

BOLD & FEARLESS PREVENTION PROGRAM

by Kristine Litster Fales

Preventing Drug Addiction

The “Bold & Fearless” Prevention Program is a 13-week, self-help drug prevention program. It combines music, journal writing, specific daily and weekly goals, and workbook assignments to help individuals gain the desire to never use alcohol or drugs.

I was already planning to revise my first book, *Wings of Glory: The Story behind the Songs*, to include more information about recovery and self-esteem principles when I received a telephone call from my son Ben. He said, “I was sitting in church today and the idea came to me that we need to use our *Wings of Glory* album for drug prevention.”

His idea to use these songs for prevention made perfect sense. I decided to revise my book further and not only add more information about recovery and self-esteem, but also add a few chapters about drug prevention. It was becoming clear to me that high self-esteem was an essential ingredient not only for recovery, but also to prevent addiction in the first place.

As I contemplated a name to call this prevention program, a memory of my son, Jonathan, came back to me. He had something he wanted to do but was feeling a little bit scared to do it. As he was talking to me about his insecurities, he suddenly stopped, looked me in the eye, and said, “I just have to be bold and fearless.” Then he went and did it. Jonathan’s words have always stayed with me. To live a drug-free life in a drug-filled world you must be “bold and fearless.” You must be strong enough to stand alone when necessary and also be a leader in recruiting others to fight for the right to live your life happily in a world filled with love and peace.

Yes, you must be “bold and fearless.”

The “Bold & Fearless” Prevention Program is designed for children, teenagers, and adults to use. Parents and their children can participate in this program together and use this opportunity to talk openly in a safe environment about the dangers and consequences of drug addiction.

To better understand and/or teach the facts about tobacco, alcohol, and drug addictions, please read and discuss the books, *Saying No Is Not Enough* by Robert Schwebel, Ph.D., *Just Say Know* by Cynthia Kuhn, Ph.D., Scott Swartzwelder, Ph.D., and Wilkie Wilson, Ph.D., and *The*

Big Book from Alcoholics Anonymous. Reading these real-life stories of people with addictions will serve as a strong reminder to never take that first drink or use that first drug.

I also highly recommend two other great resources for parents who want to teach their children how to be bold and fearless. 1) “Strengthening Families Program” Home Use DVD, created by Dr. Karol Kumpfer and produced by Jaynie Brown, who is my sister. 2) *Positive Action Family Kit* by Carol Gerber Allred, Ph.D.

Using the *Wings of Glory* Album for Prevention

The album, *Wings of Glory: Songs of Hope and Healing from Addiction*, is a much-needed tool of prevention with messages that are profound and persuasive. Through the power of this music you can gain a greater understanding of the harsh reality and enduring agony of life as an addict. You will also come to feel the love of God in your life and your own great individual worth.

The purpose of this music is to help you live your life happily without drugs or other artificial highs. After feeling its inspiration, you will never see drugs and alcohol the same way again. You will begin to desire the “natural high” from God’s love that never lets you down.

After listening to this album, you will begin to understand the consequences of drug addiction and gain an inner strength and resolve to never even experiment with drugs. Your ability to always resist negative peer pressure will increase. High self-esteem will naturally grow as develop faith in God, gain a desire to avoid all addictions, be accountable for making and achieving goals, build strong family relationships, and find true friends.

By listening to the *Wings of Glory* songs and reading the stories behind the songs, opportunities for discussions about the consequences of drug addiction will naturally develop. Within an atmosphere of love and understanding, you can discuss the drama of these real-life experiences with your family and friends.

The album *Wings of Glory* has strengthened our family tremendously. I know it can strengthen you, too. As you share its message with those around you, your home and community will be a stronger, safer, and happier place to live.

A Prevention Fence?

As you read the following poem, reflect on your own personal feelings about preventing alcohol and drug abuse. If you were asked to vote on “building a fence” or continuing to pay for an “ambulance” to solve the addiction problems in your community, what would you choose? This poem, attributed to Joseph Malin (1895) expresses the great importance of building strong fences for prevention.

The Ambulance Down in the Valley

‘Twas a dangerous cliff, as they freely confessed,
Though to walk near its crest was so pleasant,
But over its terrible edge there had slipped,
A duke and full many a peasant.

So the people said something would have to be done,
But their projects did not at all tally.
Some said, "Put a fence around the edge of the cliff,"
Some, "An ambulance down in the valley."

But the cry for the ambulance carried the day,
For it spread through the neighboring city,
A fence may be useful or not, it is true,
But each heart became moved with pity,

For those who slipped over that dangerous cliff;
And the dwellers on highway and alley
Gave pounds and gave pence not to put up a fence,
But an ambulance down in the valley.

Then an old sage remarked, "it's a marvel to me
That people give far more attention
To repairing the results than to stopping the cause,
When they'd much better aim at prevention.

"Let us stop at its source all this hurt," cried he.
"Come, neighbors and friends, let us rally.
If the cliff we will fence, we might almost dispense
With the ambulance down in the valley.

The Program

The “Bold & Fearless” Prevention Program is a 13-week, self-help drug prevention program, which encourages the achievement of specific daily and weekly goals. It also uses the album, *Wings of Glory: Songs of Hope and Healing from Addiction*, the booklet, *Wings of Glory: The Story behind the Songs*, and the *Living Drug-free Workbook* to teach correct principles about living a life free from all addictions.

This program is designed to be simple. The only hard part about this program is being consistent. But, consistency will gradually come over time as you commit yourself to the program. Please read the “Thoughts to Ponder” each week. These thoughts focus on how to live a drug-free life, discover high self-esteem, and make good friends. Check off the “Daily Dozen” and the “Five Elements” to keep track of the progress you are making. Remember, “. . . by small and simple things are great things brought to pass” (Alma 37:6).

After completing this prevention program, it will be important to begin the “13 Choices Happy Life Program,” which follows the same format as the prevention program. It will help you discover true happiness and high self-esteem and maintain an addiction-free life.

Additional information about using this prevention program successfully is available in my booklet, *Explanation of Self-Help Programs*. For more information about drug prevention, please read my book, *Wings of Glory: Addiction, Recovery, and High Self-esteem* and the memoir I wrote about my son, Jonathan, *Freedom from Addiction: A Mother's Story of Hope*.

Five Elements of Prevention

I know the pain that echoes sorrowfully in the hearts and souls of everyone who has ever had to deal with the crisis of addiction. The initial stage of drug experimentation needs to be prevented. The old adage, “an ounce of prevention is worth a pound of cure,” has never been more true than when it comes to preventing the devastation of drug abuse.

I heard the “The Ambulance Down in the Valley” poem in church when I was a teenager, and the message of this analogy always stayed with me: “It’s better to build a fence at the top of the cliff than to send an ambulance to the valley.” The vicious valley of addiction is full of good people who have made bad decisions. These people went after the thrill of climbing onto the dangerous cliffs of experimenting with drug and alcohol, but their fate was doomed from the start. With little or no warning, they suddenly fell off the cliffs of experimentation down into the valley of addiction, where they often continue suffering for years. Ambulances get paid to pick them up, but the problem is never solved. Our communities need to build strong fences of alcohol and drug prevention.

Because of what our family has had to endure while dealing with the issues of addiction, I have pondered a great deal about how to teach the subject of prevention. I came to understand that the five elements needed for recovery could also be modified and used proactively for prevention.

The Five Elements of Prevention are:

1. Faith in God
2. Desire for Change
3. Accountability
4. Family Love
5. Friends with Integrity

The Five Elements of Prevention can be used to avoid the use of tobacco, alcohol, and drugs. If you implement these five elements into your life when you are young, you will grow up with a strong, internal fence to keep you far away from the dangerous cliffs of addiction.

1. Faith in God

Everyone needs to believe that there is a real purpose to life and that you are not alone in this world. There is a spiritual power that you can tap into each day as you turn to God during your personal trials. As you take time to pray, study the scriptures, listen to songs about Jesus Christ, and write in a daily journal, you will receive the spiritual guidance that you need to deal with the challenges in your life.

2. Desire for Change

Assume full responsibility for all your choices by avoiding people, places, and things that could lead to addiction. Read and discuss books about drug prevention with your family and friends, and take time to enjoy life’s natural highs. Get help from others when dealing with the stresses and pressures around you instead of substituting a quick, temporary, addictive relief that always brings you down in the end.

3. Accountability

The best way to keep free of all addictions is to be completely involved in other worthwhile activities that you really enjoy doing. Counsel with a mentor, who can be a trusted family member, reliable friend, or professional counselor, to help set personal goals and then report back on your progress each week.

4. Family Love

A family is made up of imperfect people bound together with fragile strings of love. Be sensitive to each other’s feelings and let each family member know that they are accepted and appreciated for who they are. Help each family member feel needed, cared for, and cherished because everyone in the family needs to feel a sense of belonging.

5. Friends with Integrity

Friends who are strong and loyal are important because everyone likes feeling included in a good group. Friends who share similar interests and moral values will help you keep your commitments to yourself. If you have concerns about some of your friends, talk to someone you can trust and figure out a way to leave bad friends behind as you find good friends you can trust and make a fresh start in life.

“BOLD & FEARLESS” PREVENTION PROGRAM

DAILY DOZEN

Week 1

Date

Thoughts to Ponder

The Three C’s of Addiction

Individuals often try alcohol and drugs for one of three reasons. These are called the “Three C’s of Addiction”—Curiosity, Conformity, and Confusion.

Curiosity. Some individuals are so curious about what others are saying about alcohol and drugs that they want to find out for themselves if it’s true. They don’t really think about the risks involved in experimentation and often act impulsively. By the time they learn they don’t really want to be involved, they’re trapped.

Conformity. Other individuals want to be part of a group so much that they are willing to do anything it takes to fit in—even if conformity means going against their own conscience and using alcohol and drugs. Generally, these people’s self-esteem is so low that they are always looking to others for approval and acceptance.

Confusion. There are also the high-risk individuals who are just so confused about life that they don’t know what else to do. They make a conscious decision to use alcohol or drugs in the hope that they can find some relief from their feelings of isolation, depression, or emotional pain. Of course, their pain only gets worse.

*5 Minute Magical Morning Devotional:
Spend at least 5 minutes on #1 - #5 when you first wake up in the morning!
Study the gospel of Jesus Christ for 30 minutes each day.*

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. Pray for a heart full of gratitude	___	___	___	___	___	___	___
2. Read or recite the 13 CHOICES	___	___	___	___	___	___	___
3. Listen to a song about Jesus Christ	___	___	___	___	___	___	___
4. Study scriptures; focus on faith	___	___	___	___	___	___	___
5. Write in journal; record positive wish	___	___	___	___	___	___	___
6. Sleep 8 hours	___	___	___	___	___	___	___
7. Exercise 30 minutes	___	___	___	___	___	___	___
8. Eat healthy food & drink 8 cups water	___	___	___	___	___	___	___
9. Shower & dress; brush & floss teeth	___	___	___	___	___	___	___
10. Record expenses & live within income	___	___	___	___	___	___	___
11. Make bed & clean bedroom	___	___	___	___	___	___	___
12. Relax & play; be cheerful & smile!	___	___	___	___	___	___	___

FIVE ELEMENTS OF PREVENTION

- 1. Faith in God**
Attend church, be friendly, and look for ways to be of service to others _____
- 2. Desire for Change**
Listen to *Wings of Glory*; do Lesson #1 in the *Living Drug-free Workbook* _____
- 3. Accountability**
Talk to a mentor or counselor, set personal goals, report back on progress _____
- 4. Family Love**
Think positive thoughts towards family; love, forgive, and speak kindly to all _____
- 5. Friends with Integrity**
Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

*I can do all things through Christ which strengtheneth me.
Philippians 4:13*

“BOLD & FEARLESS” PREVENTION PROGRAM

DAILY DOZEN

Week 2

5 Minute Magical Morning Devotional:
Spend at least 5 minutes on #1 - #5 when you first wake up in the morning!
Study the gospel of Jesus Christ for 30 minutes each day.

Date

Thoughts to Ponder

The Three I’s of Prevention

The “Three C’s of Addiction” must be avoided and replaced with the “Three I’s of Prevention”—Intelligence, Independence, and Intuition.

Intelligence. First, you must replace curiosity about drugs by using your own intelligence to gather the facts. Gaining knowledge of the long-term consequences of alcohol and drug use will educate you without having to experiment with drugs and learn the hard way.

Independence. Second, you must not give in to conformity, but prize your independence. As you begin to value yourself as an individual and always think for yourself, you will keep your values and standards high and be able to act as a leader to those around you.

Intuition. Third, you must avoid the confusion of life by listening to your intuition. As you get in tune with your feelings, you will sense spiritual promptings and feel personal guidance in your life. There is always a feeling of peace when making the right decision.

The bedrock of intelligence, independence, and intuition is concrete. These “Three I’s of Prevention” provide a firm foundation upon which all people can build their lives.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. Pray for a heart full of gratitude	___	___	___	___	___	___	___
2. Read or recite the 13 CHOICES	___	___	___	___	___	___	___
3. Listen to a song about Jesus Christ	___	___	___	___	___	___	___
4. Study scriptures; focus on faith	___	___	___	___	___	___	___
5. Write in journal; record positive wish	___	___	___	___	___	___	___
6. Sleep 8 hours	___	___	___	___	___	___	___
7. Exercise 30 minutes	___	___	___	___	___	___	___
8. Eat healthy food & drink 8 cups water	___	___	___	___	___	___	___
9. Shower & dress; brush & floss teeth	___	___	___	___	___	___	___
10. Record expenses & live within income	___	___	___	___	___	___	___
11. Make bed & clean bedroom	___	___	___	___	___	___	___
12. Relax & play; be cheerful & smile!	___	___	___	___	___	___	___

FIVE ELEMENTS OF PREVENTION

- 1. Faith in God**
Attend church, be friendly, and look for ways to be of service to others _____
- 2. Desire for Change**
Listen to *Wings of Glory*; do Lesson #2 in the *Living Drug-free Workbook* _____
- 3. Accountability**
Talk to a mentor or counselor, set personal goals, report back on progress _____
- 4. Family Love**
Think positive thoughts towards family; love, forgive, and speak kindly to all _____
- 5. Friends with Integrity**
Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

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“BOLD & FEARLESS” PREVENTION PROGRAM

DAILY DOZEN

Week 3

5 Minute Magical Morning Devotional:
Spend at least 5 minutes on #1 - #5 when you first wake up in the morning!
Study the gospel of Jesus Christ for 30 minutes each day.

Date

Thoughts to Ponder

Overcoming Addictions and Compulsive Behaviors

When talking about discovering high self-esteem, it is necessary to talk about addictive and compulsive behavior. Unfortunately, they always seem to walk hand-in-hand.

One dictionary definition of self-esteem is “to think well of oneself,” and one dictionary definition of addiction is “the condition of being a slave to a habit.” If we suffer from any type of addiction or compulsive behavior, we will not be able to think well of ourselves as long as we continue doing those things which make us slaves.

People who suffer from any kind of addictive or compulsive behavior are most likely also suffering from low self-esteem. These problems are enormous, the consequences are severe, and there are so many people—children and adults alike—who are suffering from these debilitating feelings.

Low self-esteem affects not only their feelings towards themselves, but it also has a rippling effect that undermines their ability to make and maintain lasting relationships with parents, children, or spouses and all other people they may want to associate with throughout their lives.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. Pray for a heart full of gratitude	___	___	___	___	___	___	___
2. Read or recite the 13 CHOICES	___	___	___	___	___	___	___
3. Listen to a song about Jesus Christ	___	___	___	___	___	___	___
4. Study scriptures; focus on faith	___	___	___	___	___	___	___
5. Write in journal; record positive wish	___	___	___	___	___	___	___
6. Sleep 8 hours	___	___	___	___	___	___	___
7. Exercise 30 minutes	___	___	___	___	___	___	___
8. Eat healthy food & drink 8 cups water	___	___	___	___	___	___	___
9. Shower & dress; brush & floss teeth	___	___	___	___	___	___	___
10. Record expenses & live within income	___	___	___	___	___	___	___
11. Make bed & clean bedroom	___	___	___	___	___	___	___
12. Relax & play; be cheerful & smile!	___	___	___	___	___	___	___

FIVE ELEMENTS OF PREVENTION

- 1. Faith in God**
Attend church, be friendly, and look for ways to be of service to others _____
- 2. Desire for Change**
Listen to *Wings of Glory*; do Lesson #3 in the *Living Drug-free Workbook* _____
- 3. Accountability**
Talk to a mentor or counselor, set personal goals, report back on progress _____
- 4. Family Love**
Think positive thoughts towards family; love, forgive, and speak kindly to all _____
- 5. Friends with Integrity**
Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

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Philippians 4:13

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DAILY DOZEN

Week 4

5 Minute Magical Morning Devotional:
Spend at least 5 minutes on #1 - #5 when you first wake up in the morning!
Study the gospel of Jesus Christ for 30 minutes each day.

Date

Thoughts to Ponder

Avoiding Entrapments

We are all one step away from getting on a road that leads to an addictive or compulsive behavior. Each hour of the day we are faced with many decisions. The environmental influences around us, or our own poor choices, can start us down a spiraling path that takes us away from everything we love and cherish.

A moment of weakness when faced with peer pressure may contribute to drug abuse. Continuing to take prescription drugs after an injury is healed may contribute to an unplanned addiction. Misguided competitiveness and physical insecurities may contribute to steroid use.

The click of a mouse on the Internet may contribute to an addiction to pornography or gambling. An obsessive concern about looks, or compulsive need for self-control, may contribute to eating disorders. Using food to soothe emotional needs may contribute to obesity. The impulsive use of glittering credit cards or falling into schemes to “get rich quick” may contribute to crushing debt. The list goes on and on.

Entrapments are all around us. We must continually be on guard against every enticement that can enslave us.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. Pray for a heart full of gratitude	___	___	___	___	___	___	___
2. Read or recite the 13 CHOICES	___	___	___	___	___	___	___
3. Listen to a song about Jesus Christ	___	___	___	___	___	___	___
4. Study scriptures; focus on faith	___	___	___	___	___	___	___
5. Write in journal; record positive wish	___	___	___	___	___	___	___
6. Sleep 8 hours	___	___	___	___	___	___	___
7. Exercise 30 minutes	___	___	___	___	___	___	___
8. Eat healthy food & drink 8 cups water	___	___	___	___	___	___	___
9. Shower & dress; brush & floss teeth	___	___	___	___	___	___	___
10. Record expenses & live within income	___	___	___	___	___	___	___
11. Make bed & clean bedroom	___	___	___	___	___	___	___
12. Relax & play; be cheerful & smile!	___	___	___	___	___	___	___

FIVE ELEMENTS OF PREVENTION

- 1. Faith in God**
Attend church, be friendly, and look for ways to be of service to others _____
- 2. Desire for Change**
Listen to *Wings of Glory*; do Lesson #4 in the *Living Drug-free Workbook* _____
- 3. Accountability**
Talk to a mentor or counselor, set personal goals, report back on progress _____
- 4. Family Love**
Think positive thoughts towards family; love, forgive, and speak kindly to all _____
- 5. Friends with Integrity**
Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

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Philippians 4:13

“BOLD & FEARLESS” PREVENTION PROGRAM

DAILY DOZEN

Week 5

5 Minute Magical Morning Devotional:
Spend at least 5 minutes on #1 - #5 when you first wake up in the morning!
Study the gospel of Jesus Christ for 30 minutes each day.

Date

Thoughts to Ponder

Finding Peace

People who suffer from low self-esteem will predictably find some type of addictive or compulsive behavior to mask their negative feelings about themselves. Until they seek help for these demoralizing challenges and embrace God’s healing power, they cannot have high self-esteem. Once they discover high self-esteem, they will find the strength within themselves to resist these traps that bring such unhappiness.

Some people mistakenly think they have high self-esteem when what they really have is self-confidence. While having self-confidence is an important part of having high self-esteem, it’s not everything. Self-confidence gives people the courage to stand up and do or say whatever they feel is right at the time. Self-esteem is the quiet whisperings of the soul that allow people to feel completely at peace with themselves when no one else is around.

*Peace I leave with you, my peace I give unto you:
 not as the world giveth, give I unto you.
 Let not your heart be troubled, neither let it be afraid.
 (John 14:27)*

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. Pray for a heart full of gratitude	___	___	___	___	___	___	___
2. Read or recite the 13 CHOICES	___	___	___	___	___	___	___
3. Listen to a song about Jesus Christ	___	___	___	___	___	___	___
4. Study scriptures; focus on faith	___	___	___	___	___	___	___
5. Write in journal; record positive wish	___	___	___	___	___	___	___
6. Sleep 8 hours	___	___	___	___	___	___	___
7. Exercise 30 minutes	___	___	___	___	___	___	___
8. Eat healthy food & drink 8 cups water	___	___	___	___	___	___	___
9. Shower & dress; brush & floss teeth	___	___	___	___	___	___	___
10. Record expenses & live within income	___	___	___	___	___	___	___
11. Make bed & clean bedroom	___	___	___	___	___	___	___
12. Relax & play; be cheerful & smile!	___	___	___	___	___	___	___

FIVE ELEMENTS OF PREVENTION

- 1. Faith in God**
Attend church, be friendly, and look for ways to be of service to others _____
- 2. Desire for Change**
Listen to *Wings of Glory*; do Lesson #5 in the *Living Drug-free Workbook* _____
- 3. Accountability**
Talk to a mentor or counselor, set personal goals, report back on progress _____
- 4. Family Love**
Think positive thoughts towards family; love, forgive, and speak kindly to all _____
- 5. Friends with Integrity**
Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

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 Philippians 4:13*

“BOLD & FEARLESS” PREVENTION PROGRAM

DAILY DOZEN

Week 6

5 Minute Magical Morning Devotional:
Spend at least 5 minutes on #1 - #5 when you first wake up in the morning!
Study the gospel of Jesus Christ for 30 minutes each day.

Date

Thoughts to Ponder

“When I Do Good, I Feel Good”

There is a quote by Abraham Lincoln that is so true: “When I do good, I feel good. When I don’t do good, I don’t feel good.” You cannot expect to feel good about yourself if you continue to do those things that you know from your past experiences will cause you to feel bad about yourself. Life is a continuing series of trial and error experiences.

While you will learn from your mistakes, you don’t have to learn everything the hard way. You can also learn from other people’s experiences. But even after you know what you should do, changing your behavior may still be extremely difficult.

Sometimes it is the easiest things in life that are the hardest to do: getting up in the morning when the alarm clock rings, having a little daily exercise, eating like we know we should, being on time. The list goes on and on. The question is, “Why do we not change?” It might be because of low self-esteem.

When people have low self-esteem, they doubt their ability to make real progress in their lives. They often live with masked feelings of lingering depression. Every time they try and fail at something, they often become too discouraged to try any more. However, as you discover high self-esteem, your confidence in your ability to change will rise dramatically.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. Pray for a heart full of gratitude	___	___	___	___	___	___	___
2. Read or recite the 13 CHOICES	___	___	___	___	___	___	___
3. Listen to a song about Jesus Christ	___	___	___	___	___	___	___
4. Study scriptures; focus on faith	___	___	___	___	___	___	___
5. Write in journal; record positive wish	___	___	___	___	___	___	___
6. Sleep 8 hours	___	___	___	___	___	___	___
7. Exercise 30 minutes	___	___	___	___	___	___	___
8. Eat healthy food & drink 8 cups water	___	___	___	___	___	___	___
9. Shower & dress; brush & floss teeth	___	___	___	___	___	___	___
10. Record expenses & live within income	___	___	___	___	___	___	___
11. Make bed & clean bedroom	___	___	___	___	___	___	___
12. Relax & play; be cheerful & smile!	___	___	___	___	___	___	___

FIVE ELEMENTS OF PREVENTION

- 1. Faith in God**
Attend church, be friendly, and look for ways to be of service to others _____
- 2. Desire for Change**
Listen to *Wings of Glory*; do Lesson #6 in the *Living Drug-free Workbook* _____
- 3. Accountability**
Talk to a mentor or counselor, set personal goals, report back on progress _____
- 4. Family Love**
Think positive thoughts towards family; love, forgive, and speak kindly to all _____
- 5. Friends with Integrity**
Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

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Philippians 4:13

“BOLD & FEARLESS” PREVENTION PROGRAM

DAILY DOZEN

Week 7

Date

Thoughts to Ponder

Making Friends

For some people, meeting new people and making new friends is not difficult. For other people, meeting new people and making new friends is one of the most painful things they ever do in their lives. Here are some ideas to remember when trying to make new friends:

Have a heart full of love. If you are sincerely interested in someone else, they will feel those feelings of care and concern coming from you and it will help them feel comfortable around you.

Be willing to talk. Start talking a little bit about yourself to someone new so they can get to know you, and then start asking questions about them. If you have been willing to share a little bit about yourself, they will be more willing to open up and share with you.

Enjoy the moment. While you are in the company of someone else, see what you can learn from them in the few minutes you are together. You may never see that person again, but things may work out where you become lifelong friends.

Friends can be found at school, church, work, sporting events, parks, libraries, grocery stores, movies, or even standing in line at the airport. Just start talking and being friendly and see what happens. You might meet the kind of friend you need right now.

5 Minute Magical Morning Devotional:
Spend at least 5 minutes on #1 - #5 when you first wake up in the morning!
Study the gospel of Jesus Christ for 30 minutes each day.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. Pray for a heart full of gratitude	___	___	___	___	___	___	___
2. Read or recite the 13 CHOICES	___	___	___	___	___	___	___
3. Listen to a song about Jesus Christ	___	___	___	___	___	___	___
4. Study scriptures; focus on faith	___	___	___	___	___	___	___
5. Write in journal; record positive wish	___	___	___	___	___	___	___
6. Sleep 8 hours	___	___	___	___	___	___	___
7. Exercise 30 minutes	___	___	___	___	___	___	___
8. Eat healthy food & drink 8 cups water	___	___	___	___	___	___	___
9. Shower & dress; brush & floss teeth	___	___	___	___	___	___	___
10. Record expenses & live within income	___	___	___	___	___	___	___
11. Make bed & clean bedroom	___	___	___	___	___	___	___
12. Relax & play; be cheerful & smile!	___	___	___	___	___	___	___

FIVE ELEMENTS OF PREVENTION

- 1. Faith in God**
Attend church, be friendly, and look for ways to be of service to others _____
- 2. Desire for Change**
Listen to *Wings of Glory*; do Lesson #7 in the *Living Drug-free Workbook* _____
- 3. Accountability**
Talk to a mentor or counselor, set personal goals, report back on progress _____
- 4. Family Love**
Think positive thoughts towards family; love, forgive, and speak kindly to all _____
- 5. Friends with Integrity**
Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

I can do all things through Christ which strengtheneth me.
Philippians 4:13

“BOLD & FEARLESS” PREVENTION PROGRAM

DAILY DOZEN

Week 8

5 Minute Magical Morning Devotional:
Spend at least 5 minutes on #1 - #5 when you first wake up in the morning!
Study the gospel of Jesus Christ for 30 minutes each day.

Date

Thoughts to Ponder

Keeping Friends

In all honesty, it is very difficult to find and keep good friends. We never know what people are really like when we first get to know them. So, we must keep trying out different relationships and see which ones are going to grow into mutually satisfying, long-term friendships.

Friends can be from many walks of life. In an ideal world, we would be friends with everyone, but we don't live in an ideal world. So, we need to learn to be discerning about whom we choose to have as our closest friends.

Pray for guidance in finding good friends. With some relationships, you must choose to end the friendship when you feel it is necessary. Some friends want us to lower our standards. Some friends are emotionally draining. Some friends become physically abusive. Although it is sometimes quite difficult, we need to pull away from these types of friends and start looking for different friends.

It is better to be without friends for a while until we can develop new friendships with people who share our same values. Remember, “He is rich who hath two friends.”

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. Pray for a heart full of gratitude	___	___	___	___	___	___	___
2. Read or recite the 13 CHOICES	___	___	___	___	___	___	___
3. Listen to a song about Jesus Christ	___	___	___	___	___	___	___
4. Study scriptures; focus on faith	___	___	___	___	___	___	___
5. Write in journal; record positive wish	___	___	___	___	___	___	___
6. Sleep 8 hours	___	___	___	___	___	___	___
7. Exercise 30 minutes	___	___	___	___	___	___	___
8. Eat healthy food & drink 8 cups water	___	___	___	___	___	___	___
9. Shower & dress; brush & floss teeth	___	___	___	___	___	___	___
10. Record expenses & live within income	___	___	___	___	___	___	___
11. Make bed & clean bedroom	___	___	___	___	___	___	___
12. Relax & play; be cheerful & smile!	___	___	___	___	___	___	___

FIVE ELEMENTS OF PREVENTION

1. Faith in God

Attend church, be friendly, and look for ways to be of service to others _____

2. Desire for Change

Listen to *Wings of Glory*; do Lesson #8 in the *Living Drug-free Workbook* _____

3. Accountability

Talk to a mentor or counselor, set personal goals, report back on progress _____

4. Family Love

Think positive thoughts towards family; love, forgive, and speak kindly to all _____

5. Friends with Integrity

Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

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“BOLD & FEARLESS” PREVENTION PROGRAM

DAILY DOZEN

Week 9

Date

Thoughts to Ponder

Getting Out of Unhealthy Relationships

An unhealthy relationship is any relationship that is emotionally and/or physically abusive, is filled with negativity that pulls you down, or is one that you simply feel in your heart isn't right. If you find yourself in an unhealthy relationship, you must get out of it. Abraham Lincoln once said: “Stand with anybody that stands right . . . and part with him when he goes wrong.” President Lincoln had experience dealing with disappointing friendships. His counsel is concise. If your friends are doing things you don't like, and they aren't willing to change, it is time to part ways and find new friends. The most important thing it takes to get out of an unhealthy relationship is courage:

Courage to listen to your inner feelings that are telling you what you should do.

Courage to go through the feelings of grief, loss, and loneliness that come with any separation.

Courage to go to new places and meet new people to find real friendships that will be rich and rewarding.

Good friends are out there. God will bring them into your life as you put your trust and confidence in Him.

5 Minute Magical Morning Devotional:
Spend at least 5 minutes on #1 - #5 when you first wake up in the morning!
Study the gospel of Jesus Christ for 30 minutes each day.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. Pray for a heart full of gratitude	___	___	___	___	___	___	___
2. Read or recite the 13 CHOICES	___	___	___	___	___	___	___
3. Listen to a song about Jesus Christ	___	___	___	___	___	___	___
4. Study scriptures; focus on faith	___	___	___	___	___	___	___
5. Write in journal; record positive wish	___	___	___	___	___	___	___
6. Sleep 8 hours	___	___	___	___	___	___	___
7. Exercise 30 minutes	___	___	___	___	___	___	___
8. Eat healthy food & drink 8 cups water	___	___	___	___	___	___	___
9. Shower & dress; brush & floss teeth	___	___	___	___	___	___	___
10. Record expenses & live within income	___	___	___	___	___	___	___
11. Make bed & clean bedroom	___	___	___	___	___	___	___
12. Relax & play; be cheerful & smile!	___	___	___	___	___	___	___

FIVE ELEMENTS OF PREVENTION

- 1. Faith in God**
Attend church, be friendly, and look for ways to be of service to others _____
- 2. Desire for Change**
Listen to *Wings of Glory*; do Lesson #9 in the *Living Drug-free Workbook* _____
- 3. Accountability**
Talk to a mentor or counselor, set personal goals, report back on progress _____
- 4. Family Love**
Think positive thoughts towards family; love, forgive, and speak kindly to all _____
- 5. Friends with Integrity**
Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

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“BOLD & FEARLESS” PREVENTION PROGRAM

DAILY DOZEN

Week 10

Date

Thoughts to Ponder

Trust in the Lord

Changing friends is one of the hardest things you may ever have to do in your life. It is especially difficult when you need to break off a wedding engagement with your fiancé—even when you know in your heart it is what you should do. Sometimes you might feel afraid of being alone or emotionally responsible for taking care of your girlfriend or boyfriend.

But if this relationship is pulling you down, you must make the break as soon as you are certain that you should, or your own life will suffer because of it. The scriptures teach us to trust in the Lord. When we put aside fear and increase our faith in the Lord, he blesses with the courage we need to get out of unhealthy relationships and the confidence in ourselves that we can make new, better relationships over time.

*The Lord is on my side;
I will not fear:
what can man do unto me?
It is better to trust in the Lord
than to put confidence in man.
It is better to trust in the Lord
than to put confidence in princes.
(Psalms 118:6, 8, 9)*

5 Minute Magical Morning Devotional:
*Spend at least 5 minutes on #1 - #5 when you first wake up in the morning!
Study the gospel of Jesus Christ for 30 minutes each day.*

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. Pray for a heart full of gratitude	___	___	___	___	___	___	___
2. Read or recite the 13 CHOICES	___	___	___	___	___	___	___
3. Listen to a song about Jesus Christ	___	___	___	___	___	___	___
4. Study scriptures; focus on faith	___	___	___	___	___	___	___
5. Write in journal; record positive wish	___	___	___	___	___	___	___
6. Sleep 8 hours	___	___	___	___	___	___	___
7. Exercise 30 minutes	___	___	___	___	___	___	___
8. Eat healthy food & drink 8 cups water	___	___	___	___	___	___	___
9. Shower & dress; brush & floss teeth	___	___	___	___	___	___	___
10. Record expenses & live within income	___	___	___	___	___	___	___
11. Make bed & clean bedroom	___	___	___	___	___	___	___
12. Relax & play; be cheerful & smile!	___	___	___	___	___	___	___

FIVE ELEMENTS OF PREVENTION

- 1. Faith in God**
Attend church, be friendly, and look for ways to be of service to others _____
- 2. Desire for Change**
Listen to *Wings of Glory*; do Lesson #10 in the *Living Drug-free Workbook* _____
- 3. Accountability**
Talk to a mentor or counselor, set personal goals, report back on progress _____
- 4. Family Love**
Think positive thoughts towards family; love, forgive, and speak kindly to all _____
- 5. Friends with Integrity**
Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

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“BOLD & FEARLESS” PREVENTION PROGRAM

DAILY DOZEN

Week 11

Date

Thoughts to Ponder

Family Friendships

Within our families, we need to continually try to nurture these relationships and develop long-lasting friendships whenever possible. If we have repeated negative experiences with certain family members, we can choose to limit how we interact with them, while not cutting them off completely except when it’s necessary for our physical or emotional health. We can continually pray for our family members that we can all be healed from our past mistakes and become good friends over time.

Each of us is always in the process of growth and change. We are changing and all our family members are changing. During all these changes, we need to learn how to be tolerant, understanding, and forgiving of one another.

When we make a mistake, or offend someone, we need to apologize. Apologies won’t change the past, but they do provide peace for the present and a brightness of hope for the future. The best way for nurturing friendships within the family is the age-old “Golden Rule”:

*And as ye would that men should do to you,
do ye also to them likewise.*

(Luke 6:31)

5 Minute Magical Morning Devotional:
Spend at least 5 minutes on #1 - #5 when you first wake up in the morning!
Study the gospel of Jesus Christ for 30 minutes each day.

	Sun	Mon	Tue	Wed	Thu	Fri	Sat
1. Pray for a heart full of gratitude	___	___	___	___	___	___	___
2. Read or recite the 13 CHOICES	___	___	___	___	___	___	___
3. Listen to a song about Jesus Christ	___	___	___	___	___	___	___
4. Study scriptures; focus on faith	___	___	___	___	___	___	___
5. Write in journal; record positive wish	___	___	___	___	___	___	___
6. Sleep 8 hours	___	___	___	___	___	___	___
7. Exercise 30 minutes	___	___	___	___	___	___	___
8. Eat healthy food & drink 8 cups water	___	___	___	___	___	___	___
9. Shower & dress; brush & floss teeth	___	___	___	___	___	___	___
10. Record expenses & live within income	___	___	___	___	___	___	___
11. Make bed & clean bedroom	___	___	___	___	___	___	___
12. Relax & play; be cheerful & smile!	___	___	___	___	___	___	___

FIVE ELEMENTS OF PREVENTION

1. Faith in God

Attend church, be friendly, and look for ways to be of service to others _____

2. Desire for Change

Listen to *Wings of Glory*; do Lesson #11 in the *Living Drug-free Workbook* _____

3. Accountability

Talk to a mentor or counselor, set personal goals, report back on progress _____

4. Family Love

Think positive thoughts towards family; love, forgive, and speak kindly to all _____

5. Friends with Integrity

Talk to a good friend; plan and enjoy a fun, wholesome activity together _____

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“BOLD & FEARLESS” PREVENTION PROGRAM

DAILY DOZEN

Week 12

Date

Thoughts to Ponder

Three Eternal Friends

Gordon B. Hinckley lovingly taught, “Always let your Father in Heaven be your **friend**, to whom you may go in prayer. Never assume that you can make it alone. You need the help of the Lord.”

Neal A. Maxwell testified: “I witness that Jesus Christ is the only name under heaven whereby one can be saved! I testify that He is utterly incomparable in what He *is*, what He *knows*, what He has *accomplished*, and what He has *experienced*. Yet, movingly, He calls us His **friends**” (John 15:15).

Lorenzo Snow encouraged, “Make up your minds to live humbly and in such a way that you will always have the Spirit of the Lord (Holy Ghost) to be your **friend** to make such suggestions to you from time to time as shall be needed under the peculiar circumstances in which you may be placed.”

Friends come and go in all our lives. Some friends are loyal and faithful. Some friends are not. Yet, there are three constant friends you can keep throughout your life. They are Heavenly Father, Jesus Christ and the Holy Ghost. You are not alone.

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11. Make bed & clean bedroom	___	___	___	___	___	___	___
12. Relax & play; be cheerful & smile!	___	___	___	___	___	___	___

FIVE ELEMENTS OF PREVENTION

1. Faith in God

Attend church, be friendly, and look for ways to be of service to others _____

2. Desire for Change

Listen to *Wings of Glory*; do Lesson #12 in the *Living Drug-free Workbook* _____

3. Accountability

Talk to a mentor or counselor, set personal goals, report back on progress _____

4. Family Love

Think positive thoughts towards family; love, forgive, and speak kindly to all _____

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“BOLD & FEARLESS” PREVENTION PROGRAM

DAILY DOZEN

Week 13

Date

Thoughts to Ponder

Seven Suggestions for a Peaceful Life

Sunshine. Spend time outdoors every day. The early morning sunshine is especially good for lifting feelings of depression. Find a quiet retreat where you can enjoy nature.

Art. What goes into your eyes goes into your mind and soul. Spend time looking at art that reflects the beauty of God’s creations. Use your hands to create your own works of art.

Work. Look forward to choosing a vocation that brings personal satisfaction. Be willing to gain more education and training to achieve your goals. Volunteer your skills to help other people succeed.

Balance. Try to organize your priorities to maintain a “balanced life” as taught by Brigham Young: Eight hours of sleep, eight hours of work, and eight hours of recreation and service to others.

Moral Purity. Do not view pornography—it is addictive and destructive. Be pure and chaste before marriage and true and faithful to covenants between husband and wife after marriage.

Environment. Your environment affects your behavior. Whenever possible, do not live where other people smoke, drink, or use illegal drugs. Keep your belongings clean and orderly.

Health. Never use tobacco, alcohol, or illegal drugs. The use of any one of these addictive substances encourages the use of the others. Be a leader and encourage all your friends to also avoid these substances.

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5. Write in journal; record positive wish	___	___	___	___	___	___	___
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7. Exercise 30 minutes	___	___	___	___	___	___	___
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10. Record expenses & live within income	___	___	___	___	___	___	___
11. Make bed & clean bedroom	___	___	___	___	___	___	___
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FIVE ELEMENTS OF PREVENTION

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Philippians 4:13

13 CHOICES FOR HAPPINESS & HIGH SELF-ESTEEM

Feeling God's Love—Achieving My Dreams

1.

Spiritual

I choose to worship my Father in Heaven every day
and live a Christ-centered life.

2.

Physical

I choose to keep my body healthy and clean and
avoid addictive substances at all times.

3.

Mental

I choose to use my mind to create, explore the universe,
and find my place in it.

4.

Emotional

I choose to share my feelings kindly and honestly
with others and strive to be peaceful.

5.

Social

I choose to look at all people as equals and never
judge or compare others to myself.

6.

Psychological

I choose to accept full responsibility for all of my
choices and never blame others.

7.

Intellectual

I choose to educate myself on a daily basis so I'll be
useful to the betterment of society.

8.

Organizational

I choose to work within the time frame I'm given
without being stressed or rushed.

9.

Environmental

I choose to keep my surroundings clean and beautiful
and live in a house of order.

10.

Financial

I choose to enjoy my work, live frugally, and
use my means to help other people.

11.

Recreational

I choose to only see and listen to those things that
uplift and inspire the human mind.

12.

Ancestral

I choose to be the transitional figure in my family
to free future generations from abuse.

13.

Moral

I choose to obey all of God's commandments and
love and honor each of His children.

Biographical Sketch

Kristine Litster Fales and her husband David have lived with their eleven children in many different cities throughout the United States. Her creative writing has been greatly influenced by her family, the many people she has come to know across the country, and her diverse geographical experiences.

As a mother, and now a grandmother, Kristine has always felt a deep love for children and has had a great desire to help strengthen families. She is the principal writer and executive producer of the CD *Wings of Glory: Songs of Hope and Healing from Addiction* and author of its companion book, *Wings of Glory: The Story behind the Songs*. Kristine is also the author of *ABC's for a Happy Marriage: A Collection of Free-verse Poetry and Biblical Scriptures*.

Kristine is a member of the Church of Jesus Christ of Latter-day Saints and a devout follower of Jesus Christ. She is grateful for her Savior, and knows that it is through His infinite Atonement that she and her family are enjoying the peace and happiness they have in their lives today. In her efforts to help her oldest son, Jonathan, find healing from his addictions, she gained a strong testimony that Jesus Christ is the master healer not only from sin and sorrow, but also from all illnesses addictions. She explains these beliefs in her soon to be published books, *Wings of Glory: Addiction, Recovery, and High Self-esteem* and *Freedom from Addiction: A Mother's Story of Hope*. When Jonathan committed suicide at the age of thirty-five after battling acute depression for many years, she was committed to doing what he requested that she do a few weeks before he passed on—to continue telling his story so that others can receive these messages of hope.

Kristine has an Associate of Arts Degree in University Studies with an emphasis in Child Development and Family Relations from Brigham Young University and has also studied English at California State University Northridge. With all their adult children now living around the United States, Kristine and David live in Cody, Wyoming, the hometown of David's birth.