

A FREE INDEED COMPANION

The Daily Turn

The free companion pack for
Turning Toward Freedom

The printables from the back of the book at a size you can write on, plus a twelve-week debrief log the book does not have.

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A note before you start

A book is a terrible place to write. The margins are small, the binding fights you, and nobody wants to deface a book they paid for. So the tools at the back of *Turning Toward Freedom*, which were built to be used rather than admired, are the ones least likely to get used.

This pack is those tools, printable, at a size your handwriting actually fits into. Print the journal page thirty times. Print the assessment four times and take it once a season.

One thing here is not in the book. The weekly Debrief is the step that turns experience into wisdom, and it is the step people quietly drop first, because it has no form to fill in. Part Five is that form, twelve weeks of it.

Suzanne

Part One: The Process on One Page

Pin this where you get ready in the morning. Five steps, cyclical rather than linear. New cycle, new level, same five steps.

Step	Ask yourself	The tool	The goal
STEP 1 · DETECT Spot the poison	What bad idea about myself, God, or relationships might be generating this feeling or driving this choice?	The Two-Minute Idea Audit. What am I feeling? What idea might be generating it? Is that idea actually true?	Name the specific bad idea before it has finished driving the behavior. Your body notices first, so listen to it.
STEP 2 · DIAGNOSE Name the Horsemen	Which of the Four Horsemen is active, and where did it come from?	Four questions. When did it first appear? What is it protecting? What has it cost? What would the antidote look like?	Name it to tame it. Compassionate, specific, forward-looking. Not a verdict on your character.
STEP 3 · DECIDE Choose to turn toward	What specific choice is available to me right now, and which direction will I face?	The stated decision. Written, spoken, witnessed by one safe person.	Direction, not perfection. Not once for all time. This day, in this situation.
STEP 4 · DO Take one faithful action	What is the smallest specific action that gives my decision a body?	A whispered prayer. A text to a mentor. Staying at the table. Calling the right person instead of the wrong one. One honest sentence.	One action, specific enough that it was either done or not done. Then report it to one person.
STEP 5 · DEBRIEF And repeat	What happened? What worked? What would I do differently? What do I carry forward?	The weekly written Debrief. Fifteen to twenty minutes, same day and time each week.	Learning, not self-criticism. Convert experience into wisdom, close the loop, open the next cycle better equipped.

The repeat

The process is cyclical, not linear. The practice is the life. If you are back at step one for the ninth time this month, you are not failing at it. You are doing it.

Part Two: The Four Horsemen, and What to Say Instead

One page each. The checklist is how you spot it. The antidote script is what you say to yourself. The turning-toward script is what you say to God. Read them out loud. Silent scripts do not work, which is a strange fact about people and reliably true.

Horseman One: Criticism

Something is fundamentally wrong with you.

How to spot it

- Global negative self-statements. I always, I never, I am the kind of person who.
- Character-level verdicts instead of behavior-level observations.
- Shame spirals after a specific failure.
- Cannot separate I did something wrong from I am wrong.

The antidote: Specific compassionate complaint.

Say this to yourself.

I made a specific mistake in this situation. That specific thing was wrong and I own it. My character is not on trial. I am not defined by this failure, and I can do differently.

Say this to God.

Lord, I made a mistake. Not I am a mistake. I bring this specific thing to You and I ask for grace to respond rather than to collapse in shame.

Where I saw this one in myself this week:

Horseman Two: Defensiveness

It is not my fault.

How to spot it

- Counter-attacking when confronted. But you...
- Minimizing or explaining away legitimate feedback.
- Feeling that owning responsibility is the same as being condemned.
- Elaborate justifications that never quite reach I own this.

The antidote: Specific ownership.

Say this to yourself.

I can see the piece that is mine. I own that I did this specific thing. I am not taking on what is not mine, but this part is mine and I acknowledge it.

Say this to God.

Lord, I am not arguing with You about this. I take responsibility for my choices. Help me see clearly what is mine to own and give me grace to own it honestly.

Where I saw this one in myself this week:

Horseman Three: Stonewalling

I am done engaging.

How to spot it

- Withdrawing from relationships, or from God.
- Going through religious motions with nothing happening inside.
- Becoming unreachable during conflict.
- A door permanently slightly ajar and never fully open.

The antidote: Re-engagement.

Say this to yourself.

I notice I have been closed off. I do not have to be fully open right now. I just need one step back toward the door, and here is that step.

Say this to God.

Lord, I know I have been distant. I do not have words yet. But I am coming back to the door. Even this sentence is a turn toward. I am here.

Where I saw this one in myself this week:

Horseman Four: Contempt

You are beneath me, said inward.

How to spot it

- Self-dismissiveness. Who am I kidding.
- The conclusion that you are fundamentally beneath grace or change.
- Sarcasm turned inward.
- Cannot receive genuine positive feedback, because the verdict already decided the opposite.

The antidote: Appreciation.

Say this to yourself.

The contempt verdict is not accurate and it is not God's verdict. Here is one specific, verifiable piece of evidence against it. I am made in God's image. I am being renewed. The work in me is real.

Say this to God.

Lord, I resist the contempt verdict. Romans 8:1 says no condemnation. I receive that not as comfortable theology but as active disagreement with the lie. There is goodness in me, not because I manufactured it, but because You are at work.

Where I saw this one in myself this week:

Part Three: The Love Match Self-Assessment

Five statements, scored 1 to 5. One is not at all true for me right now. Three is partially true. Five is strongly true right now.

Take it today, then again in three months, and again after that. The grid underneath is there so you can see the direction of travel, which is the only thing about this score that matters. A single number tells you nothing.

	Statement	Score
1	My relationship with God feels like a daily choice I am making because I want Him, not mainly out of obligation, fear, or crisis management.	
2	I am honestly aware of the bad ideas that most often undermine my faith and my relationships, and I have named at least one of them specifically.	
3	I have identified my primary Horseman and I am practicing the antidote with some regularity, however imperfectly.	
4	When I hit the Valley of Despair, where motivation fades and difficulty peaks, I have a practice of turning toward rather than away, and at least one person who walks through it with me.	
5	I take at least one small, specific, faithful daily action in the direction of the love match, and I report it to someone who holds me accountable.	

Total: _____ out of 25

- 20 to 25. The love match is genuinely your daily practice. Keep building, deepen the Debrief, invest in community.
- 13 to 19. It is growing, and the arrangement still has real influence. Find which of the five steps is weakest and work only there.
- 5 to 12. The arranged faith predominates. Pick one starting point. One step, one bad idea, one Horseman. Do not try to overhaul everything at once.

The re-take grid

Same five statements, four times a year. Write the date and the five scores.

Date	1	2	3	4	5	Total	What changed since last time

Part Four: The Daily Page

Print this one many times. It is the whole process compressed into a day, and it takes about four minutes in the morning and six at night.

Date: _____ Day of the week: _____

Morning: beginning the day turned toward

Today I choose: (one sentence stating the direction of today's decision)

One faithful action I will take today: (specific, small, real)

The bad idea I am most likely to face today:

Midday: checking in

Am I in the Hot System or the Cool System right now? Hot / Cool / Somewhere between

If Hot: one small turn toward I can take right now:

Evening: the daily debrief

What happened today? (brief, factual, no verdict)

What worked? (something, even small)

What would I do differently? (one specific adjustment)

What do I carry forward? (one piece of harvest)

Closing prayer

Lord, I turned toward You today, imperfectly but on purpose. Receive what I offered. Redeem what went wrong. Carry me through the night and meet me in the morning with compassions new. I choose the love match, today and tomorrow. In Jesus' name, Amen.

Part Five: The Twelve-Week Debrief Log

This is the piece the book does not have, and it is the step people drop first.

Fifteen to twenty minutes, the same day and the same time every week. Pick the day now and write it at the top, because a Debrief with no appointment is a Debrief that happens twice and then stops.

My Debrief is on _____ at _____.

Weeks 1 to 6

Week	What happened	What worked	What I would do differently	What I carry forward
1				
2				
3				
4				
5				
6				

Weeks 7 to 12

Week	What happened	What worked	What I would do differently	What I carry forward
7				
8				
9				
10				
11				
12				

After twelve weeks, reading back over the log, what has actually changed:

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

Soul Fight Club.

The daily turn and the daily tug of war are the same fight described two ways. Soul Fight Club is the one about what the Holy Spirit does with the rope when your own grip is the problem, and it pairs with this process more closely than anything else I have written.

The rest of the Free Indeed books

- Fearless in Faith. Overcome anxiety, worry, depression and fear.
- 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/freedom and at suzannedburns.com.

At least a tithe of the author royalties from the Free Indeed books goes to Foundation House Ministries. Foundation House is my own ministry, and it is a maternity home for pregnant and parenting mothers in crisis. Your reading paid for something real before you ever finished this page.