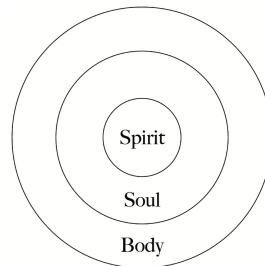


Date: _____

Occupying Freedom

F.R.U.I.T.



Feelings/Emotions – reaction to a situation (anger, fear etc.)

Root memory – memory associated with the feeling/emotion

Untruths – Lies you've believed (your reaction to the memory)

Imbedded patterns – manifestation of behaviors; addictions, mindsets, instincts, repeat cycles etc.

Truth – What does God say to you in this memory, what truth overturns the lie?