

THE FOOTHOLD METHOD

JOIN THE NEXT GROUP

A COACHING FRAMEWORK FOR BELIEVERS

You're not failing. You're **dragging**.

Learn to catch the spiral in the first ten seconds instead of the fourth hour — using the Word, ancient practice, and your own body.

JOIN THE NEXT GROUP

SEE THE METHOD

LIVE • SMALL GROUP OF 8-12 • OR ONE-ON-ONE





THE IDEA

A foothold is not a fall

Neither give place to the devil.

EPHESIANS 4:27

Most teaching stops at the warning. But we live in what comes after.

You are still standing. Still going to church, still raising your children, still showing up. But something has hold of one foot — and you are dragging.

That's why everything costs you three times what it should. That's why the simple thing takes all day. That's why you're exhausted by noon and can't explain to anyone what you actually did.

You are not weak. You are walking with weight on you.

The work is not to try harder. The work is to find what has your foot, close the opening it came through, and learn to stand.

THE REFRAME

Everybody retreats. The only difference is where you retreat to.

When overwhelm hits, hiding is automatic. It is not a character flaw and it is not a sin. The instinct to disappear is human, and it happens to every one of us.

Most of us retreat into the scroll. The bed. The snack. The silence. The refusing-to-open-the-mail.

We are not going to shame the instinct. We are going to redirect the destination.

You're still going to disappear when it gets loud. You're just going to disappear into the Word, into practice, and into your own breath — and come back out with something.

This is for the woman who

Prays and still panics.

Knows the scripture and still spirals.

Is functioning, faithful, and quietly dragging.

Has been calling it laziness, or lack of faith, or just being tired.

This is not for

Someone looking for a quick fix.

Someone looking for a prosperity formula.

Anyone who needs clinical mental health treatment — this is spiritual coaching, and it is not a substitute for care from a licensed professional.

WHY THIS WORKS WHEN OTHER THINGS HAVEN'T

Every step stands on three legs

Most teaching hands you one leg and wonders why it doesn't hold. That's why prayer alone hasn't been enough — and why the breathwork felt hollow.

The Word

What is true, regardless of what you feel.

The Practice

What the saints have done for centuries — prayer, fasting,

Alone it fails because truth by
itself doesn't slow a racing heart.

stillness, study.

Alone it fails because practice
becomes religion without power.

The Body

Breath, movement, water,
sleep — the temple you
actually live in.

Alone it fails because the body
alone is self-help with no anchor.

ALL THREE • IN ORDER • EVERY TIME

THE METHOD

Three steps

Step one

Find your tell

The tell is the first sign — the thing that always happens right before the spiral takes hold. It's different for every person, and most women have never named theirs. That's why you only

notice at stage four, hours deep, when it's already expensive.

Be sober, be vigilant.

1 PETER 5:8

Vigilance means you're watching for something specific. You can't watch for what you can't name.

01 **The thought** FIGHT HERE

One sentence arrives. Usually a lie. *I'm behind. Nobody's coming. This won't work.*

02 **The story**

You build evidence for it. You go back three years to prove it's true.

03 **The body**

Chest tightens, jaw sets, shoulders climb, stomach drops.

04 **The shutdown**

You hide, snap, scroll, sleep, or overwork.

Most people try to fight at stage four. We learn to fight at stage one.

YOU LEAVE WITH → ONE WRITTEN SENTENCE: "MY TELL IS ____."

Step two

Close the foothold

Between the tell and the spiral there's a gap. It's short — ten

seconds, maybe thirty. This step is what you do inside it, and it's the part nobody else is teaching with all three legs.

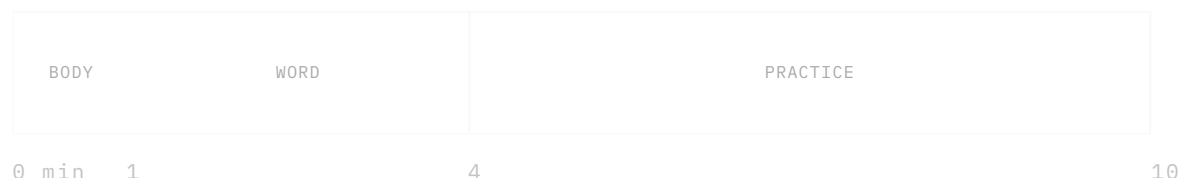
Submit yourselves therefore to God. Resist the devil, and he will flee from you.

JAMES 4:7

Notice the order. Submit first, then resist. Resisting without submitting is white-knuckling, and it doesn't hold.

THE TEN-MINUTE CLOSE

Body first. Then the Word. Then the work.



The Body

MINUTE 0-1

- Feet flat on the floor. Both of them. Feel the ground.
- Breathe in for 4, hold for 4, out for 6. Six rounds.
- The long exhale is what tells your nervous system the threat has passed.

The Word

MINUTE 1-4

- Now that the body is quiet enough to hear, put truth in.
- Read one scripture out loud — you need to hear it in your own voice.
- Say it three times. The third time, put your name in it.

- Say nothing yet.

The Practice

MINUTE 4-10

- Name it plainly to God: *this is what has my foot.*
- Ask for the exchange — hand over the weight, take up the strength.
- Sit still for two minutes afterward without asking for anything else.

We don't start with prayer. That's not disrespect — that's strategy.

When your chest is tight and your heart is going, you can't hear. We settle the body so you can *receive* the Word, not just recite it.

YOU LEAVE WITH → YOUR OWN SEQUENCE: YOUR BREATH, YOUR SCRIPTURE, YOUR WORDS

Step three

Stand in the after

Most people close the foothold and immediately go looking for

the next one. This step is about staying — learning to be somewhere good without bracing.

Who comforteth us in all our tribulation, that we may be able to comfort them which are in any trouble.

2 CORINTHIANS 1:3-4

The comfort isn't only for you. It's passed through you. And strength is made perfect in weakness — not removed from it, perfected in it.

Here you'll name the before: what the last twelve months actually cost you. Then the after — not "peace," that's too vague, but something concrete. *I don't check my phone before I pray. I haven't yelled in nine days. I answered the phone.*

Then you'll name who's next. Somebody is exactly where you were, and you're now the only person she knows who speaks the language.

YOU LEAVE WITH → THREE SENTENCES: YOUR BEFORE, YOUR AFTER, AND ONE NAME

WHAT YOU KEEP

The Foothold Card

One page, filled in by hand, in your own words. It goes on the bathroom mirror and in the car — so that the next time it starts, you're not trying to remember what to do. You're just reading.

MY FOOTHOLD CARD

MY TELL IS

WHEN I NOTICE IT, I

Body Feet down, breathe 4-4-6, six times

Word My scripture: _____

Practice Name it, hand it over, sit still

I am not failing. I am dragging. And I know what has my foot.

HOW TO JOIN

Two ways in

THE GROUP

Four sessions, together

\$67

CAPPED AT 8-12 WOMEN

One • The foothold and the reframe — a name for what

you've been living

Two • Find your tell — the four stages, done live

Three • Close the foothold — we practice the ten-minute close together

Four • Stand in the after — and who's next

60–75 minutes each, live • one check-in prompt between sessions

SAVE MY SEAT

ONE - ON - ONE

Three sessions, yours

\$150

SAME METHOD, BUILT AROUND YOU

One • The foothold and your tell

Two • The close, built specifically for you

Three • The after

50 minutes each

A personalized Foothold Card in your own words, with your
signature and your breath

scripture and your breath

BOOK A SESSION

NEXT GROUP STARTS — ADD YOUR DATE • ADD YOUR DAY AND TIME

QUESTIONS

Before you ask

Is this therapy?

+

What if I can't name my tell?

+

Do I have to share in front of the group?

+

What denomination is this?

+

What if I miss a session?

+

Find your tell. Close the foothold. Stand in the
after.

You didn't go through all of that to have a testimony you
never use.

JOIN THE NEXT GROUP

*I can do all things through Christ which
strengtheneth me.*

PHILIPPIANS 4:13

THE FOOTHOLD METHOD

[CONTACT](#)

The Foothold Method is spiritual coaching and Christian discipleship. It is not medical or mental health care, diagnosis, or treatment, and it is not a substitute for professional help. If you are in crisis, please contact a licensed provider or a crisis line in your area.