

In this workbook, the author builds upon testimonies intended to help the reader discover important insights about their experiences, the impact of these experiences, and how to use this information for personal growth. A practical approach is used that blends thought provoking questions and prompts to elicit reflective thought.

Armed and Dangerous: A Collection of Triumphant Testimonies Workbook

by Maranda Griffin

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ARMED AND DANGEROUS:

A Collection of
Triumphant Testimonies

WORKBOOK



maranda griffin

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This book provides content related to the lived experiences of women. As such, use of this book implies your acceptance of this disclaimer.

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About the Author

Maranda Griffin, PhD, LPC, is a woman of faith who attributes her tenacious spirit to the lived examples in her parents. She is a core faculty member of Clinical Mental Health Counseling at Walden University. Formally trained in education and counseling, her desire is to see people fully maximize their potential. She has served in numerous federal, state, and community capacities. Maranda has facilitated workshops and trainings on numerous platforms and is published in counseling textbooks, publications, and personally. Most importantly, she is Eugene's wife and Kenneth and London's mother.

Follow us on Facebook under the title, MG Consultation. Connect with Dr. Griffin on Twitter @DrMAGriffin. To learn how to bring *Armed and Dangerous* to an audience near you, please send inquiries to drmarandagriffin@outlook.com.

About the Workbook Contributors

Felicia L. Burks, M.S. is a leader, mentor and coach who empowers present-day and future-day contemporaries, mainly women and young leaders around the world. She is the queen of kindness as modeled by her mother who taught her how deal with difficult people by "killing them with kindness." Felicia is also an overcomer and challenges others to believe God for His word. She is a resilient warrior who knows that God's promise is sealed with a "Yes and Amen" in spite of adversity. Felicia further demonstrates the tenacity of leading through her own hardships. Her story is an example of faith in action, which is why many affectionately refer to this woman of excellence as the anchor! Her personality is infectious, her love is contagious, loyalty is her benchmark, destiny is her date and purpose is her pursuit.

Raquel Reynolds has a Bachelor's Degree in Business Management. Her perseverance comes from the long-lasting imprint her mother instilled at an early age. The late Merris Johnson Reynolds, her mother, constantly reminded her that not

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everyone will like / love you, life will knock you down, but keep going, keep fighting. It was her grandmother that constantly told her to read her bible and to get to know God for herself. The love, nurturing, and wisdom she received from these two women is why she is here today, still going, still fighting and a woman of faith.

Tafeni English, M.S., is a motivational and educational speaker combining her education, experience and wisdom to educate, empower and lift up women and girls. She has a desire to see women and girls freely living a life of abundance. She is passionate about providing women and young girls with the necessary tools to become successful and productive contributors to society. She firmly believes when the lives of women and girls are changed, we change the world. Tafeni's purpose in life is to unashamedly serve as a child of Christ, letting her light shine while being an active participant and member in the movement of women who are promoting unity, support, empowerment and affirmations of girls and women across the world. She is the proud mother of a vivacious, bold, talented and beautiful daughter.

C. Nichole Thompson, Ed.D, is a woman after Gods own heart. She firmly believes that ministry resides in each of us if we lend our ourselves to Gods perfect plan for our lives. She is an educational leader and business consultant with numerous awards, heralding her ability to galvanize organizations to their next level. She is married with two young adult children and a budding preteen.

Preface

The original book, *Armed and Dangerous: A Collection of Triumphant Testimonies* was penned under author name Maranda Brown and you will note that in this workbook the author name is Maranda Griffin. The author's name changed after completion of the original book and prior to release of this workbook due to marriage.

Armed and Dangerous: A Collection of Triumphant Testimonies was written to give healing, hope and encouragement to those navigating the storms of life. The collection of testimonies served as a tangible example of how others had overcome and thrived through their storms. At times people can feel as if they are weathering life's issues all alone. It's important to know that you are not alone and that others have been in similar experiences and survived. Feelings of desolation, despair, and desperation are common. Yet, the testimonies in *Armed and Dangerous* sought to silence self-defeating and negative beliefs, thoughts, and actions so that readers could see their way through and triumphantly overcome.

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The author and contributors to the book have been told repeatedly how impactful the book was to their life. Readers immediately identified with the testimonies, even when they had not been through the specific situations. Readers have said the book was 'life-changing,' 'the chapter wrapped its arms around me because I realized I was not alone,' 'it's relatable,' 'inspired me to be courageous,' and 'the book has been freeing.'

The *Armed and Dangerous Workbook* is a companion to the *Armed and Dangerous* book. The workbook builds upon the testimonies and content of the book. Ideally, the reader would read the book and work in tandem in the workbook. However, the workbook can be used without having read the book. The reader does not have to have experienced the issue which are the basis for each chapter. This workbook takes a practical approach of blending open-ended, thought provoking questions, and prompts to elicit reflective thought of the reader.

The workbook is intended for multiple audiences to include individuals, small groups, as well as therapist working with clients and process groups.

Thus, an individual component is the basis of each chapter as well as discussion that lends itself to groups and experiential activities to support the premises of the individual responses and group discussion. The group discussion and experiential activities are intended to be facilitated by group leaders, counselors, lay ministers, etc. The experiential activities are intended to be completed after the individual questions and group discussion has occurred.

The Armed and Dangerous Workbook is intended for adults. It is written for women and men which is a shift from the book which was originally written with women in mind. A number of men read the original book and shared that they found applicability and could identify with many of the emotions and behaviors within the testimonies.

Biblical scriptures are embedded throughout the workbook and references to God are made. If a reader does not ascribe to the Bible or acknowledges a deity or higher power other than the one used within the workbook, there is still applicability.

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The workbook is organized by themes that mirror the chapters from the book. The workbook can be completed sequentially or in random order. It is anticipated that completion of the workbook will have a positive impact on readers and groups. While addressing some of the content may evoke powerful feelings and thoughts. If addressing any question or prompt within the book evokes strong emotion, we encourage you to pay attention to that emotion and to allow yourself to sit with it and experience it as this can be very healing. However, if a reader feels too overwhelmed, it is okay to stop and step away from the question or prompt. When this happens, readers are encouraged to journal about the experience and to write out the feelings and thoughts they are experiencing. This allows the reader to tangibly attend to what the subconscious is processing. It may be of benefit to share the experience with someone close to you (the reader) who can support you through the experience as you do not have to go through them alone. When you are ready, you can come back to that portion of the workbook. Remember it is okay to not complete the workbook in a particular sequence.

PART 1

ESTEEM

***Chosen: Surviving Abandonment and
Rejection***
Maranda Griffin

Read chapter 1, “*Chosen: Surviving Abandonment and Rejection*” from your copy of *Armed and Dangerous: A Collection of Triumphant Testimonies*.

This chapter dealt with the revelation of the author being adopted and how she was “confronted with a truth that” she’d “not known.” While you may not have been adopted, there may be a time in your life where you were confronted with a truth that you had not fathomed and may not have been ready for. Recall a time when you were confronted with a truth.

The author sheds light on the feelings that overcame her when this truth came to light. She

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was “engulfed in anger and rage,” but also in feelings of sadness and embarrassment. As you think back to the truth you just recalled, what are some of the feelings you initially experienced?

What feelings do you still have about this?

What feelings do you need to address?

The author talks about how she sat with the truth and began to internalize things in a negative way. “I began telling myself that not even your own mother wanted you and so it began the nourishment of the seed of abandonment and rejection. I would subconsciously repeat these scarring words and others like, if your own mother didn’t want you why would anybody else want you.” A seed of

A Collection of Triumphant Testimonies Workbook

abandonment and rejection was planted which dulled her self-esteem and contributed to her beginning to engage in self-defeating behavior. When have you internalized a situation in a way that was not healthy for you?

What messages did you begin to believe about yourself that were not true?

In what ways did you act that were destructive or self-defeating?

As the author shares her experience with rejection. Like her, you may identify times in your life where you might have felt rejected. There seemed to be a cycle that ensued for the author after she initially embraced this notion. "What I didn't know is that

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these messages had taken on a life of their own that I would pick up when I needed an explanation of why a relationship ended or why I seemed to experience so much loss.” Consider a time when you felt abandoned or rejected and reflect on it here.

Recall the name(s) or situation(s) in which you felt abandoned or rejected?

What residue from that abandonment or rejection still lives within you and needs to be addressed?

What is the cost for continuing to hold onto abandonment and rejection?

How might you begin to address this abandonment and rejection?

JEREMIAH 1:5, ESV

“Before I formed you in the womb I knew you, and before you were born I consecrated you; I appointed you a prophet to the nations.”

Listening to our internal antagonist can cause us to not embrace the true reality and beauty of a situation. The author had failed to realize that God had chosen her before she was formed in her mother’s womb (Jeremiah 1:5) and that “there was a purpose for me that existed at my creation.” When have you allowed your own antagonist to overshadow God’s reality for you?

What do you need to begin doing today that would help you to fully embrace His reality for you?

HEBREWS 12:1, ESV

“Therefore, since we are surrounded by so great a cloud of witnesses, let us also lay aside every weight, and sin which clings so closely, and let us run with endurance the race that is set before us.”

You were fully accepted from the foundation of the earth. You have been predestined, called, consecrated, appointed, justified, glorified and set apart. There is so much power within you. Now is the time to shake off the weights that may have been holding you back. What one thing will you do now to commit to walking

fully into the person that you were created to be?

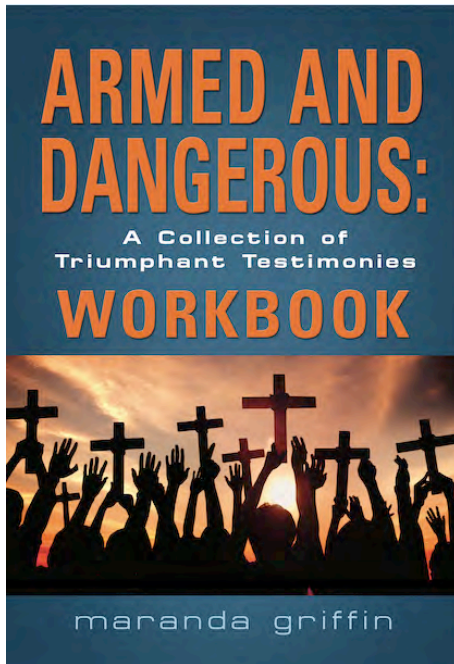
GROUP DISCUSSION

- What were some of the common patterns or themes among participants?
- How might you support someone else as they process through their own residue?
- What are God's truths that you need to accept and walk in?

EXPERIENTAL GROUP ACTIVITY – Chosen Expressions

Materials needed: envelopes, strips of paper, pen or pencil

1. Each group participant will receive an envelope, individual blank slips of paper to represent each person in the group, and a writing instrument.
2. Each participant will write their name on an envelope.
3. Neatly print the first name of each participant on a slip of paper until you have a slip with each person's name on it. Neatly print one thing that you value about this person and/or the beauty of who they are as a person. Do not put your name on the slip.
4. After everyone has done this, all will go around and deposit the slip in the envelope for that person.
5. Each person will randomly pull one slip from their own envelope to share with the group.
6. Take all the slips home and reflect on them as needed to remind yourself of who you are and what makes you Chosen.



In this workbook, the author builds upon testimonies intended to help the reader discover important insights about their experiences, the impact of these experiences, and how to use this information for personal growth. A practical approach is used that blends thought provoking questions and prompts to elicit reflective thought.

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