

## **Family Redemption Disciplines**

### Phase 1: Personal Redemption

- Discipline 1: Self-care, body, mind & spirit (vertically & horizontally);
- Discipline 2: Own your own work;
- Discipline 3: Focusing & refocusing on the Love of God;

### Phase 2: Relational Redemption

- Discipline 4: Understand the roots of SSA;
- Discipline 5: Grow in communication skills & boundaries;
- Discipline 6: Seek forgiveness & reconciliation;
- Discipline 7: Learn & speak your family's love languages;
- Discipline 8: Show appropriate physical affection;
- Discipline 9: Take a step back wherever necessary;

### Phase 3: Community Redemption

- Discipline 10: Grow in hospitality;
- Discipline 11: Grow in grace;
- Discipline 12: Grow in advocacy;