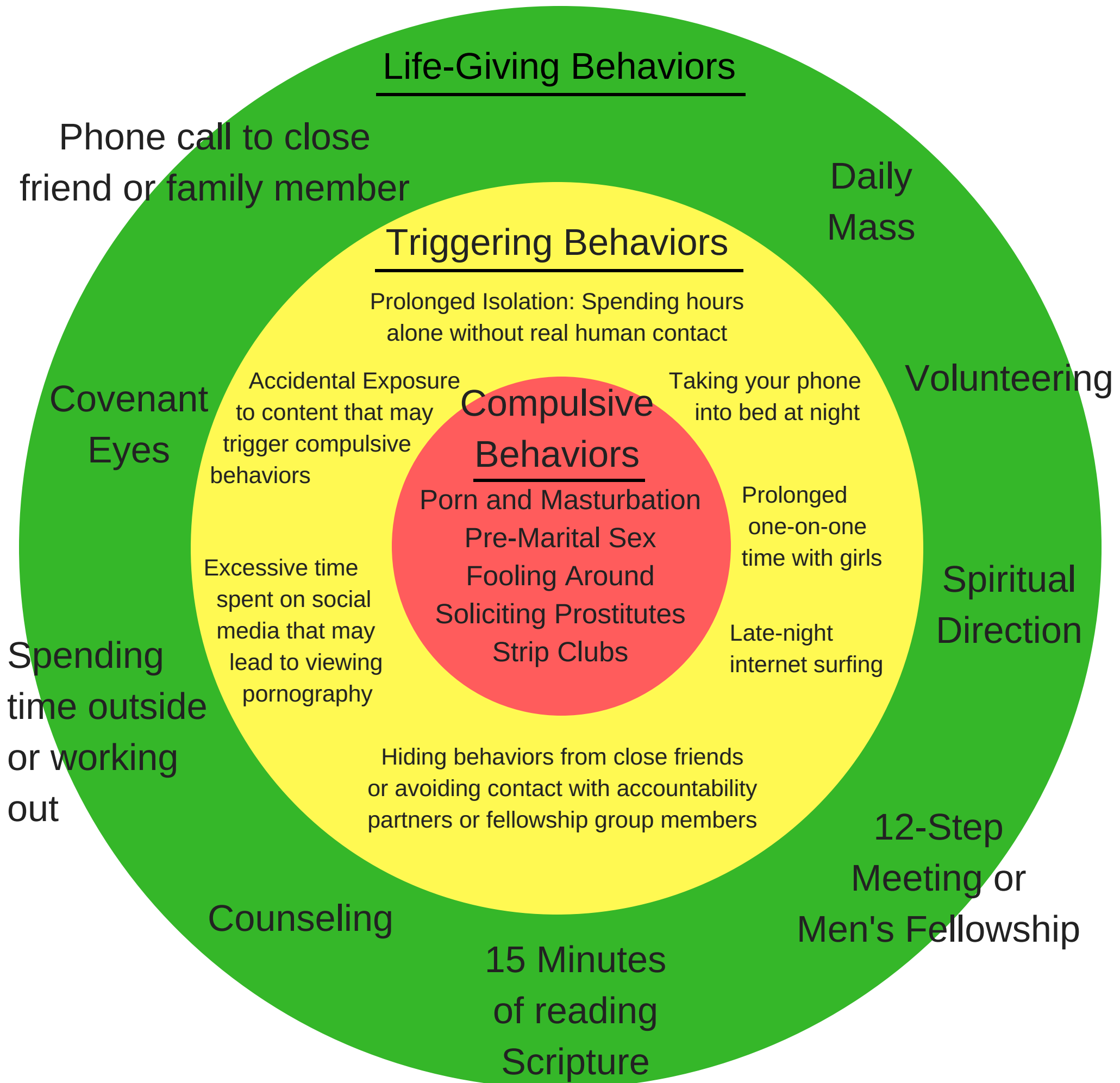


# Freedom Plan

**Compulsive Behaviors:** Addictive behaviors that trap us in sin and continuously lead us away from relationship with God and others and into isolation. Examples below

**Triggering Behaviors:** While not always explicitly sinful, triggering behaviors inevitably lead us to compulsive and sinful behaviors and draw us into isolation. Examples Below



**Life-Giving Behaviors:** Actions or activities that help you to grow and live in freedom. Often relational, these behaviors encourage and stimulate our desire for union with God, family and friends. Examples in GREEN circle above. **See Also:** [Path to Freedom](#)

