

A FREE INDEED COMPANION

Guard Duty

The free companion pack for

Fear to Faith

Three honest self-checks, a twelve-week tracker, the thirty-day challenge, and Scripture for the six triggers that come back.

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A note before you start

The book gave you the garden. You named the weeds, you pulled them, and for a while the ground looked clear. Then fear came back, the way it does, and you discovered the thing nobody warns you about: keeping a garden is a different job from clearing one.

Guard duty is that job. It is not dramatic and it does not preach well. It is a check-in on a Sunday night, a card in your pocket, a prayer you have said so many times it comes out before you have decided to say it.

Everything here is meant to be printed and written on. The self-checks are meant to be taken more than once, a month or two apart, so you can see movement you would otherwise swear was not happening.

Suzanne

What these self-checks are and are not

They are mirrors. They help you put language to something you already sense and notice change over time.

They are not a diagnosis and they are not a substitute for a doctor, a counselor, or medication. Nothing in this pack replaces professional care, and needing that care is not a failure of faith.

If you are in crisis, call or text 988 in the US, or text HOME to 741741. Do that first and read this later.

Part One: The Three Self-Checks

Answer quickly and honestly. Your first instinct is more accurate than the answer you talk yourself into. Score each line 0 to 3, where 0 is never and 3 is most days.

Date taken: _____ Take it again in: _____

Check One: Where anxiety is living right now

	Statement	0	1	2	3
1	My mind returns to the same worry even when nothing has changed.				
2	I plan for disasters that have not happened and probably will not.				
3	My body is tense, braced, or tired in a way sleep does not fix.				
4	I avoid places, people, or conversations to keep the feeling down.				
5	I check things repeatedly for reassurance.				
6	I have trouble falling asleep or wake in the small hours with my mind running.				
7	I feel responsible for outcomes that are not mine to control.				
8	I am irritable with the people closest to me and calm with everybody else.				
9	Good news makes me suspicious rather than glad.				
10	I would describe my baseline as waiting for something to go wrong.				

Total: _____ out of 30

- 0 to 8. Fear is not steering. Keep the rhythms that got you here.
- 9 to 17. It is back in the garden and it is growing. This is the week to restart guard duty, not next month.
- 18 to 30. It is not a weed, it is groundcover. Tell a safe person this week, and consider a counselor alongside the spiritual work rather than instead of it.

Check Two: Relapse risk, whatever your particular relapse is

Relapse is not only about substances. It is about returning to the thing that numbs you, whatever yours is. Name it in the blank and answer as honestly as if no one would read it, because no one will.

The thing I go back to is: _____

	Statement	0	1	2	3
1	I have been thinking about it more often than I was a month ago.				
2	I have been alone more, by choice.				
3	I have stopped telling anyone how I am actually doing.				
4	I have caught myself rehearsing how I could do it without anyone				

	Statement	0	1	2	3
	knowing.				
5	I have let go of a boundary I set for a good reason.				
6	I have been telling myself I am fine in a voice I do not believe.				
7	My prayer life has gone quiet or mechanical.				
8	I am tired, hungry, angry or lonely more days than not.				
9	Something happened recently that I have not talked about with anyone.				
10	I have been around the old people, the old places, or the old hour of the day.				

Total: _____ out of 30

- 0 to 7. Steady. Keep the accountability even though it feels unnecessary. That is what it is for.
- 8 to 15. Yellow. Take one preemptive action today, not when it gets worse. Text one person. Say one true sentence.
- 16 to 30. Red. Do not handle this alone and do not wait until you have something dramatic to report. Call the person you would call afterward, and call them now instead.

Check Three: Spiritual vitality

This is the one people flinch at. Score it anyway. A low number here is not a verdict on your standing with God. It is information about the state of the connection, and connections are repairable.

	Statement	0	1	2	3
1	I talk to God about ordinary things, not only emergencies.				
2	I read Scripture in a week where nothing is wrong.				
3	I can name something God has done in the last month.				
4	I worship somewhere, with somebody, more weeks than not.				
5	There is at least one person who knows the unflattering version of my life.				
6	I have said sorry to God recently about something specific.				
7	I expect God to answer when I pray rather than hoping He might.				
8	I give something away regularly: money, time, or attention.				
9	I can sit still for five minutes without reaching for my phone.				
10	I would say I am closer to God than I was a year ago.				

Total: _____ out of 30. Here a higher number is the good direction, unlike the first two.

- 22 to 30. The garden is being tended. Guard it.

- 12 to 21. Ordinary. Pick one line you scored lowest and work only on that one for a month.
- 0 to 11. Dry. Start with five minutes and one verse, daily, and do not try to make up lost ground. Nobody has ever repented their way back into intimacy by doing more. You come back by showing up small and often.

Part Two: The Weekly Guard Duty Tracker

Twelve weeks on two pages. Sunday night, five minutes, honest numbers. Rate each 1 to 10, where 1 is struggling and 10 is strong. The value is not in any single week. It is in looking back in March at what you wrote in January.

Week	Body	Soul	Spirit	People	One action for next week
1					
2					
3					
4					
5					
6					

Week	Body	Soul	Spirit	People	One action for next week
7					
8					
9					
10					
11					
12					

After twelve weeks, what has actually changed:

Part Three: The 30-Day Fearless Challenge

One thing a day. None of it takes longer than ten minutes, and several take one. If you miss a day, do that day next. Do not start over and do not double up. Starting over is how fear gets a second bite.

Day	The assignment	Done
1	Write down the fear you would name if someone asked you right now. Just write it.	
2	Speak the Daily Armor Declaration out loud. All of it, even the part that feels silly.	
3	Find the lie underneath yesterday's fear. Write the lie in one sentence.	
4	Find one verse that contradicts the lie. Write both on the same card.	
5	Carry the card. Read it three times today, whether or not you feel anything.	
6	Tell one safe person one true thing about how you are doing.	
7	Rest. No assignment. Notice whether resting makes you anxious, and write that down if it does.	
8	Name the trigger that hits most reliably. Time of day, place, person, or feeling.	
9	Write the plan for that trigger before it happens. What you will do in the first sixty seconds.	
10	Use the plan. Report to your person whether it worked.	
11	Fast one meal. Pray the sentence you wrote on day one during the hour you would have eaten.	
12	Thank God for three specific things. No general gratitude. Specific.	
13	Forgive somebody out loud, alone, whether or not you feel it.	
14	Rest. Read back over the first two weeks.	
15	Turn off notifications for the day. Notice what your hands reach for instead.	
16	Write the sentence you would say to somebody else in your situation. Then say it to yourself.	
17	Go outside for twenty minutes without your phone.	
18	Pray for the person you are most afraid of, or most afraid for.	
19	Memorize one verse. One. Say it at three red lights.	
20	Do one thing you have been avoiding because it scares you slightly. Small is fine.	
21	Rest. Ask God what He has already put in your hands.	
22	Write down what God has done in the last year. Keep going until the list surprises you.	
23	Set one boundary you have needed to set. One sentence, kindly said.	
24	Worship for ten minutes with nobody watching.	
25	Ask a person you trust what they see God doing in you. Write down the answer.	

Day	The assignment	Done
26	Give something away today. Money, time, or an honest compliment.	
27	Re-read day one. Is the fear the same size?	
28	Rest. Take the anxiety self-check again and compare.	
29	Write your own declaration in your own words. Not mine.	
30	Tell one person what these thirty days did, and give them this pack.	

Part Four: Scripture for the Six Triggers

Cut along the lines, or fold the page. Six cards, one for each of the triggers that keeps coming back. The verse is on top and the sentence underneath is what to do with it, because a verse you do not know how to use is decoration.

Fear and anxiety

"Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you." Isaiah 41:10

Say it in the present tense and put today's date on it. He is with you in this week, not in general.

Shame and moral injury

"There is now no condemnation for those who are in Christ Jesus." Romans 8:1

Now. Not once you have made it up to Him. Now, while you are still holding the thing you did.

Hopelessness and depression

"Why, my soul, are you downcast? Put your hope in God, for I will yet praise him." Psalm 42:11

Yet is the important word. Not now. Yet. You are allowed to be downcast and still say yet.

Abandonment and rejection

"Never will I leave you; never will I forsake you." Hebrews 13:5

Read it as a promise made to you by someone who has never broken one, not as a sentiment.

Trauma and numbness

"The Lord is close to the brokenhearted and saves those who are crushed in spirit." Psalm 34:18

Close. Not watching from a distance, waiting for you to recover enough to be approachable.

Doubt and distance from God

"Come near to God and he will come near to you." James 4:8

You move an inch. He closes the rest. That is the whole arrangement and it has never changed.

Part Five: The Tactical Prayer Worksheet

The book gave you the template. This is the version you fill in when something is actually happening, and it works better on paper than in your head because writing slows you down enough to think.

Make copies. You will want more than one.

1. Name the specific fear or lie. Not the category. The sentence it actually says to you.

2. Bind it. "In Jesus' name, I bind the spirit of _____ and every lie it carries."

3. Loose the opposite. "I loose _____ and the kingdom reality of _____."

4. Declare the truth. Which Scripture or promise contradicts it?

5. Receive. Write what you are choosing to believe right now, ahead of the feeling.

One thing to notice afterward

Come back to this page a week later and read what you wrote in step one. Most of the time the fear has either shrunk or changed shape, and you would not have noticed either without the sentence on paper.

That is not a trick. It is why the writing matters.

Before you close this

These pages are yours. Print them, write on them, lose them and print them again. Give them to somebody who needs them more than you do. There is no license and no catch.

Read this next

Done with This Cycle.

You have named the fear and you know how to guard the ground. If the same pattern keeps coming back no matter how much truth you speak over it, the root is a cycle rather than a feeling, and that book is the map for it.

The rest of the Free Indeed books

- Fear to Faith. Biblical tools for overcoming anxiety and walking in lasting freedom.
- Done with This Cycle. Break old patterns of addiction, bad habits and heartache.
- Soul Fight Club. Win the tug of war for your soul.
- The Fast That Breaks Chains. Practical biblical fasting for real-life miracles.
- Turning Toward Freedom. From arranged faith to a daily love match.

If you carry this work for other people as well as yourself, in a church, a shelter, a recovery ministry or a home, the other half of my books was written for you. Start with Rescue, Rebuild, Restore.

Where to find everything

Every free companion pack, the What's in the House devotional, and whatever I publish next lives at suzannedburns.com/fearless and at suzannedburns.com.

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