something similar?"*
- 6) *"What might the enemy try in the future?" "What do you need to do to be prepared for such an attack?"*



## Chapter 9

# The Training

Now I am going to walk you through the steps of what goes on in the treatment and training side of the Sons of Helaman program. You are welcome to do your best with this training on your own or with your loved ones. A concerted effort will help many improve significantly. But I must inform you the most complete and long lasting training takes place when the warrior is training with a team. This book provides a detailed description of our training system for young men called, Sons of Helaman. We also have Daughters of Light for grown women and young women.

On the previous page, you will find the 6 sets of questions we call, the Captain's Log. The leaders of each training session will review these questions in every group session as time permits. These questions have been carefully formulated over many years of research, experience and inspiration. I will give a detailed exploration of each now.

*Question #1: Why are you fighting? Why don't you just give up?*

This is the most important question, and we spend the most time on it. It is interesting to watch the reaction of each young man when we ask these questions, especially the new guys. I can often tell how much more training is needed by how long it takes him to answer the two questions and how much depth there is to the answers. In order to answer these questions, the individual must move into the values part of

his brain (Frontal Lobe). As mentioned earlier, in order for a good (young) man to do bad things, he must lose connection with his value system and drift into his animal brain, where values are not relevant. The time it takes him to travel back to his values system tells me how far away from his value system he is.

Unfortunately, it is the nature of all things on this earth to deteriorate. Buildings fall apart, the ground grows weeds, bodies lose their shape, and brains drift away from things that matter. In order for a human brain to stay strong, it must be exercised.

As if dealing with atrophy is not enough, then you add the factor of a strong, negative entity (Satan) who is personally interested in the destruction of your buildings, and casting the seeds of tares (weeds) into your soil. Now, not only do you have to do the work it takes to maintain your buildings, land, body and mind, but you also must fight to protect them.

Going through the process of answering the questions that go with #1 strengthens the individual's "body", maintains their "buildings", weeds their "gardens", and returns the mind to the values system. With respect to protecting the mind, training techniques used in military training, athletic training and music training are used. Drills, drills, and more drills.

It is important to remind the reader that an individual's true self is found in the values system. It is my belief that this is where one's Spirit resides. When there are so many "voices" running around in one's mind, it is hard to know who you really are. I tell my clients, "You know who you are by what you *plan* to do." Conscious plans are formulated in the values system part of the brain. As the time comes to execute those plans, as they say, all hell breaks loose in an effort to knock you off track. Satan uses whatever he can, both inside and outside of you, to keep your plans from coming to fruition.

## Building a Fire

Building the motivation to fight a behavioral pattern as difficult as an addiction takes a lot of work. One mistake I

have seen is individuals are encouraged to fight only for the “right” or best reasons. Let me explain.

Imagine an ambitious, very young boy scout trying to light a fire by putting a few logs into a fire pit and holding a lighter up against the logs. We would consider this silly. He forgot the kindling and the sticks and the chopped up logs.

New young warriors often answer question 1 with, “For my mission, temple marriage and eternal life.” Reasons to fight like these are valiant, and will need to be added eventually to keep the fire of motivation going long term, but an insufficiently motivated warrior will need some kindling and sticks first.

*Kindling:* Kindling is intended to only last for a short period of time. It is designed to be temporary, but intense. We have found the group pressure (edifying in nature) is one of the best forms of kindling. Pressure from parents and church leaders has worn off because the youth has entered the phase of individuation from adults. Positive peer pressure, as used in sports and the military are very effective. The point system, the possibility of group rewards each week, the calendar, paying as much as they can themselves for each session, the wristband, the medallion, and the ring are all vital parts of motivation on the kindling level that cannot be found elsewhere. Parents are welcome to add things to this list. “Why win today? What will I gain today if I win? What will I lose today if I lose?”

*Sticks:* Not wanting to go back to zero weeks after gaining momentum. Looking forward to leading the group after 4 weeks. Maintaining a position of leadership among the others. Being able to participate in sacrament rituals. Increased confidence from parents (or spouse). Parents are welcome to add things to this list as well. “Why win this week? What will I gain this week if I win? What will I lose this week if I lose?”

*Logs:* Logs can be added as the heat of the kindling and the sticks grow stronger. Usually the warrior will add these himself. Please don’t disrupt the motivation process by insisting on what the motivators “should” be. God allows us all to have immature motivators as we work through our personal progress. Go ahead and join in asking, “Why are you fighting?” but please don’t dismantle the motives.

Keep in mind though; a strong desire to do something does not mean one has the skill to do it. Beating an unwanted pattern of misbehavior takes more than strong motivation. It also takes skills and technique. Those will be taught in the chapters to come.

Bonus section: One common motivator for men of all ages is:

### The Creepy Guy Detector™

One reason many young men fight is for women: the young women around them and their future wife. No young man wants to have to confess to his girlfriend or fiancé he is struggling with a sexual addiction. Men naturally want to impress the women they love and be looked up to as a hero. Sexual misbehavior is neither impressive nor heroic and young men know that. Virtuous young women are often a powerful motivator for young men.

Women also have a special gift of intuition enabling them to recognize that something is “not quite right” with the men around them. We call this the Creepy Guy Detector.

One warrior from the Sons of Helaman had the following experience with the Creepy Guy Detector.

*“I was on a date a little over a week ago, and the subject came around to Pornography. Now for the unprepared guy, I guess, that would be an awkward conversation, to say the least. But for me, I am ready, and I expect it. I hope my sister and all other young women have the courage to ask the necessary questions. I hope young men have the guts to give young women honest answers!”*

*“My friend felt seriously scarred by pornography. Two men she had dated, one of which she had almost married, had been porn addicts, which led to them treating her like an object. ‘I’ve learned so much since then,’ she said. ‘I knew all along that there was something wrong, but I just didn’t know what it was.’*

*“When a wife or a mother discovers there has been a problem, almost everyone says the same thing, ‘I knew something was wrong, but I didn’t know what.’ Women seem to have a sixth sense that tells them, ‘Whoa! Wait a minute! Something is not right here.’ The name we give to this power is the ‘Creepy*

*Guy Detector'. Girls who learn to recognize and validate this sensation can often discern a porn addict just by 'sensing' him.*

*"I hadn't yet told my friend about this when she said, 'You'll think I'm weird, but I can just tell now when a guy has a problem or not. Usually just by looking into his eyes, but for sure when I hug him. By the time I've finished hugging him I can tell whether he is a porn addict or not.'*

*"I'm really good at it. With every guy who has set off my senses and I have confronted, he has admitted he has a problem. Not a single guy I've been wrong about. I'm just totally honest with them, 'do you look at pornography?' and they tell me. Sometimes they break out and start crying.*

*"The Creepy Guy Detector, I believe is a gift from God, for women to be able to protect themselves. Heavenly Father 'delights in the chastity of women' (Jacob 2:28). He loves to see them happy and clean and free. He knows the pain that untrained sexual addicts will bring them, and has blessed them with this extra sense."*

Those currently misbehaving at an addict level need to be aware of this. If you think you're hiding this and no one knows, you're only fooling yourself. The women in your life know. They may not know exactly what is wrong, but they know something is wrong. When a wife or mother finds out about a sexual problem their husband or son has had, the almost universal response is, "I knew something was wrong, I didn't know what, but now I do."

Many fighting addiction use the Creepy Guy Detector as motivation to keep fighting. "Why are you fighting?" "So I can date girls and their Creepy Guy Detector won't go off." Becoming free of addiction, not only frees yourself, but it also frees up emotionally all the women who love you and care about you.

**Question #2: "How did you win your most difficult recent battle?" "What have you been doing right when you win?"**

With this question, each young man reviews his methods of success. Scientists, sports coaches and military trainers have known for a very long time that before you address what your people are doing wrong, help them see what they are doing right. For the scientist, I want the

warriors to build upon the energy and chemical reactions created by question #1 with a discussion about what they are doing well. This question also gets them in the habit of thinking about success at least as much as they do their lost battles. The clinician can help each young man find the smallest of successes.

The other young men have a chance to learn from the experiences of their fellow warriors. I have observed one of the best strategies used by Satan on smart warriors who try to fight on their own includes only using one pattern of attack until the warrior (over the course of 3-6 months) learns how to win that type of battle, and then Satan will switch to a different pattern of attack. I observe that Satan will switch this up about a dozen times over 6 or more years, which can be the entire young adult phase of a man's life, leaving him hopeless and discouraged. By observing the different patterns of attack used on the other young men, and the success strategies shared by the other young men, a warrior can be ready for a wider range of battles in his future. It is a really cool process to watch!

I want the young men to share what is working for them, especially their application of the concepts taught with this training. I will now describe some of the ideas and activities I hope they learn to apply.

### Intense Repetition

One of the most powerful drills I have seen warriors use is to build the habit of daily journaling at least 3 answers to the questions, "Why are you fighting? Why don't you give up?" The warrior will be tempted to just think about the answers instead of writing them down. This is like a basketball player who thinks about free-throws versus a player who actually practices the free-throws. Mental practice has its value, but it will never be as good as practicing the real action over and over again.

Write down three reasons per day! Minimum! Some make a ritual of writing them down first thing in the morning, others write them before they go to bed. Some write answers to the Captain's Log questions in their MAN PoWeR Journal. Some text or email these answers to supporting friends and family. Those enrolled in Text

Coaching are asked all six questions daily via texts from Certified Text Coaches. Warriors must find a method that works for them and prompts them to remind themselves why they are fighting, and what it will take to win. In group sessions, warriors work together to make sure everyone gives answers strong enough to overcome the enemy.

The answers usually change over time. Reasons for fighting for beginners are usually idealistic yet create no increase in energy or release of warrior chemistry. We call these “canned answers”. This is because the answers are as if the young man just opened up a can on a shelf and gave his answer. It is the answer he is “supposed” to give, but there is very little feeling behind it. The veterans who have experience, will attempt to teach the new young man he will need to sharpen his reasons, if they are going to work. For beginners, they often need to tap into more base reasons, like, “I hate how I feel right afterwards.” “I want to get control back in my life.” “I am losing important things/events in my life.”

The Book of Mormon teaches us many important things about how to successfully fight in a battle. It discusses the importance of using both Spiritual and Temporal (of the body) powers. Before going into a battle, the warrior must make sure his connection to God is solid. The warrior must remember his dependence on God. He must recommit his loyalty. Then, as the enemy crosses lines toward your loved ones, a transition takes place; now you need to use your body in the war, not just rely on God.. As prophet, Gordon B. Hinckley has said, “Pray as if it all depends on God; act as if it all depends on you.”<sup>15</sup>

The righteous warriors of the Book of Mormon demonstrated the need for ferocity in times of battle. “...they fought for their lives, and for their wives, and for their children; therefore they exerted themselves and *like dragons* did they fight” (Mosiah 20:11, emphasis added). The warrior must find reasons that stoke this ferocity, otherwise known as “releasing warrior chemistry”. This has been mentioned in previous chapters. Because Satan is not using actual swords and cimeters in this modern form of warfare, but body chemistry instead, our warriors must use body chemistry as a weapon to fight back.

When listing reasons for fighting, the warrior needs to keep digging in to his heart and mind until he finds a reason that triggers the release of warrior chemistry into his body. This is most easily done with men who have daughters. All I have to do is help them imagine some stranger attempting to do unfortunate things to their daughters, and the warrior chemistry floods in.

Married men do well if they imagine their wives are under attack. With young men it is more challenging. Most of our young men have never needed to tap into this degree of ferocity. Those who have a history of serious sports involvement, have at least experienced the beginnings of warrior chemistry.

Sometimes I need to connect the dots to help the young men see how these invitations to misbehave are intended to make them feel stupid, but more so, to make their future wives cry. Almost universally, the married men I work with fought patterns of unwanted behavior while teenagers. They had every intention of stopping the misbehaviors before and during their marriages, but they have been unable to do so. Now their biggest nightmare has arrived. "Ye have broken the hearts of your tender wives, and lost the confidence of your children, because of your bad examples before them; and the sobbings of their hearts ascend up to God against you" (Jacob 2:35).

If you are reading this book for your own welfare, please, every day write down the reasons you are fighting against this addiction until you feel the warrior chemistry raging through your blood! One reason I have found text coaching to be so effective is the warrior has to hand write or type out every day *why* he is fighting. Whether you are enrolled in text coaching or not, physically writing down your motivation will make a difference. There is a place for this in your MAN PoWeR journal.

What role does the enabling  
power of Jesus Christ play in what you teach?

I was once asked the following question, "What role does the enabling power of Jesus Christ play in what you teach?"

Throughout scriptural history, there has been a fascinating balance between the efforts of men and the



power of God, especially in military type situations. We find stories like David vs. Goliath, Moses vs. Pharaoh, Ammon vs. the evil band of Lamanites, The Sons of Helaman vs. the Lamanites, Gideon and his men vs. the Midianites, etc., etc. In each case we observe a seemingly small force against a much larger force. In each case we find the smaller force tightly tied into the power of God. In each case the smaller force fights with full ferocity.

Mosiah 20:11: “And it came to pass that the people of Limhi began to drive the Lamanites before them; yet they were not half so numerous as the Lamanites. But they fought for their lives, and for their wives, and for their children; therefore they exerted themselves and **like dragons** did they fight” (emphasis added).

This is all well and good, but it does not clarify what role God and his power play in the fight. Other stories describe it more thoroughly. When David confronts Goliath, he uses a very accurate combination of warrior chemistry and an understanding of the vital role of the power of God.

1 Samuel 17:45 states: “Then said David to the Philistine, Thou comest to me with a sword, and with a spear, and with a shield: but I come to thee in the name of the Lord of hosts, the God of the armies of Israel, whom thou hast defied.

46 “This day will *the Lord deliver thee* into mine hand; and **I will smite thee, and take thine head from thee**; and I will give the carcasses of the host of the Philistines this day unto the fowls of the air, and to the wild beasts of the earth; that all the earth may know that there is a God in Israel” (emphasis added).

David has a clear understanding (at the age of a youth!) of the need for a combination of the power of God and his own intense efforts. He maintained a strong connection with God; he practiced a great deal before the actual battle, and then attacked with full confidence, intensity and accuracy. We hope the young men will learn a similar balance.

**Question #3:** “*What are you doing to help pay for your work in this program?*” “*Are you marking all the squares of your MAN PoWeR calendar every day?*” “*Do you keep your calendar in a location where someone important to you can see and comment on it*”

*every day?” “Do you think about these things when temptation is knocking at the door?”*

### Wallet Motivation

It has been observed when an individual has a financial investment in something; he puts more effort into its success. The same is true of Sons of Helaman. If a warrior cannot afford to pay for his own visits, he is strongly encouraged to do service in exchange for whoever is making his payments. Many clients, when asked question #1, “Why are you fighting?” answer, “I’m fighting so I don’t have to pay my clinician anymore.” One client, we’ll call him Tom, figured out how much money it cost him every time he lost a battle and had to start over from week 0. Tom would remember that amount every time he was tempted to give in and would ask himself, “Would this experience really be worth it?” This mentality helped him overcome his addiction.

### Wall Motivation: Calendar

A progress calendar should be marked every day showing whether or not it was a “perfect day” (no lost battles). This is used to build healthy pressure in the mind as he works toward 12 perfect weeks and helps us discover patterns. There is a place to mark this on a MAN PoWER calendar.

Often, one of the biggest reasons a new young man will succeed is because of his calendar; he does not want to have “red X’s” on his calendar. Also, the threat of ruining pizza for the group is a strong motivator. The discipline to mark the calendar every day is a vital part of the psychological work it takes to beat this addiction. We now have Personal Warrior Trainers who are specifically designed to be the pressure provider for the warrior so parents can take a break from playing this role. PWT's have really helped bring peace into the home and greater progress for the warrior.

If a warrior wants to increase the power of his calendar right off the bat, I invite him to put two things next to each smiley face: the number of days consecutive he has won his battles, and the financial consequences of a lost battle at this

point. Divide the cost of the training per week to a daily amount. Add that much to each day and it will show how much it will cost to start over after having a lost battle. Remembering both of these numbers can be a great motivator.

Clients will ask me, "Where do I put my calendar?" I tell them to put their calendar in a place where their mother or wife (or someone you feel a strong desire to please or impress) can see it. Why? Because no man wants to put a red-X or a frowny face on a calendar, knowing later that day the woman he loves is going to see it. It is often hard for clients to want to post their lost battles for their mother or wife to see, but it is a powerful motivation. Satan works in dark corners in isolation. God works in light with communication and cooperation. Warriors should make themselves accountable to the important women in their life. Sometimes the warrior is not quite ready for this. Don't force it. Let the training clinician and Personal Warrior Trainer guide them toward this level of accountability.

The calendar can be very effective. I have seen it work miracles in the lives of some clients. It works especially well during those times when warriors feel overwhelmed. Despite their best efforts, they feel totally incapable of beating Satan all at once (go cold turkey). That is exactly what Satan wants them to feel. When they feel hopeless, they are more likely to give up and give in. Many warriors have been benefited by the mantra, "If you can win for 24 hours, you can win for a life-time."

In my own ferocious determination to fight back, I have found a way, supported by the Holy Ghost and the Atonement of Christ, to turn calendars into an empowering offensive tactile missile to destroy Satan's strategy of hopelessness. I call it the "Line upon Line Battle Strategy." I recommend this primarily for those who have been fighting addiction for several years and are not able to attend Sons of Helaman or Men of Moroni training meetings.

### The Line Upon Line Battle Strategy

In our religion we are taught our efforts to become perfect can be line upon line, precept upon precept. Even Christ developed grace for grace. The theme behind the

battle technique I will be describing here is designed to gradually take back "territory" Satan has stolen from us.

It is very common for the addict part of the brain to panic when the idea of being neglected for the rest of your life is proposed. In therapy sessions I observe an involuntary "addict panic" when I propose to one of the warriors an extreme change in behavior that would starve the addict part of the brain forever. The strategy I discuss here is designed to use the "frog in the pot" concept to control the addict part of the brain, instead of it using the same strategy to control the warrior. You will see this subtle approach keeps the "addict panic" from sabotaging the efforts of the warrior as it has done in the past.

I start by calculating the average number of "good days" the warrior has between "lost battles" over the course of the last 3 months. This does not have to be exact, a rough estimate is sufficient. I then have the warrior pull out a calendar, and from the last lost battle, we mark a "smiley face" on that many consecutive days starting from the last lost battle. I then have him put an "x" on the next day.

I then have the warrior remember he is fully capable of winning, on purpose, for that many days with some determination because he has done so in the past. In almost every case, when the warrior also remembers why he is fighting against the addiction, he can make a commitment to do what it takes to win for that many days with only a hint of fear instead of a flood of fear or panic.

The warrior will still need to use all his weapons (border patrol activities: reading, writing, prayer, warrior chemistry drills, exercise, calendaring, planning, listening, text coaching, etc.) in order to win, but he knows he is fighting toward a land mark, instead of endless and eternal fighting.

The warrior starts by winning all battles on the series of days he has marked with a "smiley face". When he gets to the day with an "x" he is allowed to rest. He does not make much of an effort to win. Sometimes he accidentally wins for longer than planned. It is okay either way. He has won for the time he planned. This is a great victory. If and when a lost battle occurs from this point, there will be little pleasure in it, but it will placate the addict part of the brain for now, and the Holy Ghost will only briefly withdraw because the principle of line upon line has been fulfilled.

Following the lost battle, the warrior quickly pulls out the calendar and adds one more day of consecutive "smiley faces" than he achieved in the last series. If he conquered 4 consecutive days last time, he marks, *in advance*, 5 days this time on the calendar, followed by a day with an "x" again.

Again, he uses all his skills and weapons to win each day marked with a "smiley face". The Holy Ghost is quick to join this battle because the warrior is improving. Perfection is not required to have the influence of the Holy Ghost; only determination to become perfect is required.

When the invitation to misbehave surfaces on days marked with a "smiley face", the warrior can firmly and easily respond, "It's only one day more than last time, I don't need it yet." Interestingly, like the frog in the pot, the addict part of the brain doesn't fully register the change as much because it is gradual.

As I have seen this strategy in real life practice, after about 5 cycles of this, in which the warrior improves just one day in each cycle, the confidence of the warrior starts to skyrocket! Some warriors start to add two or more days instead of just one, although this is not required for the strategy to work.

For those concerned about how ecclesiastical leaders respond to this, it has been my experience if the improvement is measurable and consistent (without relapse to more frequent lost battles), the leader will validate and reward the warrior for his efforts. For married men, it usually takes longer for a wife to feel safe and secure with you than it does for the atonement to do its work. Be patient with your wife. She's been through a lot being married to you.

Scientifically speaking, this strategy does amazing things for the brain. Every time the brain experiences winning a mini-battle throughout the days marked with a "smiley face", it becomes stronger and the preferred neurological pathways become more likely to be followed in the future. Also, the longer the brain goes without a dose of the addictive deviant chemicals, the less it feels a need for such chemicals. Eventually, the warrior still notices "hits", but they have less of an effect on him.

The strength he has gained from winning all the mini-battles empowers him to win more frequently.

So, how does a warrior begin? Start by estimating the average number of successful days between lost battles over the last few months. Mark that many days out on your calendar to succeed, "smiley face". And let the war begin! If you are accountable to someone as with Text Coaching or Personal Warrior Training, report each day as "2/4" if you've just finished winning 2 out of the 4 you are committed to. Or "5/7" if you are on the 5th day of 7.

By the way, you can do the same thing with hours instead of days. Some warriors start losing battles almost every day. Gaining 4 hours can be exciting! Adjust the system to your circumstances as needed.

If you are enrolled in the Sons of Helaman or Men of Moroni training programs, you will still need to achieve 84 consecutive "perfect" days (12 weeks) in order to graduate. The line upon line system works, but it takes time.

*Question #4: "What are you doing for Border Patrol activities? "Do you have meaningful rituals in place? (MAN PoWeR calendar)" "Are the demands of your squares sufficient?" "What is your Flag Pole/Passion Project?" "How is your Border Patrol system different from those with more than 8 weeks?"*

## Border Patrol

A good military organization will set up a border patrol to make sure they know the enemy's next move and are prepared *before* the enemy arrives. When a warrior has begun to seriously fight, it is time to put in place a border patrol system. This is a set of rituals designed to alert the warrior if any danger is lurking and to strengthen the warrior for such attacks. As in a military situation, the border patrol should be done regularly whether there is an imminent threat or not. Once the enemy is kicked out of the city, before it can storm the city again, it must shut down the defenders' border patrol.

The warrior who loses his fear of the enemy and stops using his border patrol is being unwise and most likely will

be defeated again. We now use the MAN PoWeR journal to formalize the Border Patrol.

There could be dozens of activities a warrior might participate in to fully prepare himself, but after many years of fine tuning of our training system, we have sifted out the 6 basic checkpoints [MAN PoWeR] that must be attended to in order to keep one's borders safe and strong:

**First** – In this square of border patrol the warrior will need to access God’s bird’s-eye view of his life beyond his own limited view. When a military leader in the Book of Mormon wanted to know where the Lamanites were going to attack next, he asked the prophet and was told what was going to happen in the future so he could prepare for it. A modern day warrior can ask God directly what strategy the enemy is going to try next. The warrior can receive this personal revelation and will be able to prepare for the next attack. He can also use the line of communication with God to get specific instructions on how to prepare for, and strategically fight upcoming battles. This point of the border patrol is called, **Prayer**, represented by the **[P] square**.

For example...

### A Warrior's Prayer

One day, I was working with one of my clients who had been working hard to win his personal battles against unwanted patterns of misbehavior. He and I were working to improve his prayers. As with many of my clients, I found I needed to remind him he was at war with an intelligent and strategic opponent. To help my clients maintain perspective, I often refer to Satan as, “The 7,000 year old military and psychological genius.”

As my client and I were talking, and I listened to several of the themes of his prayers, I finally realized what was wrong with his prayer style. I discovered what was wrong not only with his prayer style, but with the prayer style of many of the men I work with whose current priority is to win this self-mastery war. I am now learning, for quite some time, men of our culture have been praying the way farmers pray instead of the way warriors need to pray. It

occurred to me this is because the work of men in our culture has been primarily farming and/or missionary work for several generations now. A new idea for many of us is sinking in; we are presently finding ourselves in a modern day war: A war for the hearts and minds of men.

To work through the practical application of this idea, I imagine I am living back in the days of the Nephites. I imagine some of the men are farmers, some of the men are missionaries, and some of the men are warriors. (And yes, at times, sometimes men are all three.) I come from a family of farmers. The mentality passed on to me by my parents and their parents empowered me to be an excellent missionary. Because the mentality of a missionary is more like a farmer; a missionary's prayer and a farmer's prayer are similar. When a farmer or missionary prays, his prayers may sound something like this:

"Father, please grant I will know how best to plant these seeds. Help me to find and prepare the best soil for these seeds. Please help me develop ever improving ways to plant, nurture and harvest these seeds. Please grant that my farm will be protected from destruction by nature or by the enemy. Please give me the strength to work hard to provide for my family."

But this is not the most effective way for a warrior to pray. A warrior's prayer will need to focus more on fighting than on growing and being protected. This is may be closer to the prayer style of a warrior:

"Father, please grant I will see the enemy in time to win the war. Please help me to observe and understand the fighting techniques of the enemy. Help me to develop techniques and weapons sufficiently effective to win my battles. Please help me to work hard to train...to become stronger, faster and more precise with my skills. Please help me to be strong, precise and fast so I can protect my family. And Father, help me to *always remember*, so I will be filled with motivation and courage of *why* I am fighting."

With just a little change to the wording, an even more excellent prayer style for modern day warriors can be developed:

"Father, please grant me an increase in the Spirit of Discernment, so I will recognize Satanic attacks in time to win each battle. Father, please help me to observe, discern



and understand the attacks and fighting methods Satan will try on my mind, heart and spirit. Help me to discover and develop techniques and weapons (actions, words, thoughts, feelings and chemical switches) sufficiently effective to win the battles that come my way. Please fill me with the desire to work hard to train...to become stronger, faster and more precise with these techniques and weapons...sufficient to win the battles. Please help me to remember why I am fighting and why I am training so hard...so I will be filled with the motivation and courage necessary to protect my life, my (future) wife, my (future) children and our freedom!"

I encourage all who are being attacked by the modern-day Satanic warfare technique, known as sexual addiction (or any other issue for that matter) to print off a copy of this prayer and include it in your daily prayers for at least 21 days in a row...and watch what will happen to your heart and mind as you gain all you need to win this war!

**Second** - The next point of the border patrol is **Writing [W]**. Several vital things happen when one uses writing correctly. Primarily, writing uses the body in a way that helps to overpower Satan. Satan can really entangle things when one tries to defeat him by only using thought battles. Writing brings dark things to light. As one transfers their thoughts and feelings onto paper or onto a computer screen, entanglements become more noticeable. Clarity comes quicker. Thinking errors are revealed.

1. Beyond journaling, we recommend writing letters. *Letters to God* tend to be the most powerful. Prayer tends to help individuals build their relationship with God. Repentance and the more emotional side of the relationship is attended to in prayer. Letters to God are similar to prayer, but are different in that letters tend to be more about the practical elements. Strategies of the enemy can be clarified. Stratagem as to how to fight back correctly are proposed and discussed. Commitments can be written. Carefully working through each Lost Battle Analysis is best done in letters to God. Tougher questions can be asked and answers can be quickly recorded. 5-15 min per day is recommended. The MANPoWeR journal provides a place for this writing.

2. It is also recommended the warrior write the answer to one of the Captain's Log questions each day. Space is provided for this as well in the MAN PoWeR journal.
3. *Letters to (future) wife* - is the second most popular writing activity. Unfortunately, one of the most common side effects of experiencing a sexual addiction is the individual loses the ability to empathize with loved ones. They also tend to objectify women. Writing these letters pushes the warrior to practice thinking about how their behavior affects their (future) wife. In these letters, the warrior is encouraged to acknowledge their successes and report lost battles and close calls. The warrior is also encouraged to make promises to his (future) wife every day.
4. Other letters can be written to (future) children, future versions of oneself or past versions of oneself.

**Third** - This square of border patrol is **Reading [R]**. An unfortunate pattern I see with those attempting to overcome difficult patterns of unwanted behavior is they try to solve their problems only using information they already have in their minds. They often want to prove they can win on their own (because they already feel inadequate due to their lost battles). Even more, they are often too "tired" to seek out those who are wise enough to help and too "tired" to separate those who are wise from those who are not useful.

To simplify this point, I tell my warriors, "Read/listen to something/someone smarter than you every day, ideally one who you are confident is inspired of God." Reading not only adds new things to think about every day but it also helps us to avoid gradually drifting off course. Since I was 22 years old, because I felt the responsibility to make sure what I teach is accurate, I have averaged at least one General Conference talk per day. I hope each reader feels a responsibility to hold tight to the word of God each day to help those around you feel more secure.

If you want to be an advanced warrior, insist you memorize one meaningful quote each day for as long you

can. It will do miraculous things to your mind. Details of how this works is a conversation for another day.

**Fourth** - This point of the MANPoWeR calendar/journal is **the [M] square**. This can be used for a variety of purposes (look into Eternal Warriors training), but for the Sons of Helaman, this square means "**Minister**". My simplified definition of ministering is, "do something that makes the world a better place." Or, "do something that makes someone else's life better." These need not be big things. "By small and simple things are great things brought to pass." To improve the strength of the **M** square, the young man can focus on ministering to his Mother. This focus can be a real thorn in Satan's side, while at the same time, is greatly edifying for the mother. It appears mothers find great joy in experiencing a teenage son ministering to them. It's as if discovering a son in a spontaneous act of service is an ultimate token of successful mothering!

**Fifth - The [A] square** starts as "**Accountability**". It is very important for the warrior to get used to recording his success and lost battles in the MAN PoWeR journal AND on the wall calendar where at least one of the parents (or spouse) can see it easily every day. This activity creates important healthy pressure in a young man. They will learn in the training groups how to respond constructively to this pressure. The **A** square is marked successfully when a parent or teammate (ie. friend, sibling, group brother, church leader) sees the calendar and comments on how they feel about what they see. There is a space to initial in the journal for parents. After the warrior reaches about 6 weeks, the **A** square adds a concept built upon the word "**Action**". After 6 weeks, daily action toward at least one *Passion Project* is expected.

### Passion Projects

This could be thought of as one of the main pinnacles of progress in addiction recovery and self-mastery. As mentioned throughout this book, Satan fears the Noble and Great Ones reaching their full potential. These leaders of the final generation have within them powers beyond anything they have ever dreamed of. The use of these powers will

culminate in projects that will require great passion. When personal energy, including sex energy, is diffused and misused in the wrong setting; it deflates one's ability to accomplish Passion Projects. Lost battles can drain the confidence of a warrior until he concludes he is not capable of doing anything significant with his life.

In the final stages of addiction recovery and the acquisition of self-mastery we must not just avoid misbehavior. We must always remember temptation is designed not only to increase the likelihood of sin and its accompanying pain, frustration and misery, but we must always remember every temptation, every torment is designed to keep us from using our gifts and talents to do the small and simple things to bring about miracles. Imagine if every time you are attacked, you identify the attack in the Level 1 (feeling "off") or Level 2 (starting to have strong negative feelings) stages and you remember you are feeling those things because an intimidated opponent is trying to keep you from doing amazing things. You then remember the amazing things *you can do*, and you start working on *those* amazing things instead of drifting toward another lost battle. Imagine the momentum you could build! Imagine if all the warriors around you started doing the same thing.

This experience is one of the main elements that motivates me to do my work. Every day I see good men and women who have been knocked out of their path of greatness. Every day I see the destruction that comes to people's lives due to addiction and errors in self-mastery. I will fight back! I will empower and train all who I meet to fight back as well. Some have expressed, "If I could just punch Satan in the face." I have learned we do have power to "crush his head". We do so not by fighting with him; not by arguing with him. We do so by finding and doing things to include the power of our unique gifts and talents toward making the lives of others better. Men have always felt stronger when they work to preside, provide and protect others. Women have always felt more edified when they see pleasing results in their efforts to nurture others.

I learned when studying the game of chess the best moves include a strong offense and a strong defense. When a person takes action on his passion projects whenever Satan

attacks, he will both conquer his enemy and show love and alliance with Christ, the Father and the Holy Ghost.

This brings up a new application of the first 3 steps of the 12 Steps program<sup>16</sup>. My interpretation of Step 1 is, "I admit the project before me is bigger than I expected, and I am not going to accomplish/defeat it on my own." Usually, this idea refers to getting rid of an unwanted pattern of behavior. Consider applying it to achieving something beyond your normal skill level. Consider David vs Goliath, Moses vs Pharaoh, Nephi vs Laban, Joseph Smith Jr vs the world! Each had stewardships beyond their normal, mortal skill level. A true Passion Project is a project which makes the world a better place and cannot be accomplished on your own capabilities. It is a goal beyond logic. It will take a miracle.

My interpretation of Step 2 is, "Come to believe there is not only a power, but a team, which if you aligned yourself with this power and team, you could accomplish the seemingly impossible project that stands before you." Remember the servant of Elisha who was taught, "Those that be with us are more than those that be with them" (2 Kings 6:1-6). Although we speak often of faith and believing in God in our religion, we often forget how capable this team is of doing miracles.

Finally, my interpretation of Step 3, "Align yourself with that power and that team". As a youth, I intentionally drifted toward individual sports instead of team sports. I was frustrated with the disorganization and the need to conform to such a team. But at the same age I had the privilege of having Mr. Marsden as my orchestra teacher. It was one of the biggest and most amazing high school orchestras in the western United States. I learned and experienced the amazing power that can be produced when each individual gets really good at their individual talent and then becomes submissive and conforms to the leadership of a skilled leader. As an adolescent I had a healthy amount of resistance to conformity, but when Mr. Marsden led an orchestra, I felt full edification in conforming to his power and the team he led. The music produced by this orchestra was truly miraculous. We will need to do the same with our relationship with God. Get really good at doing what you do as an individual. Practice the basics a lot on your own. Then

find your place on the team. Follow His instructions. Harmonize with those around you. Submit yourself to the leadership (inspiration) of the Divine Entity and His team. If you do these things, not only will your Passion Projects play a role in conquering the enemy, you will also find great joy (thrill) in playing an important part in building the kingdom of God!

So, after a long description you can see the **A** square becomes a representation of two joined activities: having a parent or teammate see your calendar; **Accountability**, and Action toward Passion Projects.

**Sixth** - The **N square** refers to behaviors the warrior is focusing on to discontinue. Thus it is called the "No" square. For beginners of Sons of Helaman, we start with the basic Mr. M (masturbation) and Mr. P (pornography). Other warriors choose at least one behavior they want to stop (i.e. stop yelling at children, stop sleeping in when planning to exercise in the morning, stop playing video games too much, etc.) After the warrior gains momentum (reaches 3-4 weeks), the warrior is encouraged to add other small and simple things to the list in order to fine-tune their development. Because the **N** square can evolve, the value of the MAN PoWeR calendar can be maintained for life! As soon as you feel yourself gaining mastery over one thing, just add another to the **N** square.

I have outlined the most basic application of the 6 squares. The **M**, **A**, and **N** squares can be used for many purposes, as can the **G**, **R**, and **L** squares for ladies of all ages in place of the MAN squares. Specific training on these can come from the Eternal Warriors team training courses and Personal Warrior Trainers provide individual training. You will also want to become familiar with the Daughters of Light training for (young) women fighting more difficult challenges. A skilled warrior will look over their 6 squares every night before starting the new day tomorrow. The warrior will wisely adjust the demands of the 6 squares to match the needs of the coming day. If he has a day with low demands on his time, he may decide to increase the demands of his 6 squares. If his day is full of demands, he may decrease the expectations of the 6 squares. If done correctly, the warrior

will love his 6 squares, because they serve him well, and match the needs of his situation.

If the warrior is going to win this war for the rest of his life, this border patrol system will need to become a consistent routine. These activities will need to become a daily part of life, like breathing, eating, or brushing teeth. "My house is a house of order" (D&C 132:18) said the Lord. Satan works in confusion and darkness. God works in light and order. When a warrior increases the order and structure in his life, it is far more difficult for the enemy to bring him down.

A warrior can tell when he has completed the border patrol process when he feels he can identify with confidence the next Satanic attack strategy and feels prepared for such an attack. He/she remains in "warrior mode" until the next border patrol session.

At 12 weeks, we expect to see the warrior having a complete and effective border patrol system. Most young warriors who enroll in Sons of Helaman underestimate how much daily "exercise" must be done in order to beat an addiction of this nature. Unfortunately, one must respond to an addiction with the same degree of intensity as if he were drawn into a military combat situation threatening his family. Many new enrollees hope the training will not disrupt their normal life routines. As with boot camp, as with the MTC, if the young man does not experience a noticeable change in his daily activities, there probably has not been a significant change in his *character*. These daily exercises, which we call "border patrol", are designed to keep the young man sharp and well protected. In order to graduate from Sons of Helaman, they will need to achieve at least 28 perfect MANPWR days, including their last 28 days before the 12 week mark. The Men of Moroni expect the same. Eternal Warriors training has similar expectations, as well.

One of the primary distinguishing factors I look for at the time of graduation, in order to predict relapse, is "What is his border patrol system like? Does he follow through without reminders? Does the system he has set up sufficiently re-sharpen his mind every day? Does he recognize and love the value he gains from it?" If you have succeeded to 12 weeks and beyond without having set up and sustained your border patrol system, then I will not

be surprised if you cannot maintain your success. It is extremely rare that addictive tendencies will just go away; like hoping Lamanites will stop attacking if you are a Nephite. We expect they will always attack, sometime and somewhere. But, if we are alert and well trained, we can win for the rest of our lives.

Scientifically speaking, it takes about 12 weeks for both the neurological structures of the brain and the basic chemical patterns to settle into a new “normal”. While it may take about 3 weeks to break or create a habit, breaking intricate addictive behavioral and cognitive patterns takes longer because the chemical and neurological elements are so much more disrupted. Also, it takes careful training to accurately change the neurological structures of the brain and chemical patterns. If not done correctly, there is no guarantee the addictive behaviors will be eliminated.

Spiritually speaking, do not forget there is a malicious and intelligent entity behind all this. Satan knows about your neurological structures. Satan knows about your body chemistry. Satan knows about your potential on this planet. He knows with momentum, you could discover before you are 19 years old, you actually are very amazing and are fully capable of spending the next 60+ years doing miracles on this planet! He is very strategic in his efforts to derail us. In my experience, it takes a minimum of 12 weeks to become familiar with, and prepared for, all his devious strategies. He is good at what he does. With proper training, which includes learning how to involve God in the war, we can get to the point where we never have a lost battle again.

For those of you who have reached 12 weeks but feel yourself slipping, I invite you to reinforce your daily border patrol system. Use the MAN PoWeR journal with dedicated ferocity. Find a set of activities that keep you sharp and find someone to be accountable to. Remember, when your guard is down, things get very dangerous. If you would like someone to be accountable to, I highly recommend Text Coaching or a Personal Warrior Trainer. These two options provide accountability for your border patrol and also provide you with access to professionals who can help you fine tune your Border Patrol.

Whatever course you take, do it NOW! Maintaining your border patrol system is key to keeping your mind protected



from enemy invasion. Throughout the war chapters of the Book of Mormon (Alma 48-62) Captain Moroni regularly spent time fortifying the borders of the cities. The book was written for our day. Let us learn from it.

Bonus topic:

## Video Games

Why are games so attractive to young men?

Can they be used for passion projects?

I have studied this for some time now and am, again, amazed at Satan's intelligent strategies. As usual, he takes something good and distorts it. Satan is very patient and persistent with his strategies. His drive to take out the leaders of the final generation is insatiable. With gaming, I see Satan working with the developers of games to take advantage of an idea spoken of by Edmund Burke, "The only thing necessary for the triumph of evil, is for good men to do nothing."

The Proclamation on the Family tells us men are designed to Preside, Provide and Protect. In more modern (adolescent) terms, these words can be translated to mean, Lead, Build and Fight. If you haven't noticed, almost all video games targeting young men revolve around the themes of Leading, Building and Fighting.

To help motivate men to lead, build and fight, I am convinced God has installed a positive feedback loop within men for when they act upon these types of behaviors, especially when successful. The sensation of happiness is associated with a set of chemical shifts to give our bodies sensations which are enjoyable and motivate us to experience them over and over again. I am confident Satan finally resigned himself to the idea this drive in men is almost unstoppable. So, Satan came up with the idea to create an artificial world where young men can lead, build and fight, so they don't lead, build and fight in the real world. It's absolutely genius!

So, when a young (or not so young) man spends time leading, building and fighting in the artificial world, their minds don't know the difference. Chemicals are released to reinforce the experience and give them the real

sensation of happiness and success. It is much harder and takes quite a bit longer to lead, build and fight in the real world. It confuses the young man when his parents do not support him in such glorious activities. How can any parent be disappointed in a son who just spent the last 4 hours leading his men into battle, conquering enemies who are a threat to his loved ones, and building a whole city for his friends and family to live in!?!?

Even more confusing for many of these young men is when they hit the serious dating stage. In their minds, they feel like they have spent the last several years working hard to lead, build and fight. As they move toward choosing a spouse, they do so with great confidence, for how can a woman resist a man with such a long history of world changing success? It confuses him when the woman asks questions like, "Where are the men you have lead? Where are the cities you have built? Where are the enemies you have fought?" He is excited to show her his memory card! Why doesn't she share his excitement? (In some cases, I have actually had young men say the most important characteristic they are looking for in a wife is she will support him in his gaming.)

Young men can be trained to harness the energy that is going into the artificial world, and transfer it into the real world. The young warrior can learn and demonstrate the ability to Preside, Provide and Protect in the real world. Contact our office for specific Warrior Training for Gamers.

## Sparring Drills

### A vital piece of the Team training

Sparring is one vital part of training an individual cannot do by him or herself. During a Sons of Helaman team training session, each individual is asked, "Why are you fighting?" and all the other questions of the Captain's Log. With the guidance of the Facilitating Clinician, the other young men will spar with the one answering the questions. They will interrupt with comments, ideas, questions or distractions intended to knock the warrior off course. Ideally, the fellow soldiers will closely replicate the

attacks warriors experience in their minds when they are alone. (Nothing sexually inappropriate is allowed during this sparring process.)

An example would be... if a 14 year old answers question #1 with, "Because I want to be worthy to go on a mission," a sparring warrior might say, "A mission is a long time away, you could lose a battle now and still have time to repent later." The young warrior is trained and encouraged to increase the speed, strength and accuracy of his response to such thoughts that might come into his head.

This dynamic is intended to replicate a paint ball practice session for soldiers preparing to go out to the real war. The Facilitating Clinician will stop the action as needed to train each of the warriors how to respond successfully to the different attacks. He will also provide strong leadership to make sure the practice sessions are not too much for the warriors.

This sparring practice is one of the most valuable parts of the group dynamic. Other young warriors can come up with things the individual warrior may not be able to figure out on his own. It also tends to build a very playful and strong comradery, not unlike athletes who rough each other up a bit during practice, only to love each other more after the hard work. If you are trying to win this war on your own, you are going to be missing out on this part.

### Running to the Flag Pole

"You know where to go! Get there as quickly and as orderly as you can!" The teacher commands, as the students laugh and giggle. The constant blare of the Fire Alarm seems like it would make the students nervous or afraid, but they aren't. It's just a fire drill, and they know it. At least once a school year they hustle out of their classrooms to the sound of the sirens. They have run this drill so many times, everyone knows where to go: the flag pole.

Fire drills save lives; when a real fire comes, the students will know exactly what to do and where to go. They don't have to think while the building is burning around them. They just do what they have practiced so many times. This is the principle of the Flag Pole, running an emergency drill over and over again until it becomes second nature.

This principle is key for overcoming addictions, as well. When you are in a spiritual burning building, it is an emergency: it is not time to think or plan, it is time to act. In fact, if you wait to make a plan until you're caught in a fire, you will most likely end up losing another battle. The key is to know exactly what to do *before* the fire comes. A skilled warrior drills and drills, so when the "fiery darts of the adversary" come, he is ready.

Everyone recovering from an addiction or a person striving for self-mastery should have a "flag pole" to run to when the danger alarms go off in their head. This should involve an actual physical location where they have to move to get to it. For beginners I recommend your mailbox.

One recovering addict ran out to his basketball court in the back yard and had to make a pre-designated number of shots before he went back inside. Another slept in his running clothes with his shoes by the bed. If he was attacked in the middle of the night, without stopping to think or rationalize he would lace up his shoes and race around his block trying to break his fastest record. Another would run out to the stop sign and give it a high five. For another, his flag pole was his mailbox; when tempted, he would go out, stand by his mailbox and just talk.

Sometimes a warrior cannot leave to run to his flag pole. If he is attacked while in a school Biology class, he may not be able to get up and run around the block. A skilled warrior should have a flag pole for these circumstances as well. Activating warrior chemistry and praying can be an effective flag pole to run to. Some warriors look at a picture of Christ, sing a hymn, or recite a scripture in their head. My favorite for those who cannot go anywhere is to have a set of 3x5 cards with power quotes to review over and over again until brain chemistry returns to normal. These power quotes are found/created in moments of inspiration, usually between battles.

As you can see, flag poles can be different for different warriors. In order for a flag pole to be effective, the warrior must have a pre-rehearsed plan which effectively changes his brain chemistry as soon as he feels an attack. He must drill this plan daily; like the students at school, as soon as temptation comes he will immediately leave the burning

building without hesitation or stopping to think, "What should I do now?"

The flag pole must be run daily until it is second nature. Like any athlete, the more successful you want to be, the more you drill. A successful warrior will practice his flag pole daily and run to it as soon as he feels the slightest shift in his brain chemistry. He will also run to it 3 or more times per day just for practice.

An effective flag pole will include the neutralizing drug Captain Moroni's army in our story would take as soon as they began to feel their water had been polluted. Thinking of their wives and children, the chemicals would shift quickly, without needing to stop and think or rationalize.

Imagine the following military scenario. You find yourself the leader of a half dozen teams of soldiers that consist of about a 10 men each. They are scattered around the jungles of Vietnam. One morning you get a report that without a sound, one of your teams has been wiped out. They were all killed by knife as they sat around their camp fire.

The next night you get a radio call in the middle of the night from a soldier who sounds drunk out of his mind before he goes silent. You find him and his team dead the same way the next morning. Further investigation allows you to discover the enemy has implemented a new attack method. They are floating a mind altering chemical into the air around the camps, like invisible dry ice mist. The men can't even tell they are breathing it until it has already had an effect on their minds. After the men are disrupted enough, the enemy slips in and finishes the job.

This is so much like what it feels like for those fighting addiction. They have not been trained to be aware of mind-altering chemical reactions, so they have no prepared response to it. Their leaders and loved ones think it is just a matter of desire. It is very scary to be a soldier in a situation like this. You don't know what the enemy is doing. You don't know how to catch the enemy. And you don't know how to respond in a way that brings success. So it is no surprise they just give up.

But, again, as the scripture says, "but with the temptation also make a way to escape" 1 Corinthians 10:13. As a military leader in the above story we would

quickly get our own scientists to analyze the chemical being floated into our camps. We would create an antidote. We would supply our men with the antidote. We would train our men to be able to detect/notice/discern the smell, sound, taste, early signs of the chemical attack. We would drill, drill, and drill a high speed response to taking in the antidote at the time of the attack so our soldiers would be clear headed and sharp at the time of the attack. With this antidote and training they could crush the enemy as it tries to sneak into their camp.

A modern day warrior can be taught to recognize changes in body chemistry at Level 1 and his emotional shifts at Level 2 before the thought/idea attack at Level 3 even happens (see Chemical Scale). Then, with a high speed, well-practiced response, he can release the antidote; Warrior Chemistry, into his mind and body, which will clear his head. His pre-practiced skills and pre-established relationship with God will empower him to win this battle. Once his mind is clear, he uses his Passion Projects (see previous section) to fight back and win the war.

There is no reason to fear Satan in this war. He is very skilled at what he does, but if we study him “If you know the enemy and know yourself, you need not fear the result of a hundred battles.” (Sun Tzu, The Art of War) and prepare intelligent, high speed and accurate responses, aligned with the extra power of God, we can win every day for the rest of our lives!

### Bonus: Why drills are so important

The Sons of Helaman program is built around drills. Running to the Flag Pole, Passion Projects, and Border Patrol are all drills that the warrior will run over and over again until they are habit. Why do we do drills? I get asked this question a lot, especially from warriors who are not succeeding and doing drills seems so unimportant and unrelated to fighting addiction. The answer is to ask any professional—athlete, or musician, or performer—why they practice and do drills. Their answers will be similar: professionals practice *to do things automatically, to become*

*consistent and accurate, and to improve the small but critical actions.*

Drills are a set of actions done repeatedly in order to master a certain skill or habit. Pianists play scales, over and over and over again. Basketball players shoot free-throws, shot after shot after shot. Speed and accuracy are key: it's not enough to just be fast, you have to be accurate as well.

In fighting addiction, drills are key as well. Fighting Satan is a lot like being a good basketball player, it takes speed, accuracy and intensity, and each of these skills is gained by drills. How do the drills from the Sons of Helaman build important skills for fighting addiction?

The Flag Pole gives us a pattern to follow when we're under attack. We don't have to think or reason, we just react according to the plan we've practiced over and over and over again. Just as a basketball player in mid-air doesn't have time to *think* through all the steps of a good shot: a good jump, the energy flowing from the knees to the ball, the fingers placed in just the right spot, the shoulders facing the basket squarely and releasing the ball at the perfect time, in just the right way to give it a beautiful backwards spin. The Flag Pole also gives us a pattern to follow with the fight against an unwanted pattern of misbehavior. In the time of an attack the warrior doesn't have time to think of the elements of fighting Satan: warrior chemistry, review your reasons for fighting, get down and do 20 push-ups, run around the block, serve someone, work on a passion project, etc. The crisis isn't the time to prepare. It is the time to execute.

The Border Patrol is a set of daily drills and rituals practiced to ensure no enemies are invading the warrior's mind or heart. This daily practice hones his skills to detect an invasion at the first sign of an attack and to be strong enough to repel it.

Good basketball players are made at the free throw line, practicing. Shooting basket after basket, day after day, they improve their technique even *after* it has become second nature. Good spiritual warriors are made on the free throw line of the brain, practicing over and over the Flag Pole and Border Patrol, ever polishing and improving their techniques in fighting Satan.

I recently received a text message from a young man who had to start over (go back to 0 weeks). He is a Returned Missionary who has a girlfriend who he is very much in love with and wants to marry. He told me his “lost battles” are the only thing keeping him from taking her to the temple.

I expressed concern that notwithstanding her being a supportive girlfriend, at some point, if he doesn’t show signs of significant improvement, she will need to leave him for a man who can learn to win his battles instead of one who keeps “oopsing.”

On further investigation, I learned this young man is losing battles because he is not running to his flag pole when his fire alarms go off. Upon further exploration I learned he does not do the drills of running to the flag pole unless he feels like it. He also revealed sometimes he doesn’t feel like it is necessary.

There are many verses of scripture which say things like, “By small and simple things are great things brought to pass” (Alma 37:6-7). The story of Naaman from the Old Testament (2 Kings 5:1-14) also validates this principle.

You will find as you read this book many of the activities required to beat addiction or gain self-mastery are small and simple and appear to lack value, until you actually follow through on what is required.

Daily drills do many things for the brain. One of the most important is training the brain to do what it needs to do instead of doing what it feels like doing. We win battles because we need to, not because we feel like it.

### Praying and Studying Daily

Every day, multiple times every day, our minds experience “hand grenades” and “cow pies”. The dark side throws such ideas over the walls and into our minds. He and his soldiers are relentless. Reading and listening to quality literature (primarily inspired literature) does several things for our minds. It strengthens our walls. It functions as a wall. (I almost always listen to the words of prophets, either modern or ancient as I fall asleep and as I wake up. I have observed Satan likes to attack when I am half asleep in the morning or at night.) Reading and listening adds weapons to our arsenal. Refreshing our minds with these true principles



makes it easier to fight off the lies that come at us from the Dark Side. It always amazes me when I work with a warrior who tries to get to 12 weeks and beyond without finding a way to read/listen every day. I know of no one who has succeeded for years without reading/listening almost every day. Just do it!

In summary for the training question #4. To win this war, you will need strength, speed and accuracy. This can only come from practice, practice, and more practice. Some individuals can gain enough strength, speed and accuracy on their own, but being on a team is a more powerful and more efficient way to learn. Please don't let fear or embarrassment keep you from joining a Sons of Helaman, Men of Moroni, Daughters of Light or Eternal Warriors team. There is too much at risk when trying to fight such a strong and powerful enemy on your own. For your lives, (future) wives, and freedom, please learn to fight like dragons!

## Analyzing Lost Battles

*Question #5: "When you lost, what technique did the enemy use to defeat you?" "Is there a pattern?" "If you could replay the event, what could you have done to beat him?" "What drills can you do to make sure you win next time if he tries something similar?"*

Analyzing lost battles is best done after questions 1-4 have been completed. In fact it is not uncommon to learn the reason for the lost battle, if there has been any, is the result of a gap in the defense and fighting systems addressed in the first four questions.

If there is still a question from the individual and/or the group as to why a young man had a lost battle, this is where the therapist really earns his money. It is his responsibility to accurately identify "what technique was used by the enemy" and train the whole group on how to win against this type of attack.

As I have studied other treatment programs, I have observed quite often the participants feel encouraged to feel like there is something wrong with their character, and this

is the cause of their “relapses”. It has been my experience with any paradigm which causes the warrior to feel weaker or less confident, makes him more vulnerable to future lost battles. The chemicals dominating the mind when a young man feels this way weaken him to further attack.

The chemical condition a young man must feel in order to win is associated with the feelings one experiences when he and his loved ones are under attack. This was previously described as Warrior Chemistry.

By carefully crafting the question, “When you lost, what technique did the *enemy* use to defeat you?” the intention is to cause an almost automatic release of warrior chemistry. This increase in warrior chemistry sends cognitive energy into the cerebral cortex and the frontal lobe, empowering the young man to more accurately analyze what events and patterns led up to his most recent lost battle (or close call).

By processing the event backward, identifying the times, locations, thoughts and feelings associated with the different levels of the Chemical scale (5, 4, 3, 2, 1), the warrior can find patterns to what occurred. He can then replay the event, creating a plan of success along the way. He is then encouraged to drill this plan over and over between this group session and the next.

### Doing a “Q5”: Analyzing Lost Battles

It is vital to analyze your lost battles correctly if you are going to be more prepared for the next attack. Usually, the process an untrained warrior goes through right after a lost battle is counterproductive. In typical situations, after a lost battle, the warrior feels significant guilt and self-loathing. Often he gets angry with himself and irritable with others. He feels stupid. He feels hopeless. Not much thinking takes place. If there is any thinking, it sounds something like, “Why was I so stupid?” Or, “What is wrong with me?” Because of this, most warriors try to forget the whole experience as fast as possible. The chemical shifting associated with these thoughts and feelings weaken the warrior and he becomes more susceptible to further lost battles. Spiritually, the young warrior has forgotten who he is and who he is up against.

A more healthy, useful and powerful approach can be observed in a military or athletic competition. I was a wrestler in high school. I took my sport pretty seriously. I was dedicated to winning my battles on the mat. It was nice to beat up on the guys who were not as skilled as I was, but important things happened in my heart and mind when I met a skilled opponent. As much as I don't want to admit it, there were times when I actually lost. The way I was coached to respond to these experiences has greatly impacted my research and training of young men who are fighting against Satan and his addictive behaviors.

As with sports, after a loss, a certain amount of anger and sadness is appropriate, if it builds the individual toward determination, instead of hopelessness. Imagine a military situation where because of some skill on the part of your enemy, one of your best friends gets killed right in front of you. If you stop and grieve for too long, it puts your own life in jeopardy. Sitting around crying and feeling stupid is just going to get you killed. So, how long should you feel like crud after a lost battle? Just long enough to be motivated to take the next step. This should take less than a few minutes.

It is valueless to linger in negative feelings toward one's opponent in sports. Many athletes lose some of their skill when they get consumed by negative feelings. It is more useful to gain an increase of respect for your opponent. You will notice the question we use to train the warriors is, ***"When you lost, what technique did the enemy use to defeat you?"*** This shifts the focus away from looking for weaknesses in the warrior, and increases focus on the strengths of the opponent. I had no idea when I first started training men to beat addictions they would need to gain a testimony of the power and intelligence of Satan, as fast as they were gaining a testimony of the power and intelligence of God.

With this new respect, laced with intense determination, the warrior will "review the video tapes". This is a very uncomfortable part of the process. People do not like to be reminded of what they do wrong. It is humiliating. But every serious athlete or performer must gain the courage to review their past if they are going to make the future better. When reviewing the 'video tapes', we look for patterns. ***"Is there a pattern?"***

In order to identify a pattern, it is wise to use the Chemical Scale (see Chapter 5) as a reference and work your way backward.

Start with **Level 5, the “I Give Up” moment**, because analyzing anything after a level 5 is not a very valuable use of time. In order for one fighting an addiction to succeed, he must watch for sensations in his body as accurately as possible. When a person experiencing addiction stops fighting against the temptation, “I Give Up” is the most common sensation experienced by the warrior.

After level 5, the higher brain is mostly numb and the body is just functioning like an animal. This is the moment in time when the warrior stops fighting and gives up (for the moment). I encourage the warrior to identify where he was (geographically) and at approximately what time he hit the “I Give Up” moment (within 15 minutes). The most common answer for beginners is, “I don’t remember.” I have learned even blacking this out is part of the satanic strategy. If the warrior cannot “remember” how he got shot in the forehead during paintball practice, then he cannot prepare to avoid it in the future. With a bit of courage and concentration, the young warrior can identify the where and when.

**Level 4, the Confused, Irrational Conversation.** To analyze a lost battle, we need to know how long the Level 4 lasted, and what the conversation contained. Some have Level 4 experiences that are barely a few seconds. Others can last days or months. “You know where this is headed. Yeah, I know. You should stop. Yeah, I know. Okay then, stop. Yeah okay...” until “I Give Up”.

This phase is what most beginning warriors are referring to when they discuss fighting temptation. The “Negative Self-Talk” Satanic attack is most obvious when reviewing Level 4. Warriors will report, “That other voice in my head doesn’t even sound like me. None of the things suggested or encouraged are within my values system. I don’t understand why I fall for that.” I sometimes refer to this level as the “hand-to-hand combat” stage, because it is much harder to fight and win at this level than if you identify the attack and kill it from a distance (sniper shot), i.e. Level 1 or 2.

**Level 3, the “Dude!” Moment.** Every individual I have worked with understands this moment with minimal explanation. This is the first awareness of an inappropriate thought. It is one of the easiest parts of the scale to recognize. I encourage the warrior who has recently lost a battle to remember where and when he experienced the Dude! Moment. This can be seconds, minutes, hours, days, weeks, months, before the actual lost battle. While it is not most effective to fight battles at this level, it is helpful to be prepared. A warrior prepares by writing down as many “Dude’s” as he can on paper, thus increasing the likelihood of identifying him (Satan) next time.

- “Dude, it has been a while.”
- “Dude, your parents are gone. It is a perfect time.”
- “Dude, you are going to lose eventually anyway, might as well do so now!”
- “Dude, your life sucks and isn’t going anywhere anyway, might as well.”
- Etc., etc., etc.

Level 3 is specifically designed to be a pain reliever. There is a “gate keeper” in your mind between the higher brain and the animal brain. One of the main jobs of the gate keeper is to propose solutions for pain when pain (emotional) becomes overbearing. The gate keeper has a handful of prepared activities based on what has worked in the past. When life becomes too (strong negative emotion), he says, “Dude...” Satan whispers to the gate keeper a suggestion that has worked in the past to relieve the emotional pain temporarily, but usually over-rides the values system of the individual.

When a warrior is doing a Lost Battle Analysis, I want him or her to surface the thoughts that sound like an invitation to behave contrary to their value system. “Stay up later.” “Skip your reading.” “Yell at your mom.” “Ignore your wife.” It takes practice to get more and more clear on identifying these phrases. It is especially uncomfortable to write down, but if you really want to gain skill in winning these battles, I strongly recommend it. If the suggestions are of a sexual nature, feel free to use code words.

**Level 2, the Pain Build up. Feelings.** In my experience, people of all ages are very uncomfortable with the idea of being pushed around by their own feelings. To avoid feeling like they are being influenced by feelings, they often just avoid being aware of having feelings. I know; I have done it myself! The build up from level 2 to level 3 is experienced when there is an increasing sense of legitimacy to one or more negative feelings.

For instance, if one of your Achilles' heel feelings is Overwhelm, then it might sound something like, "You are never going to get it all done. Expectations are too high. There isn't enough time. No one understands how much pressure this is." As the believability of the thoughts increase, the feelings increase. An increase in negative feelings is associated with an increase in chemicals which makes one vulnerable to satanic attacks. When Satan observes there is probably enough emotional pain and vulnerability, the "Dude" moment occurs. This is when the animal brain, combined with some satanic assistance proposes an activity that will, "relieve the pressure."

So, as part of the Lost Battle Analysis, write down your best guess of the feelings of discomfort or pain you are experiencing at the time the suggestion to misbehave surfaces. A common satanic thought at high level 2 is, "Yeah, but this time I have a good reason to feel this way."

**Level 1, the first of the chemicals.** As described before in the Satanic Spin, certain thoughts cause chemical reactions in the brain. The Satanic Spin specifically addresses the chemicals associated with deviant behavior, including behavior of a sexual nature. Unfortunately, Satan is willing to manipulate other chemicals in your brain as well. To do so, he uses the same strategy. He carefully picks a thought likely to cause a chemical reaction in your brain. We will notice the feeling, not the thought at first. Any feeling that cannot be associated with what one can expect to feel in the presence of the Holy Ghost (peace, comfort, confidence, etc.) is associated with chemical reactions that increase animal brain activity and decrease higher brain functioning.

I remember for me there was a time when Satan could easily use, "You aren't going to have enough money to pay your bills this month." I remember waking up to this idea like a sucker punch in the gut. I remember the chemical spill

in my body as I could feel my heart beating faster and my mind starting to swirl. If I let such thoughts, and others like unto it continue to build, I could feel myself get more revved up, or spun. With careful observation I noticed my creative problem solving skills decrease and my moodiness increase. If I did not have the skills to diffuse the strong feelings, I can easily see how I would be increasingly inclined to do whatever it takes to eliminate the pain, even if it is not logical and not in agreement with my long term values. Work to become aware of sudden and subtle changes in your body chemistry associated with changes in how you feel. Notice how it can grow into enough pain you just want to escape from the situation.

So, *to analyze your own lost battle*, review and write down the answers to the following questions:

- Where and when did you say, “I Give Up”? (Level 5)
- Where and when did you experience the “Irrational Conversation”? (Level 4)
  - What were some of the thoughts associated with this phase?
- Where and when do you remember the first “Dude” moment? (Level 3)
- Where and when did you start to believe the strong negative feelings spilling into your mind? (Level 2)
  - Which negative feelings built up the pain this time?
- Where and when did you first get informed of a negative feeling? (Level 1)
  - What thought(s) initiated this feeling?
- Is there a pattern to the times, locations, feelings and thoughts?

**“If you could replay the event,  
what could you have done to beat him?”**

As with sports and military situations, finding patterns in the methods of your opponent make it much easier to beat him. If you know a military enemy is always going to hide in your bedroom at night and try to stab you with a knife as you are trying to fall asleep, how do you defeat him? Sounds pretty simple when you put it that way, huh? It has been my

experience about 90% of all “lost battles” take place at predictable times in predictable locations.

**Example:** Here is a common military strategy I have seen Satan use on our young men. The young man is on his way home from a long day at work or school. He is reminded of how hard he has been working and the thought of any more work in this moment could “ruin his life”, so he *needs* some “down time”. Feelings of overwhelm or overwork start increasing the closer he gets to home. “Dude” moments start to occur, not about misbehaviors at first, but behaviors that put the young man in a more vulnerable position, like TV, or a nap in his room. As the young man’s brain remembers how much more there is to do that day (homework, chores, etc.) the pain increases. Eventually, the need for an even bigger “release” is present and the official “Dude” moment occurs. A little argument...and then...crash. (Try to identify the 1, 2, 3, 4, 5 of this paragraph.)

So, after identifying the 1, 2, 3, 4, 5, create a plan to be a step ahead in the 1-2 zone. You must notice the moment in time when you feel a *need* to do something to resolve the strong negative feelings that are building. You must have a pre-created plan (flag pole) to rejuvenate the body (warrior chemistry) and mind accurately. You remember watching TV actually does not rejuvenate the body and mind. But a vigorous sport for a reasonable amount of time does work (basketball, running, biking, etc.). Then get right on your stewardships (homework, chores) so you can finish the day with a sense of manly satisfaction, instead of another negative feeling of avoiding manly responsibilities.

If your 1-2 zone is in the area of stress, then you need to gain the skills of stress management. When Satan uses stress, he builds upon the idea you will never be able to get it all done, have enough money, etc. With depression he builds upon “legitimate” descriptions of your flaws or hopelessness in life. The possibilities are endless, but in our favor, in most cases we each only have about 3 major “Achilles’ heel” emotions. You may need some extra training on how to identify and how to create effective mood management skills. If so, please get in touch with one of our therapists or personal warrior trainers. There is no value in continuing to be in pain and frustration when skilled professionals are



nearby. Once an effective plan is created, move on to this next step.

**“What drills can you do to make sure you win next time if he tries something similar?”**

It is not uncommon that the final mistake I see warriors make the first mistake I see warriors make is based on an incomplete idea found in the field of psychology. There was a surge of attention on what can be called “insight based” therapy. It is true many people, including me, have been very benefitted by insight (which by the way is a message from the Holy Ghost) based therapy. Carl Rogers didn’t even know it, but he demonstrated the fine art of bringing the Spirit into the therapy room in such a way it increased the likelihood of the client experiencing insight. But, the reason this is insufficient for winning the battle against unwanted addictions is because insight is insufficient to produce high speed, accurate and strong responses. Imagine someone watching a basketball player attempt to shoot a basket only to have it intensely blocked by the opponent. Becoming aware of it is a good idea to handle the situation differently, but is not going to empower the player to do so. He will need training and practice with skills, speed and strength. This all takes drills.

Another fatal flaw is a warrior might think it is a good idea to have a plan, but they don’t come up with one that will actually work. A good plan must include what you will do differently once you identify each Level. In other words, “How will you recognize and what will you do if you feel the same Level 2”? “What will you do, instantly, if you hear the same “Dude, moment?” Etc. Sadly, I see a lot of plans include different Level 3 (think differently) and Level 5 (behave differently) plans, but there is no inclusion of addressing Level 1 (chemical level changes), Level 2 (mood based changes) or Level 4 (internal conversation changes). You will need to include a plan for all 5 levels.

Another error is they come up with an effective plan, but then don’t practice it when they are NOT under attack. In all three comparative activities, music, sports and military, there is actual practice – WITH THE BODY – in artificial situations BEFORE the actual event is experienced. If you are going to

defeat a skilled enemy, you **MUST** practice, practice, and practice! You must get your body to the point where it will take the necessary action quickly and without having to think about it.

For instance, the young warrior who discovers he is regularly attacked right after school, and decides going out to play basketball before working on other things, must do this every day, even if he doesn't think it is necessary. Imagine telling a boot camp instructor you didn't do the drills that were needed because you didn't FEEL like it! So many "Lost battles" begin with losing an "I don't feel like it" battle over a necessary drill. The young men I work with who go on to succeed learn to respond with "Do it anyway" to every emotional excuse I propose to them to shirk drills.

If your 1-2 zone is stress, then every day at your vulnerable time do your relaxation drills. If your 1-2 zone is depression, then you review your confidence building concepts written out on 3x5 cards at your vulnerable time.

If you really, really, want to learn how to beat this addiction, then you will type up the 4 parts of Question 5 and answer them in detail as guided above. There is a place for this in the middle of the battle journal you get when you join Sons of Helaman, Men of Moroni, or Eternal Warriors trainings. I highly recommend you answer the questions EVERY time you have a lost battle. The process is difficult, but it will do wonders for your brain.

The next chapter contains a section entitled, "What Went Wrong". This is a play-by-play analysis of some lost battles for you to learn from. But now, how do you keep from losing future battles by being prepared for Satan's future tricks?

***Question #6: "What might the enemy try in the future?" "What do you need to do to be prepared for such an attack?"***

As you might guess, one of the most painful moments in time for both me, as the clinician, and for my warrior clients, is when he or she is doing well, winning battles for an extended period of time, then "out of no-where" they are attacked and lose a battle. I was afraid there was nothing I could do about the prevalent idea, "Once an addict, always an

addict.” I agonized over this pattern for quite some time, trying to find a solution. After a great deal of pondering and prayer, I was listening to a story from the Book of Mormon and received the following revelation.

Alma 16 tells the story of a military leader, Zoram, who visits Alma asking him how to prepare for any future confrontations with the Lamanites. In verse 6, Alma inquires of the Lord and is told where and when the enemy will be. After listening to this story, the concept came to mind, “Teach them to prophesy.” It might surprise you to find out at this time, **I** did not know how to prophesy! I went on to discover it is not as complicated as I once thought, and it can be taught, even to teenagers!

In preparation for the up and coming week/day/hour, the young men in Sons of Helaman are trained to ask God to help them see when, where and how the Enemy is going to attack next. Then, the warrior needs to ponder (think after praying) and prophesy (guess with the Spirit about the future) when and where the next Satanic attack will take place. Many are surprised this takes less effort than expected, but it does take enough effort to at least try. The warrior must first pray for assistance. Clear insight about the future requires Divine assistance. Then he considers his schedule for the upcoming period of time. He then identifies the few times and locations of likely attacks. This is best done if it is narrowed down to one or two 15 minute time slots. To be more successful, the warrior will need to identify each of the 5 Levels as they build up. Again, this is done best by working backward. Most of the warriors are surprised by their own accuracy.

After identifying the most likely time and location for the next attack, they prepare a plan to dominate, instead of “slip” into a lost battle. If the warrior finds they will need specific assistance from God, now is the time to ask for this as well. “Help me to remember...” and “Please provide me with...” are two of the more effective ways to pray. They then practice this plan either in their minds or in real time (as would an athlete or a soldier) including the emotion of the event. With sufficient preparation, the warrior can and will succeed!

There is an excellent example of this in the Book of Mormon when Captain Moroni was able to guess with

accuracy to prepare his people and his cities for the unusual attack strategies of the Lamanites.<sup>17</sup> Captain Moroni pondered the likely strategies of the Lamanites, before the Lamanites attacked again. Then, with great diligence, he instructed his people to make the necessary preparations. When the Lamanites arrived they were easily defeated. This can happen with psychological warfare as well.

With practice, warriors go on to win for many years. As part of the practice, the warrior will be writing about these insights and preparations about the future. This is an important part of the group training experience. Our skilled clinicians and mentors have the ability to walk you through this process, if needed. The warriors learn by aligning themselves with the power of God, there is no strategy or attack Satan can surprise them with that is too much for them to handle.

As they align themselves with the power of God, they are also aligning themselves with God's ministering angel warriors. May I remind you, when you follow these principles correctly, you will experience something similar to what the young man experienced in the story with Elisha found in 2 Kings 6:15-17.

"And when the servant of the man of God was risen early, and gone forth, behold, an host (army) compassed (surrounded) the city both with horses and chariots. And his servant said unto him (Elisha), Alas, my master! how shall we do?

"And he answered, Fear not: for **they that be with us are more than they that be with them.**

"And Elisha prayed, and said, Lord, I pray thee, open his eyes, that he may see. And the Lord opened the eyes of the young man; and he saw: and, behold, the mountain was full of horses and chariots of fire round about Elisha" (emphasis added).

Warriors learning to plan and prepare against Satan's attacks can pray to have their spiritual eyes opened and see the angelic forces aiding them in this battle for their souls.

**Example:** I was working with a married man in his late 20's. He had come a long way and was winning his battles for several months. He had solidified the habit of border patrol that included reviewing his schedule for the next day

every night before going to sleep. He prayed a two sentence prayer, "What do I need to be prepared for tomorrow? What attack from Satan need I prepare for?"

His family pattern during this time was his wife went off to work and he was in charge of prepping and taking the 2 elementary school children to school because he didn't have to go to work for several hours. As he scrolled through his schedule in his mind, he felt warned, "Watch out when you drop your kids off at school tomorrow."

He thought this was bizarre, so he didn't take it too seriously, but it was his habit to at least run through a plan in his head. It was true, he remembered, it was part of his past lost battle pattern to behave contrary to his value system when he was at home alone in the mornings. He reviewed his plan in his mind, "If I get attacked, I will remember why I fight, because I am still sad and angry about the pain I have caused my wife in the past. Then I will allow some warrior chemistry to pour into my veins by thinking, 'No, sir, you will not make me feel stupid and trick me into hurting my wife again.' Then I will go the extra mile when I get home. I will spend an extra 15 minutes shining up the kitchen so when she gets home it will give her the relief of one less thing to worry about."

He was able to go through this entire process in less than 3 minutes.

The next day, he proceeded with his morning as usual, mostly forgetting about the ideas from the night before. Events of the day were progressing uneventfully. Then, as he was dropping off his children at the elementary school, he saw a mom in a mini-van step out of her vehicle in a bathrobe, trying to help her little ones out of the van.

As he drove home, he noticed his brain and his feelings were off. In the past, these thoughts (Level 3), feelings (Level 2) and chemicals (Level 1) would have stirred around in his brain and body until he started losing clear connection to his values system (Level 4). In the past, he would give up on the fight (Level 5) and behave contrary to his values system (Level 10). In the past, when his brain chemistry would clear, and his values system would kick back in, he would be mortified by the misbehavior and its repercussions.

But this time, before he got home, just a few minutes after the event, the memory of the work he had done the night before popped back into his mind. "But the Comforter, which is the Holy Ghost.... (will) bring all things to your remembrance, whatsoever I have said unto you." (John 14:26) He remembered he had been warned. He remembered the dangerous feelings. He automatically, like an athlete, musician or soldier, triggered his successful reaction. He remembered the past pain he caused in his marriage. He remembered there was an entity invested in his destruction. He triggered the warrior chemistry response and by the time he got home, he was ferociously determined to clean the kitchen as planned, and did so. At the end of the experience he was very proud of himself instead of humiliated. Later in the day, when his wife read his battle journal she was relieved and felt more safety and security from seeing his willingness to not hide things and his success in winning the battle.

## Chapter 10

# What Went Wrong

Common Mistakes made by those  
who have not yet perfected  
the art of fighting against  
a pattern of unwanted behavior.

In the team training setting, warriors answer the Captain's Log questions. I am excited every time we arrive at question 5 (Q5 as we often refer to it in group): "When you lost, what technique did the enemy use to defeat you? Is there a pattern?" I get excited because answering this question provides me with some of the best opportunities to teach Satan's methodology. Analyzing lost battles is an extremely helpful part of group therapy, not only does the defeated warrior learn how to win next time, but every other warrior in the group comes away knowing better how to defend themselves from Satan's attacks. I found this approach so successful; I decided to dedicate an entire chapter to illustrating some examples.

If you are struggling with an addiction, pay special attention to these lost battles and think what *you* might do in these situations to prevent yourself from falling prey to the enemy's traps. During these analyses, the client's words are italicized and my comments are in normal font.

Example #1:  
The Gradual Descent

*"Somehow, out of the business that is my life now, I lost another battle. I woke up extremely early this morning and I could not get back to sleep."*

This is Level 1: The Chemical Spill. The addict brain, with the help of Satan, can set off alarms to mechanically shift chemicals to wake you up in order to get a "fix". It is wise to remember this experience is a legitimate addiction, not unlike heroin. With all addictions there are withdrawal symptoms. Waking up in the middle of the night and not being able to go back to sleep is a common withdrawal symptom. This will usually go away after about 3 weeks of success.

*"Within what seemed like two hours of idly waiting for sleep to come to me..."*

This is Level 2: Feelings. In an effort to understand why we woke up, or why we can't go back to sleep, uncomfortable, pre-sexual feelings increase with the help of the Satanic Spin. Sleep will not just "come to you" in these situations. The warrior must intentionally change his brain chemistry. A burst of exercise will often do the trick. It is important he takes the necessary course of action before he gets to Level 3.

*"...temptation reared its ugly head."*

This is Level 3: The Dude Moment. The first suggestion to do something inappropriate. Now his brain has been massaged into vulnerability.

*"I eventually went upstairs."*

This is Level 4: The Irrational Conversation. "Should I? Should I not? Etc."

*"...and started to surf the internet for bad material."*



This is Level 5: The "I Give Up" Moment. The addict stops fighting it, decides to let go of the reins and lets the stallions of his passion run away with his moral stagecoach.

*"I can't handle vulgar material for too long before my mind begins to try and purge it, so I turned off the computer and left feeling guilty and dirty."*

At this point, we are in Damage Control. It is almost too late for the warrior to win this battle. Decisions have to be made in advance in order to maintain the fewest "casualties" in each lost battle.

*"I lost a battle to masturbation before I left for band camp. I had rationalized that after the loss to pornography, 'If you lose to masturbation now, there will be no way you can convince yourself you are still worthy to bless the sacrament.'"*

This is another visit to Levels 3, 4 and 5 before the warrior returned back to 0. I assume the addict can recognize the lack of logic in this sentence now that he is out of the situation and thinking straight again.

*"I often had the question, 'how far is too far' with Mr. P?"*

Question 5, part 3 from Captain's Log: This is a good question. I recommend a warrior move his standard up to a line to only viewing things he would watch with his mother sitting next to him. This will put his standards where they need to be in preparation for a mission and marriage in the temple. It seems a little strict, but it will relieve his conscience of all obnoxious conversations about "maybes", which can sometimes be a foothold for justification and indulgence.

*"I have not yet gotten to directly searching for the worst of it, but I am getting closer and closer to that point. I think it would be for the best if I restrict the internet better for areas I have access to."*

Computer/internet restrictions are wise, but insufficient if you are going to beat this stuff for a lifetime. To win

forever, you draw a line in the sand in a very safe place, and then fight for it with all ferocity.

*"I need to be more aware of lurking temptation. I also think I need to be more diligent in responding to texts in the Text-Coaching program."*

This is a good analysis. Those who are faithful in their accountability system, like Text Coaching, tend to succeed faster. In Text Coaching, answering every question in a timely manner is the key to its success.

*"I need to not let my guard down at any time and plan ahead for situations like today's."*

Yes, most of us can predict with some degree of accuracy where and when Satan will attack. This is the point of Question 6 from the Captain's Log. Planning an activity which will dominate the Adversary in advance, will greatly increase your success.

## Example #2 A "Surprise" Attack

*"Today was a stupid loss. "*

Right off the bat, he is attributing to himself weakness, instead of attributing to Satan strength and intelligence.

*"It was not what I intended today."*

Recognition that he was in an altered state of mind – what we call "Stoned".

*"From start to finish it was over in 5 minutes. "*

Level 5: I Give Up – Nothing really to talk about at this point.

*"5 minutes is all it takes to ruin my building momentum."*

It is very important how the warrior responds to a loss of momentum. There are two categories of emotion the warrior could experience with the awareness of having momentum lost. As with an athlete, if he starts to feel hopeless, or self-deprecating, he will start to fall apart. If he is aware of the skills of an opponent, he can become ferociously determined to figure out what the opponent was able to put together in the form of a strategy, and create an even more amazing strategy – combine it with focused ferocity and go on to dominate.

This client has a tendency to be very responsible, perhaps even *overly* responsible. It never ceases to amaze me how Satan will take advantage of either end of a personality spectrum. Satan will easily manipulate a person who avoids responsibility, but he can also work on the overly responsible person. This is unexpected by some people, and when it is unexpected, it falls into the “The serpent was the most subtle of all the beasts of the field” category.

In this case, this overly responsible warrior is taking ALL the credit for his lost battles and is not giving Satan credit for his role in the battle. If this warrior will give Satan credit, he will remember to look for the Level 1 phase. He needs to increase his Spirit of Discernment to look for his subtle biochemical shifts and his emotional condition. Like most men (as you will see below), he is attending to his actions (Level 5) and to some degree his thoughts (Level 3). He recently sent me a very good write up on fighting battles. This write up is good, but it still does not attend to the 2 most basic elements of fighting this war – the satanic factor, and the chemical factor. Let’s read on:

*“I had written a detailed plan of how I was going to win 12 days in a row. Just 12 days. The goal is a modest one. I had a detailed plan for how my mornings would go and how I would win.*

*“Last night I went trick or treating with the family I used to work for. I was a little annoyed to have to drive to a different city.”*

This is a Level 2. It is good he noticed it, but he did not give it sufficient credit. He then mentions why he was annoyed.

*“I was hoping to go food shopping and finish organizing my room. But the visit was a good one. I am glad that I went.”*

It appears his emotions and chemicals balanced out.

*“I made it home on time, I wrote a brief but solid letter to my future wife. I have been writing those since early August. I like to review the day, my feelings, and a little bit about how I will win the next day. I suppose it was a bit rushed and not as thorough as it could have been.*

*“This morning I got up on time and had plenty of time to get ready. I decided to drive and not ride the train so I had time to lay in my bed and read the Book of Mormon.”*

I don't know if this warrior has ever noticed how unwise it is to read in bed in the morning, but I would read this as a mix of good with bad, a common satanic strategy.

*“I read 1 Nephi 22. I had a brilliant revelation. I was reading verse 26 and it speaks of the millennium. Satan will be bound not because he will be locked up and cast out but BECAUSE OF THE RIGHTEOUSNESS OF THE PEOPLE.*

*“I had the idea that Satan can be bound in terms of beating me because I will pay no attention to him and his temptations. Maurice has been doing this for years.”*

I am glad he wrote this because it reveals an inaccurate understanding which many young men have a hard time understanding—in fact many not-so-young men struggle understanding this. If we are Nephites in Book of Mormon times, we cannot afford to “pay no attention” to the Lamanites. We must actively watch for and prepare for them. I use the almost constant listening to the words of the prophets primarily as “walls” to protect my mind, but also as a forge for new weapons.

Also, this listening trains me in the ways of both the power of God and the power of Satan, so I can fight with precision.

*“Even as I drove to work I listened to a book on CD that discusses the atonement. I was feeling pretty dang good. Perhaps I was getting a little too confident. I got to work early. About 10 minutes. I guess it isn’t good to be too early because that means I am alone before anyone else gets there. I was hoping to check email and maybe send some emails to friends before the official work day began.”*

Good efforts, but notice in his analysis, he is still primarily discussing his actions, and not his feelings/mood (Level 2s) or chemical shifts (Level 1s). Again, I would venture to say, his Spirit of Discernment has not yet been sharpened enough to sense these things.

*“I got an email update from Amazon. I order good books on Amazon every now and then.”*

He is now wandering aimlessly. Think like a sniper in a war. Is there ever an option to drop your guard? Perhaps we resent the need to be so vigilant. I remind my clients, people who were born into battle zones do not have a choice and they do not take time to resent it. They learn you must do what you have to do, or you are dead.

*“Today, the spirit faintly poked me not to click on the link. I did anyway.”*

Here he is already at Level 4, and too stoned to fight back.

*“My brain seemed to be a bit automatic. As I was looking at some of the books that were recommended based on what I had done before. The temptation hit me to click on the clothing link for women’s intimate apparel.”*

Here he has a second Level 3 “Dude” Moment.

*“The rest is sort of history at that point. It was all over pretty quick. Full act out. Dang it!! I knew I had blown my goal. I went to the bathroom to clean up and also to pray. That was a stupid loss.”*

Self-deprecation – not helpful.

*“It seems that I lose often in the mornings. I realize that checking email right at 7 a.m. is probably not a good idea. I will make it a goal not to start clicking on email or any links that are not specifically for work for the first hour.”*

Where is the conversation about the involvement of Satan? Have you been tricked into believing this is a war between your Spirit self and your Body self, and there are no other intelligent participants? One of the important questions in the Captain’s Log is carefully crafted, “When you lost, what technique did the enemy use to defeat you?” You will notice this does not say, “When you lost, what did you do wrong?” Self-loathing and frustration are two strong emotions Satan wants to stimulate within us. Those two emotions and any emotions like unto them involve chemicals that make the brain more vulnerable/susceptible to future attacks. Anger at self is not productive “a house divided against itself cannot stand”. We must focus our anger/fighting energy outward – toward the actual culprit. We must gain a testimony of our own goodness – we would never pick self-destruction for ourselves by choice. We will only choose it when an outside force suggests it and distorts us to the point where we consider it both attractive and of sufficient value to pursue.

*“I respond to a text (Text Coaching) at 7:20 and I have an alarm at 9 p.m. I will not even log on to the computer until I have read my oath and said a prayer. If I do this for the next few weeks, it will become a habit. Maybe I will get in the habit of completely closing down my computer every evening so that in the morning it will be obvious when I come in the morning to prepare myself.”*

*"I will put a post it note on my mouse every evening that will remind me to pray and prepare in the morning.*

*"This losing at work business is ridiculous. This could lead to some major disasters."*

*"Today, I am going to work extra effective. I will work out at lunch. I will organize this Saturday's dinner group and contact the people in the group. I will email and possibly call the girls. It will help my brain to take charge and do that.*

*"After work, I will go food shopping. In the evening I want to read some good articles on addiction that I found on a site by a recovered addict. I will read some of step 1 and 2 of the 12 steps. Tonight will be a regeneration night. I will still finish out the week. I will prepare extra carefully. I will write a long letter to wife (30 minutes) and describe how it is that I lost. I will make a better plan for Wednesday. I am going to take a girl out to lunch tomorrow.*

*"This was a stupid loss and there are probably more complicated things going on inside of me, but I still want to stay true to my battle plan, keep border patrol tight, vigilance at all hours of the day, rely on God, and win every day until Sunday. There is no other option.*

*"Oh, and tomorrow I am going to go to SA at 6 a.m. It will be worth it. I want to be committed to going every week rain or snow!!!"*

The planning of his actions is impressive, but he has not identified times and locations where he is probably going to be in the zone between Levels 1-3: Chemical, Feeling/Mood increase. If this warrior is going to win in the future, he is going to have to move the battlefield to these more sensitive regions. He is a smart man. He is skilled with action. So it does not surprise me he tries to fight where he is strong. Unfortunately, all warriors are going to have to learn how to fight on all levels. The enemy has changed his attack strategy to a level we never before thought possible. If he is going to hit the basic elements of our body chemistry, we cannot ignore it.

### Example #3 Putting Your Alarms in the Wrong Place

*“Maurice, here is question 5 after my lost battle last night.*

*“The technique used was with my iPod. This is the same technique Satan has used in my last lost battles. Like this last battle, my previous lost battle 56 days ago, he used my pride against me. I felt adequately strong enough in my own efforts to bypass the border patrol that had kept me alive in the last 8 weeks.*

*I downloaded an app that slowly tempted me here and there till I gave in. It was late at night when it took place, in my room. This is the same pattern.*

*“Level 5 in the ‘I Give Up’ stage felt like it never came. It continually felt like an irrational conversation. The reality of level 5 occurred when YouTube just wasn’t working for me, so I downloaded a google app. (I, till the day before, had it so I could not download apps onto my iPod and YouTube was also blocked-for this reason.)”*

This is a good analysis so far, but in order to be thorough, we would need to look for the I Give Up moment associated with changing the setting on the iPod that allows you to download apps. If there was a legitimate app you needed, then we need to discuss why you didn’t follow through on resetting the settings to blocking downloads.

*“Level 4 was during YouTube and specifically right before deciding to download the other app.*

*“Level 3 was after a long and tiring night at work. As I got out of my car and grabbed my iPod the ‘dude’ came. I shrugged off that feeling and had the thought to perhaps leave my iPod there in the car overnight. After this thought I sat in my car for a minute listening to music then grabbed my iPod out of habit and went inside feeling stronger than I really was to overcome the temptations that were to follow.”*

Notice how you are convoluting thoughts and feelings. In order to win this war, you are going to have to not only move your alarm system from the Level 3 (thoughts) beyond



the Level 2 (feelings) to the fine point of Level 1 (chemicals). As with any military strategy, confusing the enemy with something like smoke bombs is an important technique. If you cannot isolate the elements of the attack, you will not be able to kill it.

Notice the “dude” moment is a thought. In your analysis there is no description of feelings. You did use one feeling word in your Level 2 analysis, but you have almost no feeling words in this analysis. I understand (and can relate), as a man, noticing feelings, let alone naming them can be very challenging. If I were to guess what you are feeling in the car it would be some kind of agitation. Feelings associated with thoughts like, “I don’t care. I don’t want restrictions” (frustrated with needing restrictions/rules). I want to relax and stop thinking” (feeling tension and/or overwhelmed). There could be aggravation associated with feeling like you aren’t where you want to be in life and things aren’t going the way you had planned.

You may be feeling stress because you are behind and you don’t feel like you are catching up.

In future analysis, work hard to find at least 5 feelings associated with each lost battle (or close call). You may need to pray for the Spirit of Discernment before doing this. You may need to do some guessing. You may need a thesaurus.

With respect to “went inside feeling stronger than I really was”, while it is true we can only have one thought at a time, we can have more than one feeling at a time. We can feel confident and worried at the same time. And remember, even drunk drivers do not think they are too drunk to drive.

*“Level 2 was still lurking from a level 3 and almost 4 earlier in the day (Satan using the same technique then as in this lost battle). I was bored at home knowing that I did not need to get up early the next day and was wanting something entertaining to do at the late hour after work.*

*“Level 1 came, as I said, from work being long and tiring and annoying with lots to do, not enough time to do it and no energy to want to work. Plus because there was so much to do, I missed my ward FHE get together.”*

This is good, but now name the feelings associated with missing the FHE get together.

If you look closely, with the Spirit of Discernment, you will be able to identify physiological feelings associated with your body more than your emotions. If you look closely, you will be aware of a change in your breathing, a slight shift in your pores (almost sweating if not already doing so). Notice the pace of your heart rate.

In order to win for a life time, you will need to memorize and “bookmark” the elements of your Level 1 and Level 2. You will need to attach an alarm (trip wire) to these feelings. That trip wire is going to have to be connected to your Warrior Chemistry bucket. You will need to respond with the same intensity you would if you heard someone sneaking into your baby daughter’s bedroom in the middle of the night with a knife to slit her throat!

*“Replaying the event, I see many places where I could have countered Satan’s attacks. When downloading the google app I could have stopped there. I could have listened to the prompting of leaving my iPod in my car. But the biggest thing I could have done is not leaving the gaping hole in my border by allowing myself to be able to download apps and allowing YouTube on my iPod. That had been my safety in times of winning and this same mistake has been the reason of my falls. Satan used my pride of the number of weeks to destroy me when I was literally a week away from going back to the temple – for the first time in at least 6 months.”*

Your ideas are valiant, but too late. You have listed 3 behaviors/actions you need to attend to. If I were Satan, I would just smile. It is almost like your plan is to duck faster next time you hear a bomb going off. As we all know, if you hear the sound of a bomb, it is already too late. We need to get you to the point where you are like a dog and you can smell bombs. We need you to be able to sense the presence of bombs and then to react with the same intensity.

*“Drills I shall implement are, for one, asking my mom to follow up with me when I ask her to unlock my restrictions on my iPod so she can re-lock whatever it was I was wanting to do or download in the first place, eliminating that chance for Satan to slip in through the wide open door with a welcome sign on it.”*

Another valiant effort, but there are two major pieces that need to be corrected:

1. Don't make a plan that relies on another person. People may love us, but they have their own burdens to bear, and they may not be in a position to help in the time of crisis. The verse, "do not rely upon the arm of flesh" comes to mind. If someone is there to help, that is a bonus. We need to make a plan that does not require another person's help.

2. Your plan does not include actual Drills. Drills are things you do over and over and over again. There will need to be some similarity to military, athletic or music training if it is going to classify as a real drill. Drills in sports often include a pattern of, "They do this, then we do this, then they do this, then we do this, etc." Drills are initially done in slow motion, and then sped up to real time. Drills are done over and over and over again until they become automatic.

In your situation, with this type of Satanic attack, I would first get very clear on the initial physiological sensations (Level 1) and emotions (Level 2) commonly experienced in this location (car/bedroom) at this time of day (end of a long day). Then I would make a plan to feel (dump warrior chemistry into my body – sometimes referred to as the "Oh, Shoot!" moment). Then I would bust out of my car/bedroom and run full speed out to my mailbox or the nearest stop sign as if someone I love is being attacked in that location.

Then I would go back to my original place, remember/call to mind my Level 1 and Level 2 sensations, dump the Warrior Chemicals again and sprint to the same "Flag Pole" again with the same intensity. I would do this 5 times every day for 21 days. If you really want to beat this addictive behavior for the rest of your life, you will have to do whatever it takes. If you are hoping you will not have to get this dedicated or this ferocious, I invite you to remember Mosiah 20:11 "...and like Dragons did they fight!"

You can use the same system to overpower the "I don't feel like doing my border patrol" sensations. Go to the place where you tend to have that feeling. Recall the feeling (Satan's attack), then crush his head with your body, with Warrior Chemistry and sprinting to your "Flag Pole". Do this 5 times a day for 21 days and every time you "don't feel

like” border patrolling. Soon you will scare that feeling right out of your system.

For more examples of Analyzing Lost Battles [Q5s], go to [www.LifeChangingServices.org](http://www.LifeChangingServices.org) and click on Blog.

## Chapter 11

# Graduation

How do I maintain success  
after the intense 12 week training?

Congratulations on completing 12 weeks! But your fight isn't over yet, you still have the rest of your life to prove yourself as the powerful warrior and Son of God you are. You will have many battles ahead of you. If you continue to overcome them, you will become stronger.

Many warriors hope there will come a day when the battles will be over. My response is to remind the warrior of what he learned from the Book of Mormon. "When will the Lamanites stop attacking the Nephites?" Continued battles have nothing to do with the level of righteousness of the warrior. Continued battles will occur because of the personality of the enemy. As long as the warrior is a threat to Satan, he may be fighting until the day he dies. It would be unwise to ever let your guard down. You cannot afford to lose again! There are many who rely on you to protect them.

In this chapter, I will cover 5 lessons every Sons of Helaman graduate should remember throughout his life to effectively combat Satan and come off victorious.

## Lesson 1: Stay Humble

*“I give unto men weakness that they may be humble; and my grace is sufficient for all men that humble themselves before me; for if they humble themselves before me, and have faith in me, then will I make weak things become strong unto them.”* Ether 12:27

You have become humble and full of faith to beat this problem. However, you are strong not because you can handle satanic attacks on your own, but because you are disciplined to keep yourself aligned with God. Notice how the word “discipline” is much like the word “disciple”. A disciple follows one God. It was once said; you cannot build a mansion in heaven and keep a summer home in Babylon.

President Thomas S. Monson counsels us this way:

*“Many movies and television shows portray behavior which is in direct opposition to the laws of God. Do not subject yourself to the innuendo and outright filth which are so often found there”* (“Priesthood Power,” April 2011 General Conference, Priesthood session).

His counsel is clear and his language strong: “outright filth”. Any show that causes those deviant sex chemicals to flow is not appropriate for any church member to watch, especially you. The same way a recovering alcoholic doesn’t drink even a little bit. Sometimes you will have to make personal sacrifices, but you will be strengthened and blessed. Is it really worth it to watch a lewd movie your friends suggest, bringing back those same chemicals you were in bondage to? Would you become re-addicted rather than sacrificing a little bit of your social standing? Do not let pleasing your friends endanger your cleanliness.

A good idea would be to remember what you’ve learned. This battle has caused you to learn a great deal about God and His mercies, the Savior’s atonement, and the patterns of Satan. Write them down in a journal or in a letter to a fellow warrior. You have also learned a great deal about yourself; how you react in different situations, why you have certain behaviors, what bothers you, and probably quite a bit about how to recognize your feelings.

Take these skills and use them. They will help you a lot in fighting this tremendous battle for the rest of your life.

## Lesson 2: Go To War Against Satan

“How can I prevent myself from falling back into this addiction?” The recent graduate will ask himself. “Will I be strong enough?” “Will I fall into Satan’s traps again?” “What can I do to prevent this?”

Alma the Younger, after receiving the mighty change in his heart, described what he did to keep that change:

“Yea, and from that time until now, I have labored without ceasing, that I might bring souls to repentance; that I might bring them to taste of the exceeding joy of which I did taste; that they might be born of God, and be filled with the Holy Ghost” (Alma 36:24).

Alma defended his new self by launching an all-out offensive against Satan. He didn’t just say, “Phew, I’m glad I got that off my back, now I can get back to normal life.” “Normal life” is just the first step to complacency and slipping up. We can’t go back to normality; we have to take a stand. We have to fight for others now.

The 12th step in Alcoholics Anonymous reads:

*“Having had a spiritual awakening as a result of these Steps, we tried to carry this message to others, and to practice these principles in all our affairs.”*

This is not just a weak acknowledgment of indebtedness, “I guess I should help someone else since I was helped, maybe I owe it to them.” Rather this is our call to arms, and the very key to our long-term success.

The most successful graduates from Sons of Helaman are those who have directed their knowledge and energy gained from the program and learned to “practice these principles in all [their] affairs.” If they are of age, they throw themselves into fatherhood and being good husbands with the force they previously used to win battles. Work and church callings take on a new light; they are now fighting to free others, and everywhere they look for someone to help and lift. The weapons of war we used to fight Satan can be used as tools of healing to “lift up the hands which hang down, and strengthen the feeble knees” (D&C 81:5).

There is a powerful awareness group called “Fight the New Drug.” This organization raises awareness of pornography and its addicting power. This is a great way to become involved in fighting Satan and pornography. Look it up online: [www.fightthenewdrug.org](http://www.fightthenewdrug.org). Get information on events and how to help spread the word. FTND can act as an automatic passion project. You may play a role in helping some people from ever starting down this dangerous path.

Graduating from Sons of Helaman (going 12 consecutive weeks without any lost battles) isn’t the end. It’s just the beginning. It begins a new level of warfare: our spiritual D-Day.

### Lesson 3: Serve a Mission

One great way to go to war against Satan is to serve a full time mission; if you haven’t already, you need to go. You have experiences and a testimony that have come from your specific challenges the Lord can use to bless His children. You have learned about how much the atonement can be applied to anyone, no matter how bad the sins have been. There are people who wonder if they can be forgiven of their sins, but you know they can because you’ve experienced this yourself.

Go! Teach them! You are going to love it! Ask anyone who went on a mission after struggling with this problem. They have been more mature and effective missionaries. But it is always wise to be properly prepared.

According to many young men who went on missions after graduating from this program, it’s very worth it to be prepared. Although it may be harder or the social pressure may be great, be sure you’re ready. You probably won’t have a problem on your mission, but afterward, if you didn’t have it beat in regular life for a few months, you will probably have a very difficult time. It will be much better for you to know how to handle this addiction in everyday life.

If you are 17 or older ask to join *Sons of Mosiah*. This is a confidential email support group we created at Sons of Helaman designed to support those who are pre, post and current missionaries. The Sons of Mosiah program is also for missionaries who are having lost battles and never had a chance to go through Sons of Helaman before going on



missions. If you know of someone in this unfortunate position, get them enrolled ASAP.

### Lesson 4: Do Not Stop As An RM

What should you do after your mission? A lot of guys who graduated and went on missions came back and Satan slammed them. It's very likely this will happen to you. What to do about it?

(1) Enroll in Sons of Mosiah right away (see previous page). The combination of helping others at the same time as being accountable to them is irreplaceable.

(2) Be prepared. Have an action plan, have a border patrol. Find your triggers or dangerous ground and plan on how you can stay away from them.

(3) Go to groups. You can come back as a General and help your brothers in battle. Tell of your experiences and how the group helped you prepare for a mission.

(4) Find a passion project. This will help direct the passion and energy you will gain from the mission, it will help keep you out of trouble, and it will help you become a creator, a dreamer, and a passionate man.

(5) Start looking for your eternal companion. This means dating. It will help you keep your emotions going in a positive way, and you'll be relating to young women in a positive way (much more positive than with your old buddies masturbation and pornography). Plus the young women you date will be a source of strength to you as you stay motivated to be winning battles before spending time with them. Also, the goal of temple marriage will help you in difficult moments. You will probably really make a mess of dating for the first year home from your mission, but that is okay, we all need time to learn things, including how to have healthy relationships.

Also, when you find that special young lady, make sure before you get too far, you tell her about your previous addiction. Fear not, young women have a tendency to be amazingly forgiving. They care more about who you are now than who you were in the past, but they do have a right to know what you have been through. Your honesty will build trust. Dishonesty will definitely break trust. You need to have no secrets from your future spouse. In most cases,

sharing generalized information increases the depth and connection of your relationship.

You do not have to tell every girl right away, but if you become serious, do not wait too long. If you're in doubt, counsel with the Lord on the best time. Think about when you would want your 20 year old daughter to know about the history of the men she dates. I use the phrase, *tell her right before she falls in love with you.*

(6) Attend the temple, and maybe even do some family history research. You'll receive great strength as you attend the temple regularly. It will help you maintain sensitivity as well so you can see Satan coming from a distance before he gets in your face.

(7) Keep setting goals. Don't be like a lot of returned missionaries who go to college and bum around without any goals or direction in life. You have a connection with your Father in Heaven. Build and strengthen this connection by setting worthy goals with Him about school, work, dating, church activity, etc.

(8) Do your daily Border Patrol. Make sure you regularly evaluate the effectiveness of your Border Patrol activities. This is one of the most powerful ways of staying away from temptation. It may change a lot after your mission—your border patrol may be simply doing scripture study and prayers. Just always, *ALWAYS* make sure it is enough to give you the strength and sensitivity to win. Never let go of the iron rod by reading/listening to the words of the prophets modern and old, every day.

(9) Seek support from your bishop. Tell your bishop about your previous issues and don't be afraid to talk to him if you have a lost battle. Your bishop is a great source of support (and you can also refer him to the Sons of Helaman if he has any other guys struggling with this addiction).

(10) Don't Forget. Lastly, *do not forget this counsel after two years in the mission field.* Make sure you take this counsel seriously.

## Lesson 5: Stay in Touch

Here at Sons of Helaman, we are dedicated to making sure you continue to defeat Satan all throughout your life. We hope you know that. We are here for you and have created several ways graduates can stay in touch even as they move forward with life.

*Letters.* “. . . and when thou art converted, strengthen thy brethren.” (Luke 22:32). You’ve defeated Satan with the help of the tools and tricks learned in Sons of Helaman. You are going to want to share some of the things you have learned with new warriors. We have on our website testimonials/trainings of warriors who completed the group. We want yours. You are invited to write a letter and send it to us. Address your letter to the guy who is currently too scared to get the training he needs.

*Contact Information.* Please keep us updated with your current contact information. This allows us to inform you of upcoming events or activities, and to be able to periodically check up and make sure you are receiving the help you need to keep winning. Fighting Satan is a life-long battle, and we will be with you for the long-haul. We would love to keep you on our emailing list and texting lists, so please keep us updated with a current email and phone number (preferably cell).

## Conclusion

“I promise to be of service to you, and I will allow you to be of service to me, until both you and I successfully defeat this Demon that assails us.”

## Chapter 12

# Prevention

As the Sons of Helaman program has grown, many parents have approached me with an intense look only a protective parent can give and have asked, "Maurice, thank you for what you have done for my son, but what do you have for my younger son (or my husband) to help him keep from getting caught in this trap? Sometimes it seems hopeless." For all you wonderful mothers and fathers out there, know prevention is possible. After a great deal of observation and research, I have been able to find the element of dysfunction which makes an individual susceptible to addiction. This element of functioning is not permanent and one can be trained to overcome and overpower it. If a parent wants a thorough training on how to train their children to be able to avoid slipping into the bondage of addiction my highest recommendation is the Eternal Warriors Self-Mastery Training program.

Since most of us like to try to do things on our own at home before seeking professional training, below is a discussion on pre-addiction psychology in young men, and a few small interventions you might try.

“How do I discuss sexuality without creating curiosity  
that ends up backfiring on me?”

### Is Fire Good or Bad?

Using a “fire” analogy with young men helps them to conceptualize what they are dealing with without oversexualizing the conversation. I ask them this question, “Is fire good or bad?” The usual, and right answer is, “It depends.” We go on to discuss when it is good and when it is bad.

The conversation easily transitions into something like this: *There is a fire inside you that is going to grow over time. If you keep it the right size and in the right place, it will provide you with comfort and warmth. If you let it grow too big, (e.g., scout camp fires), it could destroy many things.*

Here I must add a disclaimer: preventing a son’s exposure to negative sexual influences is **almost** impossible, and addiction is becoming ever more common. Satan has unleashed his degrading powers on the earth and sexual content is virtually everywhere. Also, the male brain is very powerfully affected by sexual content. It is unlikely you will be able to keep him from ever being exposed to inappropriate material. The high level of sexual content on TV, internet and smartphones, along with the male’s natural passion for sexual activity leads many young men to “experiment” with sexual content. Don’t take it personally if you find your son is struggling, notwithstanding all your efforts to protect him and your home.

Young men between 8 and puberty are designed to be curious. They are supposed to explore the world, to be adventurous. According to Freud there is supposed to be a “latency” period around this age. That is a time when sexual things are irrelevant to the young man. This is mostly true, but for an unknown length of time. If the young man comes across pornographic images it will begin the process of argument in his mind. One side of his brain is both curious and stimulated. The other side is disgusted and appalled.

For a parent or a church leader who is discussing pornography or masturbation with a young man, individual discretion is vital. When I am interviewing a young man for the first time, and pornography and/or masturbation are not the main reasons he is coming to see me, I have to ask about them anyway. The presence of such behaviors complicates the therapeutic process for any regular diagnosis. I am usually quite straight forward but vague. "How are you doing with pornography and masturbation?" My tone is clinical and non-judgmental. Before asking such a question, I have already learned a great deal about the young man – especially his strengths, and I have worked to build a relationship of trust and relatability. After asking the question, I watch their body language closely. If they go quiet, I keep it light and start exploring the extent of the problem. If they answer "no", I will almost always playfully declare them a liar! If the young man has truly been successful, the spirit of the conversation stays warm and playful. If he is lying, he often will become unpleasant and defensive. I try to follow the spirit to decide how much to push. I don't want to destroy the relationship just to find out the truth.

### *Response to touch – especially in sexual regions.*

The memory parts of the brain are especially skilled at documenting any stimulation of the male sex organs. (We use the term [boy parts] to avoid embarrassment for the boys. More official words like "penis" tend to distract the younger boys and the conversation loses its productivity.) This is why boys with a history of being sexually stimulated by adults or other boys have extra challenges as they approach and go through puberty. Most of the Same Sex Attraction boys I have worked with had a very early experience in childhood involving stimulation with another boy/man. A few moments of curiosity with the opposite gender (and similar age) between ages 5 and 10 are not encouraged, but not devastating by any means either.

As boys approach and go through puberty there is a sexual response to just about anything that bumps or brushes against "boy parts". This chemical spill can be very distracting because it takes time (several minutes) for the

chemicals to be filtered out of the blood stream, even if they turn their attention to other topics immediately.

Survival of the species – increasing drive to mate with  
any female within reach.

The animal part of the male brain started to observe a long time ago, that with death and disease, if the human race was going to survive, there needed to be more babies all the time. I believe this is the origin of the male sex drive to “mate with just about anything that walks.”

When you combine all of these elements into the untrained mind of a pre-adolescent, it definitely seems like the war is lost before it even begins. Again, by the mercy of God, we have a few resources to our advantage.

Solutions:

***Sensitivity*** – I teach the young men they have within them something similar to the radar screen of a submarine. In the Missionary Training Center, we were taught over and over again, “Help others feel and recognize the Spirit”. It took me 2 years to figure out what this meant and begin the process of knowing how to facilitate it. It wasn’t until after I learned how these addictions worked, I realized I would also need to teach the young men not only how to feel and recognize the Holy Spirit, but also the spirit of Satan.

Unfortunately, it is easier to teach a young man who has had one or two exposures to pornography how to discern between the spirit of darkness and the spirit of God. I help them remember and feel the spirit of God by having them tell me about a time when they did as vividly as possible. It is not so important they be able to describe their feelings in words (such feelings are hard to explain in words, and it can be distracting to try to do so).

First, I have them recall a time and place where they felt the Holy Ghost. I have them remember the location and as much detail as necessary until they re-feel what they had felt at the time. I then encourage them to “book mark” the situation so they can remember how it feels in the future.

I then walk them through the same process when they saw the unfortunate images (or had the experience). Then I have them put the two feelings side by side so they can compare and contrast them. I try in my own words to give some words that might approximate what the two feelings might be like for them. If it is done right, the young man sharpens his spirit of Discernment.

**Warrior Chemistry** – boys of all ages tend to have a fascination with things like guns, knives, karate, wrestling, competitive sports, etc. When I work with an individual young man, I try to learn what area he tends to turn to. The male brain is programmed to be skilled at protection. When loved ones are in danger, men will almost universally become *ferocious* in defense of the loved one. This ferocity is empowered by a chemical change in the brain and body. We call this Warrior Chemistry.

Most, if not all of these young men, have already been taught to try to change what they are thinking about when inappropriate thoughts or feelings hit them. They are taught to quote a scripture or sing a hymn. This works fine for a young man who is not yet an addict.

If “deviant chemicals” hit hard enough, at an addict level, the chemicals will need to be neutralized in order for the young man to regain control of his mind. He will need to release Warrior Chemistry into his mind before he tries to use his mind for thinking or action.

For a young man who is not yet an addict, the chemicals associated with an intense sporting situation are often sufficient. He will need to practice in order to make it automatic – just like he does in sports or music – with drills, drills and more drills.

“I am afraid to tell my Bishop and/or my parents.”

I was pondering what feelings and thoughts a young man is experiencing when he says something like the statement above, when a memory of something I heard several years ago came to my mind. It was a rather disturbing memory, but the more I pondered the similarities,



the more accurate it became. It was the memory of something I had learned in another professional setting.

When interviewing children who had experienced unfortunate things at the hands of unfortunate adults, the children said they were told things like...

*“Don’t tell your parents, or else...”*

*“You can’t tell, because you are the dirty, filthy, child who brought this upon yourself.”*

*“If you hadn’t wanted it in the first place, it wouldn’t have happened.”*

*“They will reject you for the filth you are if they find out.”*

As I have interviewed young men who are enslaved by addiction to pornography and masturbation and are afraid to go to their parents or their ecclesiastical leaders for help, I have become more and more confident there is a Dark Entity like unto a skilled pedophile putting phrases similar to the ones listed into their minds. Satan has had several thousands of years to practice the art and science of doing so. He can make his voice sound just like the voice of the young man. The young man becomes convinced he is talking to himself.

Most children who have experienced ongoing sexual abuse really do think it is their own fault for some time. In many cases, it is almost impossible to convince them otherwise. It is a very unpleasant dynamic. Satan has a great fear of how important the young man can become if he finds out he is not doing this to himself. You can often measure how much Satan fears a young man by how intense the attacks are.

***To the Young Men:*** Be brave and read closely the lines in italics on the previous page. Now read them as if they are being spoken to one of your little brothers or sisters by a man in a trench coat. How would you feel toward the man in the trench coat? How would you feel toward your younger sibling?

Satan is like the man in the trench coat, except he is meaner and more ruthless. Your brain is like a little brother, young and vulnerable. Your brain is designed to have more

than one “voice”, and one “voice”, when necessary, can protect another. To win the mental battle described above, you must awaken the part of your brain naturally conditioned to fight for the protection of women and children. Don't *just* push such thoughts away. You wouldn't just push the man in the trench coat away. You would send an un-ignorable message that he should never, *ever*, consider messing with you and your loved ones again!

My young Brethren, do not believe the lies you are being told. Run to your parents! Run to your bishop! They love you as you love your younger siblings. They will not consider you to be less than what you are! They understand Satan and will join you in the fight against him. We have found the weapons necessary to beat him and this addiction! It takes training, but it can be done.

If you don't know what to say, just show them this page. It will speak for you. They will rejoice with relief you asked for help, in the same way you would rejoice with relief if your younger sibling asked you for help.

### “When is it Time for Professional Intervention?”

We function on the assumption parents and ecclesiastical leaders are entitled to revelation on the behalf of each of the young men over whom they have stewardship. In many cases, these stewards obtain sufficient revelation.

A simple, *layman's definition of an addiction* is when will-power is not enough. A simple test can be done to see if the addiction is stronger than the individual's will-power and current relationship with the power of God.

Use your best judgment and revelation to set an achievable goal with the young man. This usually includes:

- Being “perfect” (no pornography and/or masturbation) for a designated time (usually just a few days longer than the recent average number of days of success).
- Committing to, and following through on, a reading assignment every day during this same time period.
- If the young man fails the first time, set the same type of goals again, but more easily attainable than last time and for a more brief amount of time.

- If the young man succeeds, then, just continue working with him, increasing the commitment line upon line, until he succeeds for a satisfactory length of time.
- If he fails again, let him know you want to bring out the big guns. Let him know you want him to get some professional training (not therapy because this word could scare him away) for the specific purpose of overpowering the problem(s). Share with him the confidence you have in the professionals as you feel is appropriate.
- If you predict he is going to balk at the idea of enrolling in a program, the most effective invitation we have seen starts with, “I want you to check this out.” Encourage him (and his parents if he is under 18) to visit with one of our clinicians at least once. Most young men respond well to such a challenge. Our clinicians are specially trained at working with young men with the fears and other emotions associated with these behaviors. They will resolve any concerns and help the young man gain an accurate understanding of what they are up against.

## Screenings

Over the past several years, we have sadly discovered, as with other significant medical conditions, the longer one takes to accurately diagnose sexual addiction, the longer it takes to recover, and the more expensive the treatment becomes. There are many variables involved in recognizing addiction. Unfortunately, it cannot be diagnosed with a simple checklist. Sexual addiction, similar to alcohol addiction can be triggered with a single drink (exposure) in some people, while others can take many drinks before becoming an alcoholic. If you have any fear or concern your loved one may be at risk for becoming a sex addict, we recommend a Screening.

In a Screening, our specialist will interview the individual and the primary family members (spouse or parents). Information is gathered about relationships and behavioral patterns. Most of the final diagnosis is made by

observing the individual as they respond to the questions and interact with the specialist and the family members.

Usually within the first hour, the specialist can give a diagnosis on what level of addiction is being observed (see The 4 Levels of Addiction). A detailed explanation will be made to the family as to what variables led to this diagnosis. Recommendations for intervention, if any, will be made. We hold in reverence the time and money of each family we meet with. We promise our recommendations will be the most cost efficient yet sufficiently effective interventions. Many just need a few tools and a follow up visit a few months out. Others need something more significant.

Please, let us help decrease long term pain in your family by using our expertise to isolate and resolve issues before they become severely troublesome. 877-HERO-877

## Parent's Appendix

# What Can I Do to Help My Son?

I know of few trials more difficult for parents than to discover their son has a sexual addiction. Sadly, they often will blame themselves for their son's misconduct. This is unfortunate, but there is much that can be done.

First of all, I want to thank you! I have helped many young men overcome addictions in my years as a counselor, but without supportive parents this would be much more difficult. Some of these loving parents know not what to do other than pick their son up by the shirt collar and drag him to the bishop's office, or to mine. I have watched some sacrifice eating out to pay for therapy sessions, and have done whatever it takes to help their son recover. Thank you for everything you have done, and continue to do, to help your sons become clean. They will be grateful forever. There is a special young woman out there who one day will kneel across a temple altar from your son, giving her whole self over to his protection. She will thank you, her parents will thank you, her children and their children will thank you for helping her husband become a worthy priesthood holder in her home.

In this appendix, I will teach parents about the first steps in helping their sons recover.

Let's start by reviewing an email I received. Perhaps your situation is similar:

*Maurice,*

*My son has a pornography/masturbation problem. He has a strong testimony, but has not been able to take the sacrament for over a year! He started out talking to the bishop once a week, but it slowly became longer and longer between times. Now he hasn't seen him in months. He doesn't like to talk about it with me, and my husband thinks it will just go away. He is 16 1/2 and I don't see how anything is going to change since nothing we have done thus far has helped. Is there any help for him? Can you just help me to know what I should be doing--pressing the issue of counseling or letting it alone. I am very non-judgmental about his situation. I fear for his future and feel like there is no one to talk to about it. Everyone I can talk to seems to treat it so lightly. My nephew attended your program and it helped him to get on his mission, but I don't want to talk to my sister because I don't want to break a confidence with my son.*

*Thank you for anything you can help me with.*

*(Typical Mom)*

I wrote the following reply:

*Dear Typical Mom,*

*I feel for your pain. I am sad you are experiencing this dynamic. We have learned mothers are most likely to be strongly invested in getting their sons help. This seems to be for two reasons.*

*First, it is true that some fathers have a tendency to down play it. Mostly because men don't want to insult their son's confidence by telling them, "You aren't capable of fixing this on your own." Instinctually, the father remembers one of the most important emotional experiences to have as a young man is the acquisition of confidence; the, "I can do anything I put my mind to" sensation. Also, in many cases with fathers when they were young men, the behavior(s) never hit the addict level. If the father never became an addict, then will-power would have been enough to overcome the "bad habit". Unfortunately, it appears your son has reached the addict level - where willpower is not enough.*

*Second, the strong mother instinct to make sure her children are prepared for adult life is burning strong inside of you. Part of your responsibility is to feel what it is going to be like to be a wife to this young man. You, 10 times more than either your husband or your Bishop, know how much pain it is going to cause your son's wife if he doesn't overpower this addiction before he is married. Also, you are guessing with decent accuracy how he is going to feel if he is unable to serve a mission or has it significantly delayed. Finally, you sense what years of "lost battles" will do to his confidence if he doesn't acquire the needed training to win the war.*

*Almost every Bishop I have worked with has great intent and works hard. Their responsibilities are broad and deep. I would not be surprised if the Bishop has become overwhelmed with other things and your son has accidentally fallen through the cracks. I have recommended to other mothers in this situation to make their own appointment with the Bishop and remind him of your concerns. The Bishop should be able to call your son in for a visit without revealing you have spoken to him.*

*In the past, I have run your question, "What should I do as a mother?" past my groups of young men and have received some interesting responses. Most of them sound something like, "Knock the kid over the head, drag him in here, throw him on the couch and let him wake up in the middle of a group session. He will be grateful for the rest of his life." This may be a little extreme, but the young men agree, once you get past the initial embarrassment (first 5 minutes) the experience of seeing real, quality young men, fighting shoulder to shoulder against a ferocious enemy, builds skills and brotherhood to last a lifetime.*

*In real life application, contact our office for two reasons. One, the office manager can refer you to other mothers who are willing to talk to new mothers to help resolve concerns and give ideas. Get involved in Mothers Who Know. This is a free resource to support, educate and strengthen mothers who are just like you. Two, set an appointment to meet with one of our clinicians. Get the direct phone number for the clinician in order to discuss the situation with him so he can help guide you through the specifics on how to help your son get in for an assessment - to see if the problem is bad enough to warrant professional help. The clinician will*

*recommend something like the following depending on the hypersensitivity of your son. Before leaving for the appointment, tell your son, "I have someone I want you to meet." On the way there say, "I was reading about a special training program for young men and I wanted us both to meet with these people to see if it would be a good idea to follow through on." Our clinicians are very experienced and well trained to handle this sensitive transition. In almost every case, once the young man meets the clinician, everything flows. If the clinician recommends something less than Sons of Helaman, you can have confidence in his recommendations.*

*Finally, do not take it too personally your son is not confiding in you. This is almost universal. In two ways it is actually a good sign, developmentally. One, it means your son has a respect for you as a woman and does not want to contaminate you with the problem. Second, he is trying to complete his sense of "Competency" development....he wants to prove he can do something without help. Part of what we train the young men is "lost battles" are not a sign of weakness, but a sign of how big of an army Satan is sending against you because he is afraid of what you will become as a full grown man! We follow this by teaching him no intelligent military strategist would send one warrior alone against such a large army. This helps him maintain self-value and get help at the same time.*

*There is hope. Your son can overcome his addiction. "[He] can do all things through Christ, which strengthens [him]" (Philippians 4:13).*



## The Sons of Helaman Program And Your Son

For many years, *Sons of Helaman* has been working to perfect the Spiritual Warfare techniques needed to beat sexual self-mastery issues for a lifetime. During this time, participants and clinicians alike have come to realize the crucial role an addict's family, especially his parents, can play in his life-long victory over this demon who assails him.

Often, as a parent, you may feel powerless and clueless when it comes to helping your youth. For over half a decade now, we have been privileged to have one of the mothers of a Sons of Helaman Warrior work diligently to provide trainings for parents, primarily Mothers. I want to introduce you to Karen Broadhead, the leader and director of what we now call, "Mothers Who Know".

### A Warrior's Mother: My Story

by Karen Broadhead

Leader of the Mothers of the Sons of Helaman  
an organization known as "Mothers Who Know"

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*"They had been taught by their mothers,  
that if they did not doubt,  
God would deliver them."*

*-Alma 56:47*

### **My Family - Under Attack:**

I'll never forget the day my son came home from attending his second week in his Sons of Helaman group. He yelled, "Mom!" from our back entry. As he was not known to do that sort of thing, I worried something had gone wrong at group. When I came upon him he was bent over, visibly shaking with emotion - trying to compose himself enough to communicate something to me. I stood there waiting and wondering, not knowing whether to be worried or hopeful. Finally, he gave up and with more ferocity and emotion than I had ever seen, he put his hands on my shoulders and said; "Mom, I am not the enemy. I have an enemy and he's afraid of me. He knows I'm awesome. He's trying to take me out so I

can't become the man I'm supposed to be. I'm not a pathetic loser! I'm not my enemy...he is! He's going down!!"

My son was learning to stand.

He was 16 at the time. We discovered his addiction to pornography and masturbation at the age of 13 and were devastated to realize it had been going on for two years. We were afraid when we realized how far things had escalated and were shocked our noble, good son was in the bonds of addiction. The shame I felt as a mother was overwhelming. I was tormented with thoughts of blaming myself for his addiction. I had so much to learn about my son, myself and especially the power of Jesus Christ.

I was beyond grateful to have found a program that would train my son to "win his battles" and eventually, win the war. I thought my role was to jump in with more intensity than ever and do all "I" could do for him to help him fight. My role would be getting completely involved and watching his every move. I can remember asking myself, "What can I do to make sure he doesn't ever do this again?" I worked really hard to insert my love, my discipline, my encouragement, my new boundaries for him, and my determination that "NO MATTER WHAT, I WILL SAVE THIS BOY!"

We were at war and I was going to make sure he won. I watched, prayed, bossed him around, checked on him all the time, made charts, developed rewards and consequences. Every time my son fell down in battle, I would beg him to stand back up and keep fighting. In my mind I had to hoist his bruised body on my shoulders and swing his sword (the one I had just sharpened) at every temptation in order to ensure his victory.

### **The Fall:**

I was the mother of a warrior, who was fighting valiantly for his life but because of my lack of knowledge and my great fear of failure, I found it impossible to trust his efforts. It had been devastating to find out my son was in the bonds of addiction; it was debilitating to finally realize I was powerless to heal him no matter how much I tried. I wondered where God was and why he wasn't helping us. My belief in the power of the Savior to heal was affected.

I started writing letters to God, one of the techniques my son had learned in the Sons of Helaman program. I wrote down my concerns, fears, and questions about how to help my son, and when an idea would fill me with peace, I wrote the answer God was whispering. In doing so I remembered something in the spirit: my son already had a Savior, and it wasn't me. It is God's job, *His* work and glory to save, not mine.

I was making it difficult for God to do His work with my son. I was losing hope and confidence in myself AND my son. I began to realize as a "mother who knows," I too had an enemy who was trying to take me out and decrease my confidence. I needed the Savior to save my son and I needed Him to save me from my false thinking and broken heart. I realized I had to get out of the way and start asking how I could help *support God in His work*, with my son.

### **The Stand:**

I approached Maurice Harker, the director of the Sons of Helaman program, in tears which were evidence of my overwhelmed heavy heart. I asked him if I could do anything to help because my "mother energy" was on overdrive and I needed to do *something*. He put me straight to work on quality control issues in the office but I was terrified to talk to other mothers who had a son in the program. When I did, I found they were either in such a place of shame and pain they didn't know how to talk about their son's addiction OR they were so happy to have someone to talk to they would go to town and spill it all. The isolation we were all feeling was feeding our shame and pain. I was not the only one who was exhausted...everyone was going through the same thing and life looked sad and scary at their house too. There were others mothers who knew exactly what I was going through! With Maurice's approval, Mothers Who Know (formerly, Mothers of The Sons of Helaman) was created; a powerful online support group for mothers/parents held free each week and reaching all over the country.

### **The Victory:**

Being supportive of my warrior looked a lot different than I had thought; it started with my own healing...not with healing my son. It became clear the best way to support my noble son was to let him see his mother "did not doubt God's

power to deliver him". To truly be magnified as a mother, I needed to be filled with God's love and partake of the grace he freely offered. To me, this meant "staying by the tree" of life at all times where God's love could change me.

No matter how long it took my son to make it to the tree, I had to stay put and beckon from where I was. I cheered, testified of the Lord's power, and when my son was in battle, pointed him to his Captain and Champion, Jesus Christ. I prayed, I believed. I handed him water bottles, helped him shine up his armor, made sure he was wearing his helmet and then sent him into battle with his God. I praised him for protecting me, manning up and fighting for himself, for me, and for his future wife and family.

I was on the front lines of faith in my son's battle reminding him I could do *some things* for him but ultimately, God could do *all things* for him. "Go find God, you can trust Him, He will teach you how to fight, He will teach you how to win, He will change your desires, He will help you carry your burden."

I feel so privileged to be the mother of my warrior son and to have gone on this journey with him. After years of struggle and fully armed with the tools he acquired in the Sons of Helaman program and a testimony of His Savior, my son went on to serve an honorable LDS mission in Peru. He married a wonderful woman whose testimony of the Atonement has been such a gift to our family. They were married in the Salt Lake Temple and have two beautiful children. He is respectful and protective of his wife and family. He feels extremely blessed to have been trained with tools to overcome this addiction and even more grateful to have a personal testimony of where healing comes from and how this happened for him.

If you have a son or daughter struggling with addiction or other challenging issues, *please know there is always hope*. Align yourself with the Savior and focus on fighting your own battles. You will become a stronger, more confident, peaceful warrior mother even as your child heads out to war. In the end, because of our Lord and Savior Jesus Christ, both you and your child will win.

## Mothers Who Know

*A FREE support service*

**Motto:** “*Stay By The Tree*”

**Scripture:** “*For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind.*” 2 Timothy 1:7

There is so much to learn and understand when you discover complicated issues in your family. It is easy to feel like you just don’t know what you are doing. To help bring you out of the agonizing darkness of the unknown, we provide for you a group of *Mothers Who Know*.

**Mothers Who Know** (formerly *Mothers of the Sons of Helaman*) provides free education in a webinar classroom format to empower you to stand strong in the opposition of our day. We shine light on the tactics used by the adversary to discourage women and threaten families. We encourage all to find the strength they need through the atonement of our Savior, Jesus Christ. We specialize in supporting mothers whose son or daughter is dealing with an addiction, self-destructive behavior or any issue that requires therapeutic intervention.

As Parents in a panic to find resources and recovery for our child, we rarely consider we also have need for recovery from the trauma caused by the situation and the many wounds we sustain as our loved ones fight their battles to win.

Those who are isolated and stay in the dark with little light, get very sick and wounded in war. Two empowering things happened for my son when he got involved in Sons of Helaman. First, he came out of isolation and realized he was not the only good person struggling. Second, he could see and feel more light and hope in his battle when he could see evidence the training worked as he applied it for himself. He also watched and gained strength from others who had gone before him through seeing their successes as they were applying their training.

Simply put, my son needed support and training and what I have come to realize is those who are supporting a loved one, also need support and training.

My son needed to be somewhere where he was focused on the war he was fighting and realize he has a real enemy who was very determined to destroy his dreams and hopes for the future. He needed to know he was not in this fight alone and with training and discipline others were winning and so could he. Most importantly, he needed to take all the shame he had built up over years of losing battles and defining himself falsely because of it, and focus all this shame and anger onto the real enemy. There was great power when my son could stop fighting with himself; thinking he was his own worst enemy and start protecting himself at many levels...spiritually, physically and emotionally from the real enemy. Healing, hope, and a powerful connection to his divine nobility as a son of God propelled him to regain hope and confidence in the great future he had, despite his mistakes - because he was awesome! When he could *detect* Satan's lies about his identity, *recognize* the lie that the atonement was out of his reach and *see* Satan's subtle, yet debilitating tactics, he found the confidence to stand! Satan knows no matter how much knowledge, training, truth and skill one has; if they are fighting themselves, feeling shame, have a great lack of confidence or remain in emotional pain, it will make it easier for him to work his weapons against us and keep us trapped where we are.

I have noticed from personal experience as a mother trying to navigate my parenting stewardship in the sin sick world we live in and from the evidence I have from a trainer and facilitator vantage point, a *parent needs the same training and tools their child is getting*. We too, need to recognize Satan's lies, face our emotional pain and be more aware of the war we face and our vital role as parents in it. It is hard to stand and fight with the kind of courage it takes to defend and protect our families from the great onslaught of opposition we face unless we can *wake up the warrior* within ourselves and *remember who we have always been*. We too, must have some serious skills at fighting the enemy or we won't be able to be the parents we were meant to be in this great and last day!

It can feel overwhelming and even debilitating as we try to do so, if we don't access the same amazing training our daughters and sons are receiving in the programs at Life Changing Services. Join in the strength and support of Mothers Who Know.

Read more about Mothers Who know

<http://mothersofthesonsofhelaman.blogspot.com/p/home-page.html>

Contact Karen at [wearemotherswhoknow@gmail.com](mailto:wearemotherswhoknow@gmail.com).

Some Advice for Parents:

“How Should I Respond?”

“What Should I Do?”

*Key elements of doing your best as a parent  
when your youth has a persistent problem.*

By Karen Broadhead

Leader of Mothers Who Know

(a regular mom who just wants to help)

Hello fellow parent! I am Karen Broadhead, a Warrior for Jesus Christ, a Mother Who Knows and a woman who with the patience and support of my family and because of their love, kindness and cheering, I can confidently say;

“My mess is my message.” How I love and appreciate them!

If you are feeling like you are in a mess, I say with confidence...you are not alone, there are thousands of other parents who can relate to the pain you are feeling and are searching for healing for their child. I am not a licensed clinician, but after 10 years of experience with parents, and under the tutelage of Maurice Harker, I hope to share some vital things I have learned over the years to be of consistent value to parents, especially mothers.

I also desire to give all the credit to the Lord. He is the best tutor and mentor. Anything I say or do which speaks truth or inspires, is because He is the author of it. I truly am a very broken person with many flaws seeking to do amazing things in a very broken way because heaven is helping me (and all of us).

Before I begin, I want to emphasize: There is only one thing worse than finding out your child has an addiction

to masturbation and/or pornography..... and that's not finding out. Now let's get started....

**Advice #1: As a parent, first make sure you are anchored deeply in the true foundation.**

At the risk of sounding insensitive I say; "Welcome to the storm, Warrior Parent."

I have a testimony of Helaman 5:12.

"And now, my sons, remember, remember that it is upon the rock of our Redeemer, who is Christ, the Son of God, that ye must build your foundation; that when the devil shall send forth his mighty winds, yea, his shafts in the whirlwind, yea, when all his hail and his mighty storm shall beat upon you, it shall have no power over you to drag you down to the gulf of misery and endless wo, because of the rock upon which ye are built, which is a sure foundation, a foundation whereon if men build they cannot fall."

From personal experience I have come to know if we are working on our foundation in Christ as parents, no matter how scary the storms are and how relentlessly they seem to beat upon us, we can still stand and fight; even lean into raging storms. Because we have figured out who Christ the Son of God is to us personally and for our families, we don't have to fear all the fiery darts of the adversary; they will have no power over us to drag us down to the gulf of misery and woe. Satan is no match for the Savior in this great spiritual battle we fight. We will not fall if we are rooted in Him and strengthening our foundation as we are tested in storms of opposition. We know where we stand, why we don't move and by what source we maintain our courage.

This gives great meaning to (D&C 87:8) "...stand ye in holy places, and be not moved, until the day of the Lord come..."

The safest place to stand in battle is with and for our Savior and Champion Jesus Christ.

**Advice #2: It is vital to our success to have an understanding and healthy respect for (but not fear of) he who sends his mighty storms to beat upon us: Satan**

We are at war against a relentless enemy who seeks to destroy us and our families. The fight is very personal because his attacks are very personal. We must realize not



every voice in our head is a trusted voice and he is called *the most subtle beast in the field* because he has figured out a way to attack us at a personal level, completely unnoticed. *The father of all lies* uses our natural tendencies and chemical makeup to put us to sleep while our eyes are open - and slowly wraps us in his chains. The most maddening part is unless we are well trained and watchful, he can even convince us to think it's because there is something fundamentally wrong with us, or because we have no self-control; we actually chose the chains that bind us. What a sick, rude bully right?!

This is war. We are in a spiritual war. If you are a parent and reading this you are likely here because you have some serious wounds at your house and your child is in essence, a prisoner of war.

Wounds sustained in a spiritual war can be terrifying to covenant keeping people who thought they were *checking all the right boxes* to protect their families. It can affect our faith, hope, courage and cause great confusion leading to an inability to make smart decisions.

We are in shock at the wounds of our child; his/her exposure to the atrocities of this war. We feel ambushed and often unprepared for battles at such an intense level. We wonder how we missed something so severe which brings with it such far reaching consequences for our loved one and for us. It becomes obvious your loved one is under attack...but if you are going to successfully get through this experience and be of the most value to your son or daughter, you must realize you are under attack as well.

You have probably already noticed it. It shows up as tormenting thoughts and feelings associated with those thoughts that are not edifying, to say the least. Most of these attacks will be about your abilities as a parent, about trying to make sense of where it all went wrong, about who is to blame, fear at what this means for the future and how you or your loved one will be affected by it. You might be thinking awful things you would never want anyone to hear about your loved one. You might feel like quitting or giving up because you are convinced your family would be better off without you. You might even be withdrawing from your Father in Heaven because you are convinced He is

disappointed in you for allowing this to happen to his child on your watch.

These are all satanic inspired lies!!

If you are blaming yourself or others, thinking all is lost and in a place of despair, I invite you to become more aware of the enemy of your soul and what his motives are with you and your family. If your child is in our recovery groups they are being taught they are NOT their own worst enemy, rather they have an enemy and he is trying to take them out because he is afraid of them! The same is true of parents, perhaps even more so.

Stay focused on your foundation in Christ (see #1). Remember the Savior and Champion of us all and how motivated He is to make sure you succeed. He has no doubt you are up to this journey and has great empathy for where you are and what you are feeling. This is your great opportunity to allow yourself to buckle in and have a front row seat at watching and experiencing how the power of the Atonement works in your life and in the life of your loved one.

So, I counsel you; don't listen to Satan's lies. Don't allow him the satisfaction of tormenting you to the point of despair. Take this opportunity to be transformed and enlightened in your testimony of how unfailing our Heavenly Father's love is and how miraculous Christ, the Son of the Living God is as you are schooled and carried by Him through this. Truly His grace is sufficient for you and your child.

**Advice #3: Don't try to fight this war alone. Just as your youth will need training and team support, so will you.**

There are lots of great places to get support and training but I can't think of another organization that gives the vital and stellar support Life Changing Services does for parents. My opinion comes from being personally supported and trained by this organization and how this has blessed me and my family. I have also witnessed hundreds of individuals transform.

I want to invite you to experience this unique and cutting edge training which courageously goes right to the heart of the issues. This training will empower you to take back the control you have lost and replace it with confidence, intentional self-mastery and purposeful living at a level you

never dreamed possible. This can happen because you will finally be connecting the dots of the knowledge you have always had in a way that ignites your divinity. Success will come on many levels as you *purposefully* remember what is important to you.

When we found Life Changing Services and enrolled our son in the Sons of Helaman program, finding recovery for our son was all we were hoping for. I had no idea the training he was receiving would be personally life changing for me. As I learned to apply the same principles my son was learning to my own unwanted patterns of misbehavior, healing and amazing things happened to me. I noticed as I gained appreciation for this useful and highly applicable information, my ability to love myself, love my life and the messes in it improved. I learned new skills I could use to approach my personal battles in powerful ways. These skills and tools enhance all the glorious truth I have in the gospel of Jesus Christ. In a sense, the principles of learning to fight and win battles connected dots I hadn't realized were disconnected. I could be a more purposeful disciple who understood how to better remember Christ and how to follow him. My perspective changed. I went from feeling like a big mess and being the cause of that mess, to realizing there was a big bully messing with me so he could get to my family more easily. I realized why a parent would be a formidable target and I could fight back, and even cause Satan pain with my new skills. Any good military strategist will try to take the Captains out first to win the war. I am a captain/leader for my family. I am to train, teach, protect, defend and know how to find and call proper medical attention when my little band is wounded. Please look into our Eternal Warriors Training, it is patterned after the Sons of Helaman program for those who want to learn how to use the same principles for personal self-mastery.

**Advice #4: Remember who you are and the power you bring.**

I don't think we are parents in this day by chance, nor do I think our children are randomly here. I believe we are here during this intense, modern day spiritual war because we are the spirits reserved *for such a time as this*. Because of the intensity of our spirits and the ferocious ability we have to

stand with and for the Savior against a beguiling bully, we are here in this time and place.

When I realized I had unknowingly given the adversary more power than I wanted to and why I was a target, it was liberating to then wake up the warrior inside of me. The warrior I had always been and could be now. I defeated Satan with the words of my testimony in the pre-earth life and now with training and the spirit I could still stand in this second estate armed with a weapon Satan does not have, my body.

As a daughter of God and an intentional parent who knows the power I have in my stewardship, I am on the front lines for Father. I am a steward and vessel for him as He is extending His work and glory to bring to pass the eternal success for me and my family. He will never leave us alone in this great and important work with our families. I trust Him and know His arm is not shortened. He is performing miracles, signs and wonders among those who have faith in Him. I can order Satan to “go play in traffic” and remind him who I am and why he will not have my family! I can declare our *power in Christ* as we join Him in defense of His great cause of freedom.

When Satan is attacking my child and they are losing battles, having a seemingly impossible time at winning, I am tempted to lose faith and hope. I now, because of the principles and skills I have learned, better stand in a place of strength and faith in understanding the divine power of my child in Christ and my belief in God's plan and our Savior's promises to heal and rescue my child. May I share how writing a *Personal Declaration* can keep our minds in a place of *strength and faith* as we join the Savior in His great cause of freedom:

**A Parent Declaration** might sound something like:

*“Enemy beware! You are messing with the wrong Mom/Dad. I am (your name here), a daughter/son of the living God. I am a fearless warrior disciple for Jesus Christ. I stand strong with Him in defense of this family to protect our freedom. We are the (your last name here) - your worst Celestial nightmare. Because of Heavenly Father's great plan of Happiness and eternal covenants that connect us to our Savior and Champion Jesus Christ we have nothing to fear...but you have everything to fear as we build upon our Rock and*

*Redeemer, we are leaning into your storms and will not fall because you are no match for the Savior. He is Christ the Son of God and we are his disciples... standing with Him to crush you."*

A Declaration might sound something like this for a **daughter**:

*"Enemy beware! An amazing daughter of the living God stands here. She is aligned with her truth and knows her power and how to get more. Any who seek to destroy her will have to deal with her Protector and Champion, Jesus Christ. She is armed for battle - arrayed in her divine beauty and spiritual armor - she does not fear. Her battle cry is; 'Bring it...at all times and in all things and in all places! I love God and He loves me, and you are going down!' She confidently whispers; 'Be afraid...be very afraid! You are messing with the wrong warrior disciple of Christ.' She will hurt you - she will destroy you - she will crush you!! Turn back, or die trying to mess with this daughter of God!"*

A Declaration might sound something like this for a **son**:

*"Enemy beware! Here stands a noble son of God that is strong in the Lord and the power of His might. His armor is worn and tested but shining with the preparation and skill of the formidable warrior you fear. He is an annoyer and disturber to your cause endowed with the power to act in Christ's name. His is the voice you fear as he inspires others to arms in Christ's great cause of Liberty and Eternal Life for all. He is honored and called up to serve Christ, the Champion over all darkness. His battle cry is 'Victory through Christ, Jesus - there is freedom for all!!' Never will he stop defending others from your sick lies and tactics. He will crush you and stand forever to testify against the darkness you are...Be afraid - you are messing with a leader and asset in God's noblest army. Fear this son of God - he can discern you - he will take you out at a sniper's view, at the slightest movement you make in his direction."*

I hope you can see how this is similar to the way David spoke to Goliath or Captain Moroni spoke to Zeezrom at the waters of Sidon. I hope you can also see how such Declarations will trigger *Warrior Chemistry* in us as parents. We, too, need strong body weapons to win our wars.

## Tested Tips for Parents

The Following are helpful Tips from Mothers Who Know

- **Get dressed in the Armor of God like you mean it.** Before you show up as a parent you have to be dressed for battle. Are you doing your PWR goals at meaningful and consistent levels to enable you to win your personal battles? One of the greatest things you can do is set up your own MANPWR or GRLPWR goals and calendars and put them next to your Warrior youth's calendar. Fight the war side by side, instead of face to face.
- **Remember, getting training for your child and yourself is healthy and wise.** You will be tempted to police all things, make sure your child is following the program and have a hyper focus on all things recovery. If you approach your child's recovery in this way, you will make yourself sick and neglect other important stewardships. Don't fall for that. Instead, focus on your strengths, and what you can contribute. I had to realize I was not a brain surgeon, nor could I be a clinician. I could not save my son, that would be Christ. My youth needed someone who knew how to work with the scientific side of self-mastery (a clinician). He needed pressure and motivation, and that comes from the Personal Warrior Trainer. I needed to learn my role as a parent was primarily as cheerleader and fellow warrior.
- **Know how to clean house (in your mind) and dump your trash.** When the enemy was not attacking, the Nephites made preparations for war. They guarded things, built great fortresses, made weapons to defend, and practiced their drills. Learn how to best *plan, build, practice, prepare and defend* for the storms or attacks which will come your way. (Border Patrol, Flag Pole, Drills, MAN PoWeR, GiRL PoWeR)
- **Remember, you can be the captain like unto Moroni for your loved ones.** You can be a walking title of liberty by often repeating why you are fighting your battles. You can lead as Moroni did by working on your

own self-mastery. Show how you, with your sound understanding, can also bind Satan and train others to do the same.

- **The formula that makes up your family has unique ingredients.** Everything you learn from your training and support here has to fit into the mix that makes up your amazing family. Don't be in such a panic to hurry up and heal that you can't consider all things in the spirit and how they will affect your formula and your ingredients. You can go overboard by trying to heal your child by taking them off sugar or using healing oils or planting your whole yard in a garden just because you hear it was the answer for someone else. You and God are in charge of your healing. Only He completely understands how all the ingredients work and fit into your family formula. Nothing a clinician, Bishop, book, fellow parent or warrior recommends can truly be the answer for you until it is something you and God decide will work for you. Ask God in faith and the best formula for your family will be revealed to you through the spirit of revelation. Your formula will be awesome and unique to your family and what God knows you need!

- **Don't compare your journey with that of others or make judgement calls on whether you are failing or not.** Just because someone else is further along in their healing and/or recovery than you are, put your trust in God's timing. He is doing His work with you and your family and knows just how to bring about your success. It is His great glory (Moses 1:39). He's got this and you!

- **Acknowledge Addiction is real:** I realized I could not save my son alone. We were here for a reason. My child needed someone who was trained and knew how to work with the scientific side of self-mastery and addiction so he could get the support he needed to win and recover.

- **Talk to your son's Clinician.** Keep him informed of your concerns. If you feel your warrior is lying, let the clinician know. If there are other patterns of misbehavior (i.e. disrespect in the home, struggles in school) keep the clinician informed. They do their best work when they have more information. Email is usually

best at least 24 hours before the group session. Occasionally, as needed, set up a full therapy session with the clinician, for your own training and to learn what he is doing specifically with your young warrior.

- **Set up appointment to visit with your child's Bishop** (if he is still a youth). Don't wait for him to contact you. Don't assume your bishop is well trained in how to work with addictions. Respectfully request he share with you what his plan is for your youth. Respectfully request being informed of what his expectations are for your youth. Respectfully offer more information about working with addictions if he humbly feels insufficiently informed. Respectfully request a certain frequency of visits you would like him to have with your youth. Inform the Bishop of how you want sensitive topics to be discussed with your youth, especially daughters, i.e. masturbation.

- **Stay vigilant, but not over-stressed.** Satan is determined to put you to sleep with your eyes open. He is very motivated to make you feel numb and dumb so he can sneak by you and get to those you love. **Fight** to be able to *Stay Awake* and *Stay by the Tree*.

- **Your child is amazing, noble and strong.** You are a parent to this cool child. The fact you are here needing support does not define you or your child. Only God defines us, not all the evidence of our success or failures. He is very aware of the desires of your heart and holds you and your child in the greatest esteem and place of love!

- **You are doing so many things right.** Don't let this challenge you face be the only thing you notice. Because of the Savior, broken people can do amazing things in a very broken way. The same goes for your child. Make a conscious effort to talk about more than what is going wrong or what you are afraid of. Fight for your child by increasing the positive things they notice – Satan is constantly pointing out what they are doing wrong, don't you do it too.

- **Remember you only have one enemy.** Satan is the father of all lies, including the lies he tells us about those we love and fight for. Your enemy is not your child who



is causing the pain you feel, or your spouse who doesn't seem to get how important it is to support your child in a better/more involved or nurturing way, or the person whose fault it is your child started down a road to addiction. We only have one enemy and it is *never* people we care for and defend.

- **Not every voice in your head is a trusted voice.** Consider what has gone on over the years inside your head and has affected your abilities, courage, choices and outcomes. Satan wants you to think you are small; wants you to only play small and never go big. When you know how to identify his lies, the real you begins to show up and you can start to *play big* as you cause him the pain he has been trying to inflict by lying to you.

- **You are an *Atmosphere Angel*.** You have the ability to speak with love and boldness. Satan wants you to be afraid to speak by whispering; "You will only make things worse". But you know how to enhance the atmosphere of any situation in a nurturing and positive way as you testify of He who is mighty to save! Extend just the right amount of timely affection, perform acts of thoughtful service, express unconditional love, and reaffirm your confidence and appreciation for your child's desire to be courageous in battle. Your words, prayers, service, love and expressions can change the very tide (atmosphere) of battle.

- **Stay in your own battle.** There are only three kinds of business...my business, your business and God's business. I will always be miserable when I try to get in someone else's battle/business and think I need to swing their sword and hold their shield. We are all meant to wield our own weapons for a wise and eternal purpose. Only Satan would convince us we are to force, control, boss, manipulate others so they are successful. That is Satan's plan. Aren't we glad we chose liberty and eternal life, not captivity and death? Staying in our *own* battle and letting others learn to fight *theirs* will always promote liberty as we rely upon our strength in the Lord and the power of His might.

- **Absolutely enlist in the Eternal Warrior Training.** As you apply the effective principles your

child is learning to your own unwanted patterns of misbehavior you will have increased respect and empathy for what your child faces and the hard work it takes to win his/her battles. You will wake up fully to the war you are in and how personal it is. You will understand the scientific and spiritual side of self-mastery that will empower you. Your level of spiritual discernment and ability to receive personal revelation will increase. You will learn specific tactics the adversary is using to distract and deceive you and your family and how to fight back. You will wake up the warrior you have always been and feel rocking awesome!

- **Ask your child to teach you what they are learning.** Ask to sincerely learn, not to interrogate or challenge. This will validate and show respect for them as well as help solidify what they are learning in group and in their personal efforts. Don't become the teacher in your discussions, be the student. If your child does not seem to know the answers tell them, you look forward to learning more in the future, then tell them; "until next time."
- **Use a PoWeR calendar for yourself.** Be transparent about your challenges and let your child know you are working on things too. This process is very validating and can be fun. There are very few things more humbling or more powerful than doing your own Q5 and then reviewing it with your young warrior. "What technique did the enemy use to defeat you?"
- **Cheer your guts out** and point out everything you can about what you notice about your child that would make him a formidable target to the enemy. Tell him how scary he/she is to the dark side and what an asset he is to God's army. Specifics are always more powerful.
- **Stimulate conversations with the Holy Ghost for your child.** Often we have a voice which can shut down warrior type thinking because we are the parent and your child is going through an individuation process in their development. Why not make it harder for Satan to mess with your child by stimulating conversations that allow your youth to have a conversation with the best teacher in the whole world. The Holy Ghost brings important things to mind, helps us remember our divine

nature, testifies of truth, tells us all things we must do and helps us to feel God's love and be sanctified in our trials. Suggestions:

Ask meaningful questions; "Are you pleased with your progress?" and then walk away letting the accountability be to God and the Holy Ghost, not you. Use positive assumptions like; "I was just about to ask you if you were going to do your PoWeR goals, but then I remembered you are the kind of guy/gal that knows what power is and where to find more." Express random meaningful compliments; "Man, I like the man you are becoming. Your courage is such an asset to God's army." Testify of truth; "I'm so glad we have a Savior who can really save us, aren't you?" Drop love notes – take your voice and face out of it and just allow him/her to soak in the joy of hearing your unconditional love and then ponder what you say in the spirit. Send a text; "Thank you for always caring for your sister and looking after her. I feel so blessed to have a son who makes me feel another level of safety because I know how much you love and protect her. Wow, you are going to make a woman very safe and happy one day. Keep up the great work son." Many lose battles in their bedrooms...One of our amazing Mothers would say goodnight in a meaningful way; "Have a good night, my Warrior." Many lose battles in the bathroom...say; "Have a great Warrior Shower." (Don't tease or demean in sarcasm) be genuine and unconditional and his man brain will shift.

- **God's ways are not our ways – God has a different calendar and clock than we do.** We can get very impatient and lose lots of hope and faith when we think they are the same. Trust him, lean not on your understanding, acknowledge him and let him direct your life. (Ps. 3:5-6)

- **Don't forget the adversary is a tormenter and you are the terminator!** Whenever you are feeling negative emotions getting stronger, you are under attack. Fear, doubt, despair, negative self judgement, feeling overwhelmed, etc. these are all spun by the adversary to get you in a mood battle that will lead to a lost battle. A lost battle is anything you do or say that is not within

your value system. Fight back with your drills and warrior chemistry. (Eternal Warriors Training)

- **With training, we can recognize when others are under attack.** There is no need to get in their battles or become afraid. You have power to enhance their ability in battle and diminish Satan's power IF you are not pulled into it. You can do awesome things to shift the mood of a room (remember you are the Atmosphere Angel) in a way that is attention getting and you don't have to say anything about the fact they are under attack. Remember they are figuring out how to fight with and for the Savior and you are doing the same by being the amazing support team. You are on the front lines of support in God's work with your loved one. Your efforts, reactions and word choice can enhance this work. Do all the cool things you do for your warrior in the Lord's name; to promote *His work with your son*. Hand your warrior water bottles for God...make favorite treats, do silent random acts of service, all in an effort to let the enemy know you discern him (Satan) messing with your loved one and you will do what is in your power to decrease his power.

- **Be so very patient and forgiving of yourself and always consider each moment, hour, day is all you have right now.** Don't let the adversary trick you into looking way behind you in regret, shame and blame or way in front of you in fear, doubt and overwhelming confusion and frustration. Stay right where you are and remember *the Spirit only works and inspires in the "now" right where you are*. Trust your divine ability and calling. With God you are plenty - and more than enough to do anything this situation asks of you, just do it with HIM.

- **Be transparent:** There is great power waged against the dark side when we are willing to be honest and transparent with our children about the fact that we too, have lost battles. We don't have to reveal every skeleton in our closet, but it is important to let them know you believe in the power of healing and know people can learn and grow because you have. Especially be transparent and honestly apologize when your children see you lose battles. Don't listen when Satan is telling

you it's better to "save face" and it's ok for your child to see you hiding in shame and darkness. Instead, show your courage and humility to your child as you *bring dark things into the light* where they can be healed. Be a fellow warrior and fight shoulder to shoulder facing the same enemy, not face to face against each other.

- **Don't panic when your child loses battles.** Hold on and have faith in the process. Remember, in order for them to become a consistent winner they have to become good at bouncing back after a lost battle. To win long term, a warrior needs to know how to spring back, analyze what went wrong and get back in the fight with increased determination and insight. In this process, he or she will gain more reliance upon the Lord and increased confidence in their ability to win long term.
- **Always testify you know who your daughter/son is** and only great things define her/him and how they respond to this challenge is refining them.
- **Make a purposeful and detailed study of the war chapters of the Book of Mormon.** You will learn so much about how to improve your ability to fight in this modern day spiritual war we face. The war chapters truly were written to instruct us in our modern day battles and to help us defeat the enemy of our souls.
- **We live in the last days when Prophets have foretold this great spiritual war we face.** In great wars there are lots of wounds, especially among the most valiant of warriors. This war is not for wimps and ALL will need to turn to Christ, whom we followed into this battle. Jesus Christ is our Captain, medic, trainer, Champion and has claimed our victory. Satan is no match for the Savior and we are here because we believe in Christ and His promise to defend, protect and save us. We chose to follow Him and fight with Him for His great cause of freedom and victory over death so we can have all our Father has. When Satan whispers to you it is too hard, you did not sign up for this or that, you have too much evidence at your house/in your life you are losing the war, etc. Stand and declare as Nephi did in 2 Nephi 4:30-35. We are not wimps we are warriors!!! We need only wake up the warrior we have always been, claim our

birthright and embrace our calling to fight this most important of wars. Parents are SO IMPORTANT in this great cause! We must remember *who* we are and *whose* side we are on. When we “Warrior Up” and speak of ourselves and our loved ones as the warriors we truly are for these latter-days, miraculous things happen! I have seen it in my own life and in many others. You are in God’s great powerful army...claim your spot. You have been offered the firmest of foundations in Christ the Son of God...if we stand with him, we cannot fall.

- **Get involved in Mothers Who Know and attend the Parent meetings.** You are needed there. You will find great strength, increased courage and invaluable insight as you fight alongside others who are fighting the good fight just like you. Talk about sticking it to the enemy!! There is nothing he hates more than when you come out of isolation because his power over you is decreased.

- **It helps to hear other mothers figuring this out.** When you are cleaning the bathroom, doing the dishes, in the shower or driving see what you think...here is the link to the Mothers Who Know recordings. <http://mothersofthesonsofhelaman.blogspot.com/p/audio-and-video.html> Listen to Maurice Harker or Mindy Lundgreen first, then to others you are interested in. (Dads also find great strength and insight in listening to the recordings presented by Maurice Harker.)

- **STAY BY THE TREE.** There is safety and peace there. Beckon from the tree. We are always more appealing and influential to those we love and support when we are speaking in the Spirit. Partake at the tree. You must partake of what the Savior and His atonement have to offer you in all seasons of life, but when facing the challenging storms of life, it becomes a necessity to truly believe in the enabling power of His grace. When in a storm, find shelter, don’t panic/keep calm/maintain the Spirit and don’t forget to eat and drink while you hold on till rescue comes. It is critical to know how Satan tricks you into leaving the tree so he can convince you to get in your child’s battle and start

becoming weak from the lack of rejuvenating fruit and living water. Inspiring, influential parents know how to *stay at the tree* and how to crush the enemy when he tries to convince them otherwise. No matter what your loved one is doing, stay at the tree. Satan will try over and over again to convince to leave the tree and run to your loved one to save them; he will even say you are being selfish or rude for not rescuing them. We are smarter than that! Staying at the tree is the most powerful thing we can do for ourselves and our loved ones who are in this fight. (1Ne. 8 & 15)

**Remember:** no person is ever *alone* in their battles. Elder Holland said; “In the gospel of Jesus Christ you have help from both sides of the veil, and you must never forget that. When disappointment and discouragement strike--and they will--you remember and never forget that if our eyes could be opened we would see horses and chariots of fire as far as the eye can see riding at reckless speed to come to our protection. They will always be there, these armies of heaven, in defense of Abraham's seed.”

— Jeffrey R. Holland, “Created for Greater Things”

## Story of Gratitude

from a

Mother of a Sons of Helaman Warrior/General:

After eight years of watching my son struggle with an addiction to Masturbation and Pornography, he finally received his mission call. His departure date was pushed back twice due to lost battles. When he got out into the field, I could tell from his letters, efforts and diligence he was there to stay and stay strong. I thought my heart would burst with gratitude; we had finally arrived at recovery.

When he returned home from his honorable two year mission I thought he was good to go. The shock and heartbreak I had when he started losing battles devastated me. The fear of going back to all those years of fighting this battle with my noble son terrified me. Now as a man, he needed to be worthy to do needful man things like choose a career, date for the purpose of marriage, etc. Fortunately,

because of his pre-mission training in SofH, coupled with all he had gained from his mission and his quick return back in a SofH group for support, he quickly got his warrior tools back into swing with an even greater spirit. He headed to college. There he met an amazing beautiful woman, told her of his addiction and repentance and because of her testimony of the atonement and a witness from the spirit; they were sealed in the Temple. I thought my heart would burst with grateful happiness.

Then I received a phone call in the dark early morning hours the day after my son's first child was born. He knew my daily schedule started early and I would be awake. He whispered so as not to wake his sleeping wife. He had picked his tiny daughter up out of her little hospital crib so her squeaking noises wouldn't wake his exhausted wife. He brought his baby daughter to lie in his arms as he lay on his bed in their dark hospital room. He said he wanted to share something special with me and proceeded to say something like this; "Mom, I just have to share with you how special this is to be here in this room and now have two of Heavenly Fathers daughters to care for and protect. I feel so honored and such a great responsibility to them and to Heavenly Father. But the coolest thing I feel, that I knew you would appreciate, is that as I lay here with my tiny, now sleeping daughter and my wife sleeping there in her bed, I am overcome with the gratitude I'm feeling as I consider I am completely worthy and there is nothing unclean inside me." We both shed some tears and he expressed his confidence in and desire to preside, provide and protect his girls (something I knew was drilled into him in his SofH groups) and expressed his belief in his ability to do it in the way he would make me and God proud. That was a moment like no other I have experienced with my son before or since. My heart was so full of gratitude for my good son and for the recovery he was able to find with the support and training of this program. I was full of gratitude for his desire to care so deeply for his wife and daughter and his desire to keep Heavenly Father's daughters safe. I was grateful for the safety he made me feel. Most of all, I was full of gratitude for a Savior who I loved with all my heart, for healing both my son and I and allowing me this tender beautiful moment that seemed to be a great victory and balm to my mother heart.



Now several years later with a little son as well, he is an incredible husband and father, an amazing asset and leader in Christ's army and a danger to Satan's cause.

"Stay By the Tree"



A **Mothers Who Know** original painting

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***I Am a Mother Who Knows***

*I stay by the tree*

*Continually holding to the Word of God*

*I will not be detoured from my divine purpose*

*I am a sacred weapon of hope, faith and endless works  
Designed to inspire and love, I can change the very tide  
of battle*

*I beckon from the tree*

*Courageously Testifying of Christ's power*

*I will stand strong and be not moved as I wait upon the  
Lord*

*I am the "Atmosphere Angel" darkness fears, I'm awake  
to deceptions  
Supporting My Savior in His Great Cause of Freedom, I  
rely upon His arm  
I partake at the tree  
Sanctified through the sweetest most desirable love  
I will not fear but have power in a sound mind and joy  
in my soul  
I am a beautiful warrior for Jesus Christ, empowered  
by His grace I am enough  
Remembering my Divine Identity, I know what delicious is and  
will not be distracted*

## Bishop's Appendix

(As a reminder, while this author has worked hard to make sure the information in this book correlates with the teachings of the LDS Church in order to specifically serve that population; this work is not an official publication of The Church of Jesus Christ of Latter-day Saints. The views expressed herein are the responsibility of the author and do not necessarily represent the position of the Church.)

# How do I Help this Young Man?

Many bishops and other church leaders who counsel with those who are facing serious self-mastery issues like pornography and/or masturbation addiction often wonder what to do for them and their families. Any addiction has a physical as well as a spiritual component. In the years our therapists have been helping individuals access the tools they need for success, we have found it useful to understand and attend to both the spiritual and temporal (physical) side of addiction and how the two interact.

The following is designed to help you, as a bishop, add to the knowledge, wisdom, and resources you already have in this battle.

## Addict or Experimenter?

Bishops have done a wonderful job at helping young men who have occasional “run ins” with unwanted moral misbehaviors. Usually, if the individual fighting this battle is

only an experimenter, a few meetings with the bishop and a series of line upon line fulfilled commitments can correct the behavior problem during the process of repentance.

Unfortunately, when the problem gets to be a chronic and consuming problem (an addiction), it is encouraged to recognize at this level you are dealing with a medical condition. In the same way Bishops were never intended to play the role of medical doctors they were also never intended to play the role of mental health therapists. If an individual is struggling at the level of addiction, the problem just isn't going away with encouragement and commitments. The individual will need to see a professional in order to get the tools he needs to get the problem under control. The following is a brief discussion designed to help you, the church leader, assess whether or not you are dealing with a medical level addiction. If you have any concerns at all, before the problem becomes chronic, we highly recommend you have your most trusted Addiction Specialist do a Screening and carefully assess the situation, just in case. If a problem reaches the addiction level, it will take a lot more time and money to help the warrior overcome unwanted tendencies.

To assess the situation yourself, the simplest way to decide whether or not you are working with someone who is experiencing an addiction, just observe: does he/she keep small promises/commitments to you and to him/herself?

When the individual first informs you of the problem, let him or her know you have three things you want to try. First, create a small behavioral contract with him or her based on your own inspiration. **Give him or her a short list of 'to-dos' and 'not-to-dos'**. Check back in a week. Try this twice more. **If he or she can't keep these promises**—you will want to inform this person they could possibly be experiencing an addiction and you would like them to "meet someone who knows a lot more about this stuff". **If he or she succeeds with the promises and suggestions**—just keep working with the individual until he or she has things satisfactorily under control.

## The Options

As mentioned above, when an individual is not able to keep promises regarding their behavior, they are in need of some outside help. This book is not a comprehensive resource, but rather an introduction to the principles best for winning the war of self-mastery. It will get the warrior started and we want them to feel an increase in hope and motivation. In almost every case, outside training, not just support will be needed. Below is a list of recommendations we have found to be most effective.

**Option 1: *Meet with the Bishop.*** Many young men find it intimidating and scary to go from the Bishop's office to a stranger's office. They may feel shame or embarrassment. In cases where the young man does not want to see a professional, you may want to continue meeting with him regularly, setting small, obtainable goals to help him progress. Some young men take time to warm up to the idea of seeing a professional, occasionally remind him there are skilled people who have dealt with this issue before and who have tools he may find helpful and useful.

We understand it is important to spiritual leaders to make decisions based on revelation. When an individual who is struggling with moral misbehaviors, they are often anxious to know how long they need to demonstrate self-mastery before they can be considered forgiven. Often, Bishops will reply with something like, "When we both feel like you are worthy." We ask something extra of you, Bishops. Those experiencing addiction do best when they have concrete expectations. If possible, Bishop, please get revelation on how many days this individual needs to demonstrate self-mastery before they can receive \_\_\_\_\_. Counting days is a very Mosaic Law approach, but it really helps those who are currently unable to achieve 84 consecutive days of successful self-mastery. After 84 days (12 weeks), they should be able to return to a Spirit of the Law approach again. Feel free, at any time, to consult one of our clinicians if you would like help figuring out what is best for a specific individual.

**Option 2: *Individual Therapy.*** The individual will meet with a therapist (a master's or doctoral level professional

who has been trained in one-on-one counseling). A session is generally about an hour long and the frequency is determined by the therapist and the individual receiving services. The content of the meetings will depend on the therapist's background and specialty. This option provides in-depth analysis and treatment of the addiction. It is expensive and progress can be slower than other options because the young warrior still feels like he is the only one with the problem.

Sons of Helaman has many qualified clinicians who can provide good one-on-one care for this issue. This is a good place to start in finding a clinician who can help your ward members with any issue. With modern technology, geographic location is no longer a barrier. We have many clinicians who are qualified to provide long-distance, webinar based therapy. It is surprisingly effective.

**Option 3: *Personal Warrior Trainer.*** You have probably heard of *sponsors* from other programs. We wanted to provide a service with more than just support. A PWT is a graduate of one of our programs who has been hand-picked and then carefully certified to provide specialized training in the basics of personal self-mastery. Beyond support, all of the PWT's are carefully supervised by the best of our Clinical Therapists. We provide PWT's also to show reverence for client finances. A session with a PWT is about 1/4th the cost of a session with a Clinical Therapist and about 1/2 the cost of the weekly Group Therapy Sessions.

**Option 4: *Support Groups.*** These groups are a collection of individuals who have similar experience and can provide support, encouragement, and some insight to each other. Support groups are not run by therapists. The Church's Twelve Step ARP Program is classified as a support group. Missionaries (volunteers) provide the staffing for these meetings and are there to encourage and moderate the discussion, often educating on specific, related topics. While support groups do not provide the same in-depth treatment therapy does, they provide good support. Many therapists recommend their clients who are dealing with sexual addiction attend support groups in addition to therapy for "extra help". Any kind of group approach is much more cost-effective than individual therapy. Support groups

are generally free or have minimal cost. How often one attends a support group is completely up to the individual.

**Option 5: *Training Groups.*** This is a step between support groups and therapy groups. We wanted to find a bridge for those who needed something more intense than a support group, but didn't have the finances to pay for group therapy. These groups are run in a classroom type setting where confrontation between participants and accountability is expected. Training groups have proven to be very powerful. They are led by individuals (Mentors) who have been carefully trained in the principles involved in self-mastery and addiction recovery. We offer training groups called Men of Moroni for adult men. It follows the same principles described in this book.

**Option 6: *Group Therapy.*** This option combines the best of both worlds. In group therapy, a licensed therapist facilitates discussion while providing in-depth treatment during the training. Group therapy has the effect of an individual receiving "higher doses" of treatment when compared to individual therapy. Because multiple people attend and work on issues at the same time, it is like having multiple individual sessions all at once. In group therapy, confrontation of thinking errors and accountability are regularly implemented, while not found in support groups. Group therapy costs considerably less than individual therapy and tends to get results faster. It is usually a less intimidating option than individual therapy and is effective at reducing shame, a critical part of any kind of addiction treatment. In most cases, professionals prefer group therapy to other treatment options for addiction.

The Sons of Helaman program was designed to provide a more cost-effective, enjoyable, and powerful way to address pornography and/or masturbation addiction in young men who are preparing for their missions or the temple. Because the program is under the umbrella of Life Changing Services, LDS principles are intentionally interweaved in the experience. The young men find this group therapy setting to be ideal for teaching the skills that are needed to win this battle for a lifetime.

We now offer Daughters of Light. This is a group therapy experience, led by female LDS clinicians, for women of all ages. It is designed to not only address moral

misbehaviors, but other types of unwanted patterns of misbehavior also.

## Getting from the Bishop's Office To the Therapist's Office

Most (young) men don't love the idea of "going to therapy". The unknowns of what it is going to be like are scary. The need for 'help' is a direct assault on their confidence; it makes them feel like their problem is much bigger than they can deal with. In the event you feel a loved one needs to see a professional, take the following steps. Inform the individual you 'know some people', "As a Bishop, I only know so much about the self-mastery part of repentance and change. I know some experts who have dealt with this issue and they have some tools to really benefit you." Some people don't like to be 'enrolled' in a program. It is appropriate for a screening be done before enrollment. It seems to work best that you strongly urge the individual to, "**Just check it out.** If it isn't going to work, then we will look into other options." (Keep in mind all youth under 18 must have at least 1 parent's approval before we can meet with them.)

Share with the individual the appropriate information- a pamphlet, or refer him or her (and parents) to our website [www.lifechangingservices.org](http://www.lifechangingservices.org). There are several videos on YouTube which are informative. Those dealing with self- mastery issues often drop the ball, so if you think it will help, contact us and we can make the initial call after you supply us with the necessary contact information and the individual gives us permission to contact them.

The hardest part in the whole process is making the first call. Patiently encourage the individual and/or his parents. Some people are more comfortable receiving a call from a professional rather than trying to build up the courage to call themselves. With their permission, you can pass their information along and tell them to expect a call. Once they get over the initial fear and the screening interview, attending a group where they will find peers and tools to help them win is only a matter of time.



When interviewing as an ecclesiastical leader or a parent, instead of asking, “When did you last look at porn?” try “Have you run into any pornography yet?” We have found this question makes individuals feel less defensive. A similar question can be asked about other moral behaviors, “Have you accidentally discovered masturbation?” “Have you accidentally gone a little too far with someone?” Of course, there is often a lot more to it than that, but they can at least begin the conversation.

## Bishop, Please Do...

### Do:

- Involve both parents, if the young man is ready for them to know about the issue. Mothers or fathers should not be alone in the support of their son. The more support a young man has, the more chance he has at defeating the addiction. (See “Parent’s Appendix”) Rarely, but occasionally, there is a parent who actually makes things worse. Feel free to consult with us on how to handle things if you fear this might be the case.
- Ask (young) women the same questions you ask the (young) men. If you fear any type of sexual harassment backlash, get parent permission to ask the youth the more sensitive questions. If you think it will help, we offer free consultations for Bishops to help them learn how to interview.
- Read this book, *Like Dragons Did They Fight*. Learn how a spiritual warrior has to think and feel to acquire self-mastery and beat this addiction. It is not just a matter of motivation anymore. Your insights into Satan’s strategies and the Lord’s weapons can make a big difference.
- Find ways the warrior can work in exchange for program payment (if the ward or the parents are paying for the visits).
- Read *Putting on the Armor of God*, by Steven A. Cramer. A vital supplement to this book as a second testimony of the role of Satan in mental warfare.

- Plan with the warrior your level of support and involvement; some Bishops have short phone calls several times a week to provide encouragement and accountability. Texting is very powerful. Avoid expecting them to contact you in times of trouble. As you read in this book, when a warrior is “stoned”, it is highly unlikely they will reach out to anyone. Look into what we call “text-coaching”.
- Get a copy of our 5<sup>th</sup> Sunday/Fireside video (33 min). <https://youtu.be/SvGqOiziaYs>. Preview it and then show it to your people so they can learn these principles. There are many fronts to this battle. Mothers, fathers, girlfriends, and the boys themselves all need specialized training on the issue.
- Pray for him or her, with and without them.
- Talk to and encourage the warrior, but also LISTEN. He or she will try to tell you the truth, but sometimes they won’t even know what is going on inside of them. Avoid the question, “Why did you.....?” It is highly unlikely they will have a useful answer. This investigation is a therapeutic process. (Reading this and other books will help you to understand the “whys” when a young man is confused about what is going on).
- Offer Priesthood blessings- Often!
- Check on the warrior frequently (many of the warriors who are successful meet with their Bishops *at least* on a monthly basis).
- Learn about the addiction. Learn about the Satanic Spin and the Chemical Scale.
- Discuss with the warrior and remind him or her why they are being attacked – because he or she is a threat to Satan – point out specific reasons why Satan would fear him/her. Ask him or her the question “Why are you fighting?” every time you see him or her. The more they review this, the faster and stronger their answers and the sooner they will gain self-mastery
- Ask the warrior to bring his or her progress (MANPoWeR or GiRLPoWeR) calendar to your meetings. Invite them to explain the calendar to you and to share with you the plan for how to do even better next time. Encourage them to teach you what they have

been learning. At first they might be a little jumbled, but give them time to figure it out.

- Set worthiness goals with the young man: when he can fill out mission papers, pass the sacrament, advance in the priesthood. It appears there are no exact church-wide standards on this, only recommendations. Counsel with the individual to determine how many perfect days or weeks they will need to have before they can expect to be considered for rewards or advancements.

## Bishop, Please Don't...

### **“Bishop, Please Don't...”**

- ...Stop caring. (Or threaten to stop caring.) Even those who have stopped coming to church and meeting with you will appreciate occasional calls or visits to see how they are doing.
- ...Impose *your* goals unless they feel clearly inspired. Let him or her set the goals and find out how you can help achieve the goals. (Line upon line, precept upon precept.)
- ...Minimize or maximize the problem. It takes a lot for an individual to come to the Bishop with this set of issues. While it is serious and potentially very damaging, don't make the (young) man feel like it is the end of the world. At the same time, don't minimize the seriousness. Many young men feel relieved to come to a group and see so many other good young men struggling with the same issue. Let the boy know he is not alone and there are many people who have also overcome this addiction with the right tools.
- ...Punish them for “lost battles” – This doesn't include withholding the privilege of participating in Priesthood ordinances. Make an effort to help them understand the difference between worthiness and punishment. This includes not using “disappointment” as a motivator.
- ...Try to control the problem. Talk about it, listen and help the warrior come up with a plan (see *Addict or Experimenter* section). Let the self-mastery professionals

work on that part, and you focus on the repentance process.

- ...Be afraid to request more contact from the therapist. We, the clinicians at Life Changing Services are trying to facilitate frequent contact with you, but we have a lot of Bishops to keep up with. If we don't contact you as often as you would like, please contact us. We are more than happy to talk to you about your loved one's progress (if they have signed a release of confidentiality).
- ...Get impatient or frustrated. Satan has had over 7000 years to perfect the art of derailing human processing. Stick with the warrior. Be firm, strong *and* loving.
- ...Forget we at Life Changing Services completely respect the difficulty of your stewardship, and it is our greatest desire to be your servants. Call anytime.  
877-HERO-877

## Suggested Readings

*Putting on the Armor of God*, by Steven Cramer

*Will Power is not Enough*, by Byrd and Chamberlain

*Outwitting the Devil*, by Napoleon Hill

*The Screwtape Letters*, by C.S. Lewis

*As a Man Thinketh*, by James Allen

*Wild at Heart*, by John Eldridge

*Winning the War against Evil*, by James J. Hamula, *General Conference, Priesthood Session, October 2008*

*Happiness, Your Heritage*, by President Dieter F. Uchtdorf, *General Relief Society Meeting, September 2008*

*The war chapters of the Book of Mormon*, for an insight into what your young man might be feeling as a warrior, and the supportive role of families

*Man Down!* by President Henry B. Eyring, *General Conference, Priesthood Session, April 2009*

*We Are All Enlisted*, by Jeffrey R. Holland, *General Conference, Priesthood Session, October 2011*



# MAN Power Calendar

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Date	Day:	Date	Day:	Date	Day:	Date	Day:	Date	Day:	Date	Day:	Date	Day:	Date	Day:	Date	Day:
M	A	N	M	A	N	M	A	N	M	A	N	M	A	N	M	A	N
P	W	R	P	W	R	P	W	R	P	W	R	P	W	R	P	W	R
Date	Day:	Date	Day:	Date	Day:	Date	Day:	Date	Day:	Date	Day:	Date	Day:	Date	Day:	Date	Day:
M	A	N	M	A	N	M	A	N	M	A	N	M	A	N	M	A	N
P	W	R	P	W	R	P	W	R	P	W	R	P	W	R	P	W	R

### **MAN/GRL PoWeR CALENDAR INSTRUCTIONS**

Using the MAN/GiRL PoWeR Calendar is a training tool designed to instill within your mind and spirit the power and weapons needed to override temptations and possible addictions. Before now, you can probably identify times when your moods/feelings have overpowered your values (i.e., "I value getting out of bed on time, but I don't feel like it."). This pattern just happens to be the most common decision making pattern that makes a person susceptible to addictions i.e., "I value avoiding drugs/alcohol/pornography, but I don't feel like controlling myself right now." The more frequently you make decisions this way, the more likely you are to fall to temptation and/or addiction when the opportunity presents itself.

By using this calendar, you will strengthen your ability to have your values overpower your moods i.e., "I value getting out of bed on time, and no matter how I feel, or what my mood is, I will do so." By the time you master 28 days of using your calendar, you will be able to follow through on the things you really care about i.e., "I value eating in a healthy way, and I can make myself do so no matter how I feel."

To begin, you must choose three target *Behaviors* that you want to perfect. You will also be working to perfect three daily *Actions* that will be necessary to strengthen your mind and spirit to win against the attacks of Satan. We call these six things "MAN PoWeR".

Feel free to look at the list of ideas that follow, or choose your own. Keeping the calendar is designed to be on-going. In other words, once you have perfected your three target behaviors you can choose three new target behaviors.

You will record your won and lost battles on this calendar. In order for a day to count as a "perfect" day, you must succeed in all three MAN target behaviors, and all three PoWeR actions on that day. At the end of 28 perfect days, feel free to set new goals. If you do not have a "perfect" day, you start over at day one. Yes, this is true also for those who get to 27 days!



### **PoWeR Actions**

PoWeR actions are the three most powerful daily activities you can be doing in order to be prepared to fight off temptation and addiction. You will probably recognize them. You will need to customize each for yourself, but you need to get to the point where you can at least do the minimum in each category every day.

- P=Prayer: Connect with God in a meaningful way. Approximately 5 min, twice a day.
- W=Write: a letter to God and/or to Future Spouse every day. Be accountable. Make promises. Discuss strategies and motives.
- R=Read: At least \_\_ min/day, words of the prophets and other inspired authors.

### **MAN/GRL Squares**

"And Jesus increased in wisdom and stature and in favour with God and man." (Luke 2:52)

From this scripture we learn that Jesus grew in four specific areas: intellectual, physical, spiritual and social/emotional. This is a good guideline for goal setting. We call these P.I.E.S. goals.

Here are some P.I.E.S. ideas for your MAN/GRL behaviors:

#### Physical

- Out of bed on time
- Exercise
- Eat Healthier

#### Intellectual

- Memorizing scriptures
- Reading inspiring books

#### Emotional/Social

- Get to school/appointments and meetings on time
- Do something every day that will maintain an edifying relationship with family members
- Regulate emotional responses
- At least one spontaneous act of service

Spiritual- these will be your PoWeR actions

- P=Prayer: At least 5 min twice a day
- W=Write: A letter to God and/or to future spouse every day
- R=Read: At least 30 min/day, words of the prophets, ancient and/or modern. Read 2 pages from *Like Dragons Did They Fight*

Your goals need to be clearly articulated. They need to be specific, measurable, attainable, and realistic, and have a time in which to complete them. For example, if my goal is to get up early enough to exercise and still be ready for school on time, I might set goals that read like this:

*I exercise thirty minutes a day. I get out of bed at 6:00 a.m. five days a week. My choices of exercise include stretches, kick boxing or strength training.*

**More Ideas:**

- Out of bed on time without help
- Get to school/meetings/events without help
- Get homework done and turned in without reminders
- Get family contribution activities (chores) done without reminders
- Treat adults (especially parents) with respect in all situations
- Get to bed on time
- At least one spontaneous act of service
- Edifying relations with siblings
- Controlled use of video games
- Controlled use of Social media
- No drug use
- No alcohol use
- No pornography or masturbation
- No morality issues
- No self-harm behaviors

## Resources

1. If you are a serious scholar who would like to know where the concepts come from, please start by doing your own, thorough exploration of both scientific literature and eternal principles as taught in the doctrine of the Church of Jesus Christ of Latter-day Saints. There are hundreds if not thousands of pages of information I could include to be more convincing, but this book is not for the scholar but for the layman who wants to learn in a language they can understand easily. As with all progressing fields of science, a skilled professional will seek to improve upon the ideas of those who came before him or her. You will find ideas and concepts in this book that are beyond anything you will read in the existing literature. My findings are based on thousands of interviews and interventions along with many inspirations. Successful results have been measured in both quantitative and qualitative measurements. If, after you have thoroughly done your own research, you still have questions for clarification, I would be happy to teach you what I have learned. Contact my office (877)437-6877 and set up a time for us to talk.
2. Kimball, S.W. (1976). *Teachings of the Prophets* handbook, as quoted in the Brisbane Australia Area Conference Report, 19.
3. Kimball, S.W. (1969). *The Miracle of Forgiveness*, 213, as quoted in Spencer W. Kimball Teachings of the Presidents handbook, Chapter 10.
4. "Like thieves in the night, unwelcome thoughts can and do seek entrance to our minds."  
Holland, J.R. (2010). Place No More for the Enemy of My Soul. Retrieved from <https://www.lds.org/general-conference/2010/04/place-no-more-for-the-enemy-of-my-soul?lang=eng> "Like thieves in the night, unwelcome thoughts can and do seek entrance to our minds."
5. Pornography's Effect on the Brain, Part 2 of 2 September 30, 2012  
Dr. Lasha Darkmoon 4. PORN ADDICTION AND FRONTAL LOBE SYNDROME  
<http://www.theoccidentalobserver.net/2012/09/pornographys-effect-on-the-brain-part-2/>

6. "He (Satan) attacks everything that is sacred about human sexuality, tearing it from the context of marriage with a seemingly infinite array of immoral thoughts and acts." Christofferson, D.T. (2015). Why Marriage, Why Family. Retrieved from <https://www.lds.org/general-conference/2015/04/why-marriage-why-family?lang=eng>.  
  
"The war of good against evil will continue throughout our lives since the adversary's purpose is to make all people as miserable as he is. Satan and his angels will try to shroud our thoughts and assert control by tempting us to sin. If they can, they will corrupt all that is good. Nevertheless, it is essential to understand that they will have power over us only if we allow it." Soares, U. (2015). Yes, We Can and Will Win! Retrieved from <https://www.lds.org/general-conference/2015/04/yes-we-can-and-will-win?lang=eng>.
7. <https://www.lds.org/general-conference/2010/04/place-no-more-for-the-enemy-of-my-soul?lang=eng> "I have of necessity also spoken of el diablo, the diabolical one, the father of lies and lust, who will do anything he can to counterfeit true love, to profane and desecrate true love wherever and whenever he encounters it. And I have spoken of his desire to destroy us if he can."
8. <https://answers.yahoo.com/question/index?qid=20101025121107AAwuAOj>
9. <http://www.oneplace.com/ministries/bible-answer-man/read/articles/does-satan-have-access-to-our-minds-8894.html>
10. "Why Stay Morally Clean?" <https://www.lds.org/ensign/1972/07/why-stay-morally-clean?lang=eng>
11. <https://www.lds.org/new-era/1972/07/why-stay-morally-clean?lang=eng>
12. A paper on the process the mind uses to fill in blanks: "Filling in the blanks..." <http://moreno.ss.uci.edu/57.pdf>
13. The 'Brain Science' Behind Internet Porn Addiction Mark Kastleman [https://www.netnanny.com/learn\\_center/article/175](https://www.netnanny.com/learn_center/article/175)

14. <http://www.eruptingmind.com/self-sabotage-the-subconscious-mind/>
15. "Spiritual Capacity," *Ensign*, Nov. 1997, 16
16. <http://www.12step.org/>
17. See Alma Chapter 49 among others

## About the Author



Maurice completed his Bachelor's program at the University of Utah majoring in Psychology and minoring in Mathematics.

He married his wife, Nanette, shortly after graduation and is the father of two children.

As he was finishing his Professional Counseling Master's Degree program at the University of Utah, he took an internship counseling position at Davis Counseling Center in Farmington, Utah. Upon graduation he also started working as a counselor at LDS Family Services in Farmington, Utah.

In May of 2005, Maurice opened the private counseling agency Life Changing Services, In September of 2005, Sons of Helaman was created due to the influx of young men struggling with sexual addiction issues. The development and expansion of this program has been a major focus since then. In his ongoing private practice at Life Changing Services, Maurice specializes in marriage therapy (especially if sexual misbehaviors are part of the problem). He trains adult men to overcome sexual addictions. He works to help heal the wives of sexual addicts. He works with individuals fighting anxiety and depression issues.

[www.sonsofhelaman.org](http://www.sonsofhelaman.org)

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