

# Answer Key

## Trail 1...Page 1

Principle 1 - born, forged, oracle

- I. forest
  - A. nothing
  - C. things
  - D. power
  - E. macho
  - F. man
- II. wisdom
  - A. manhood
  - B. understand
    - 1. core
    - 2. armor
    - 3. past
    - 4. beliefs
  - C. develop
  - D. choices, wise
    - 1. strategy
    - 2. outcome
    - 3. accomplish-ments
    - 4. think
    - 5. small
    - 6. God

- III. spandex
  - A. angry
  - B. vulnerable
  - C. needs
  - D. exercising
  - E. sorry
  - F. reflect
  - G. Submit

## Trail 2...Page 7

Principle 2 - choices, choose

- I. I can't;
  - A. anger
  - B. Cry
  - C. express
  - D. positively
  - F. EARS
    - Step 1 - Recognize
    - Step 2 - meaning
    - Step 4 - Act
- G. tenderness

- 1. pain
- 2. feeling
- 4. defend
- 5. stronger
- 6. matters

## II. I can't think

- A. change
- B. need
- C. forgive
- D. behavior
- E. give

## III. oracle

- A. excuse
- B. victim
  - 1. Persecutor
  - 2. Co-conspirator
  - 3. Savior
  - 4. Victim
- C. reflect
  - 3. values
  - 4. options

## Trail 3...Page 13

Principle 3 - motion

- I. Experiences, past
  - A. intensity
  - C. important
  - D. When
  - E. significant
  - F. impact
  - G. support
  - I. processed
  - J. accepted
- II. significant, formation
  - A. Valuable
  - B. Worthless
  - C. Worthy
  - D. Deserving
- III. filters
  - A. woundedness
  - D. developed
    - 1. mother
    - 2. father
    - 3. Support
    - 4. Significant
    - 6. faith

## Trail 4...Page 18

Principle 4 - worth

- I. negative
  - A. Stunt
  - B. Exaggerate
  - C. Encourage
  - D. Fail
  - E. Deny
  - F. Create
  - G. identity
  - H. giftedness
  - I. pessimistic
- II. manhood, exchanging
  - A. perspective
  - B. reality
  - C. clarity
  - D. memories
  - F. supportive
  - G. messages
  - H. ruts
- III. strategy
  - A. re-experience
  - B. others
  - C. forgiveness
  - E. refund
  - F. regularly, ownership
  - G. individual, experience

## Trail 5...Page 25

- 1. Distant
- 2. difficult
- 3. everything
- 4. Avoid
- 6. anxiety
- 7. angered
- 8. overthink
- 9. expression
- 10. Compulsive
- 11. stressed
- 12. focusing
- 13. inadequacy
- 14. addiction
- 15. control
- 16. sadness
- 17. pessimism

# Answer Key

18. pleasure
19. friends
20. repeat
21. communicate
22. Insensitivity
23. others
24. goals
25. risk
27. expectation
28. hygiene
30. follower

## Trail 6...Page 31

Principle 6 - learning,  
repeat,  
reflection

1. supportive
3. apart
4. relaxed
5. good
6. fairly
8. fun
9. quality
10. Meal
11. encouraged
12. clearly
13. forgave
14. understood
15. communicated
17. thought
18. conflict
19. refuel
20. compulsive
21. confident
22. completion
23. optimistic
24. own
25. power
26. flexibility
27. others
28. different
29. work
30. spiritual

## Trail 7...Page 39

Principle 7 - true,  
changing

- effects
  - emotions
1. negative
  2. negative
  3. strength
  4. value
  5. fun
  6. curious
  7. positive
  8. harmed
  9. consequences
  10. gratitude
  11. circumstances
  13. character
  14. help
  15. completely
  16. change
  17. no
  18. loves me
  19. all
  20. express
  21. attitude
  22. relationships
  23. important
  24. better
  25. time
  26. excelling
  27. needs
  28. understand
  29. Reaching

## Trail 8...Page 45

Principle 8 - shapes,  
forest

- I. A. living
  3. home
  4. transition
  5. live
  6. options
  7. death
  8. security
  9. children
  10. focus
  12. capabilities
- B. seeing
  - C. attaching
  - D. relating to others

- E. caring
- F. trying
- G. personal growth
- H. serving
- I. empathy
- J. connecting
- K. loving
- L. dreaming
- M. learning
- O. believing

## Trail 9...Page 52

Principle 9 - predict

- I. A. worked
- B. come, go
- C. permanent
- D. 1. Recognize
2. Feel
3. Accept
4. pain
5. Redefine
6. support

II. six

- A. denial
- B. anger
- C. depressed
- D. bargaining
- E. acceptance
- F. grief work

III. signs, worked

- A. event
  - B. as
  - C. positive
  - D. strengthening
  - E. process
  1. honestly
  2. response
  3. forgive
  5. boundaries
  6. strengths
- F. support
  1. without
  2. own
  3. similar
  4. journey
  5. gratitude
  - Guided

# Answer Key

- strength, properly

## Trail 10...Page 58

Principle 10 - challenged, friendships

1. Listened
2. Attention
3. Respected
4. Genuinely
5. Energy
6. Communicated
7. Affection
9. Empathy
10. Forgive
11. Realistic
12. Inspire
13. Enjoyment
14. New
15. Dedication

## Trail 11...Page 65

Principle 11 - stand

- I. lover
  - A. reflection
    2. character
    3. loved, others
  - C. measures
    1. control
      - sexual
      - self
      - intimacy
      - fair
      - self
      - areas
    2. face
      - Apologizes
      - forgiveness
      - restitution
      - consequences
    3. longer
    4. competence
      - has
      - displays
      - puts
    5. demonstrate
      - Thinks

- Gives
- Helps
- Grows
- Shares

6. beliefs
7. desire
8. utilizes
9. armor
  - experience
  - discover
  - hear

II. quit

## Trail 12...Page 73

Principle 12 - wrong, balanced

## Trail 13...Page 84

Pdx 1: faith, sight

Pdx 2: need, give

Pdx 3: others

Pdx 4: stronger

Pdx 5: others, yourself

Pdx 7: increases, others

Pdx 8: love, risk

Pdx 9: know, don't

Pdx 10: have, appreciate

Pdx 11: confine, liberating

Pdx 12: smarter, harder

Pdx 13: influence, freedom

Pdx 14: solely, weaker

Pdx 15: save

Pdx 16: even, even

Pdx 17: big, smaller

Pdx 18: greater, surround

Pdx 19: go, keep

Pdx 20: die, live

## Trail 14...Page 89

Principle 14 - principles, hope

1. contentment
2. chosen
3. creativity
4. obvious
6. value

7. Focusing
8. instilled
9. counter
10. power
11. failure
12. Substituting
13. Living
14. Redefining
15. supportive
16. affirmation
18. death, perspective
19. give
20. bites
21. positively
22. compromising
23. circumstances
24. fail
25. defeat, freedom

## Trail 15...Page 96

transparency, transcendancy

I. guides

- A. Motivation
- B. Refreshment
- C. Intimacy
- D. Soul Mate
- E. Standards
- F. Focus
- G. Perspective
- H. Perseverance
- J. Forgiveness
- K. Spirituality

II. A. quieting

- B. clarifying
- C. needs
- D. guide
- E. Solidifying
- F. emerge
- G. life theme
- I. history
- J. perseverance
- K. determined

III. transcendancy

- B. Comforting
- C. Limiting
- D. living out

# Answer Key

- F. helplessness
- G. faith
- H. relationship

## Trail 16...Page 102

hates

I. attacks

W 1: saying

W 2: resistance

- W 3:
- good
  - Rules
  - expectations
  - desire
  - Self-discipline

W 4: pampered

W 5: easiest

W 6: familiar

W 7: looks

W 8: follow

W 9: beyond

W 11: supportive

W 12: weakness

W 13: risk

W 14: limit, standards

W 15: trust, themselves

II. distorts

A. levels

B. past

C. rooted

III. attacks

A. responsibility

B. mind

- Passivity
- self-esteem
- Fear
- Isolation

C. connect

D. rebirth

E. total

## Trail 17...Page 108

always

I. view

- A. expectations
- B. Limiting

C. lacks

D. victimhood

E. perfectionist

F. all

G. useless

H. worth, based

I. pride

J. Keeping

K. benefits

L. enemy

II. king

A. reality

C. slide

D. options

F. never

G. strengthen

H. serving others

I. quickly

- partners
- God
- anyone
- his
- weakness
- fooled
- willingness

K. image, submitting

## Trail 18...Page 114

I. honesty

A. Honesty

1. misinformation
2. satisfaction
3. Relational
4. separated
6. activities
7. hurt
8. achieve

B. honesty, honesty

1. reject
2. new
3. coping
4. power
5. relationship
6. true
7. clapping

C. Honest, Honesty

1. gender

3. control, limiting

4. intimate, genital

5. committed

D. Honest

1. already

2. intoxicating, attraction

3. known

4. listening, seeking, sacrificially

E. meaning

F. discover

## Trail 19...Page 120

impact

I. call

A. history

1. school
2. subjects
3. read
4. practice
5. role models
6. dreams
7. TV shows
8. play
9. stepped on
10. lead
11. grew up

B. would

1. positive
3. circumstances
4. mature

C. themes

II. A. experienced

B. creative

C. messages

D. Give

E. feedback

F. first step

G. asking

III. A. difficulties

B. others

C. God's

D. insignificant

E. benefits

F. change

# Answer Key

- G. 1. Meaning  
2. time  
3. choices  
4. necessity  
5. relationships  
6. resiliency  
H. 1. knows  
2. reflect

## Trail 20...Page 128

- I. less  
A. distant  
B. disappointment  
1. Judgment  
2. listen  
4. tenderness  
5. Busy  
6. something  
7. Passivity  
8. purpose  
C. share  
D. relationship  
II. more  
A. advantage  
B. distance  
III. Avoid  
A. past  
B. optimistic  
C. adjust  
D. forgiving  
E. shadow's  
F. enjoy  
G. vital  
H. chosen  
I. care  
J. better  
K. loner  
L. demonstrate  
M. over  
N. purpose  
O. run  
P. too  
R. wisely  
S. productive  
T. review  
U. finisher  
V. blame

- W. passive  
X. submitting  
Y. treat  
Z. stop

## Trail 21...Page 135

- I. A. is  
B. which  
C. gain  
D. act  
II. A. solid  
B. must  
C. right  
E. vulnerable  
F. energy  
G. warrior  
H. acceptance  
I. comfort  
III. A. necessary  
B. strategies  
D. guide  
E. second-guessing  
F. Imagines  
IV. reward  
A. given up  
B. continue  
C. values  
D. time  
F. increase  
G. rejoices

## Trail 22...Page 140

- leader  
I. • authentically  
• image  
• aware  
• avoids  
• enough  
• advance  
• hides  
• wisely  
• depends  
II. led  
A. learn  
B. stronger  
C. confronted  
D. challenged

- E. more  
F. before  
IV. A. manager  
B. promised  
C. best  
E. inspire  
F. alone  
G. motivate  
H. value  
I. continue  
J. represent

## Trail 23...Page 147

- I. soul  
A. system  
B. affects  
C. two  
1. religious  
• rules  
• good life  
• effort  
2. spiritual  
• forgiveness  
• alive  
• given  
• within  
II. guides  
A. armor  
C. he loves  
D. needs of others  
E. right  
G. body  
2. clear thinking  
3. guides  
4. emotions  
H. soul, live  
I. shadow, God's  
J. self, preaches  
III. Christ  
A. accept His  
cleansing  
C. purpose  
D. eternal  
E. important  
F. focus  
IV. beyond

# Answer Key

## Trail 24...Page 153

1. manhood
2. can
4. easy, best
5. demands
6. decide
7. turns
8. value
9. embraced
10. being
11. discipline
12. not
14. contagious
15. soul
16. whim
17. nobility
18. gift
19. within, around
21. changed
22. not
23. death