

EXECUTIVE SUMMARY — The Trinity Stars Doctrine

A Doctrine and System for Recovery from Alcoholism



JASON BRESNEHAN

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This Executive Summary is the full map of the Trinity Stars Doctrine.

The Trinity Stars Doctrine is the recovery system I built from my own lived experience, my Catholic faith, three decades of business leadership, and the hard psychological work of rebuilding a life from the inside out.

Thanks for reading Jason's Substack! Subscribe for free to receive new posts and support my work.

I'm sharing the book on Substack in sections — not as polished essays, but as working chapters from a doctrine that has already carried me through alcoholism and into a sober, spiritually anchored life. Each chapter stands on its own, and together they form a system that blends faith, business logic, and emotional truth into a practical architecture for recovery.

This Executive Summary lays out the whole framework:

- the three guiding stars
- the foundations of readiness
- the business-to-recovery operating system
- and the pursuit of grace that holds everything together

If you're reading along, you're stepping into the same framework that rebuilt me — one chapter at a time.

EXECUTIVE SUMMARY — *The Trinity Stars Doctrine*

A Doctrine and System for Recovery from Alcoholism

by Jason Bresnehan

1. What This Book Is

The Trinity Stars Doctrine is a spiritually anchored, business-engineered, psychologically literate system for recovering from alcoholism.

It is built on three guiding stars:

1. **God** — surrender, mission, grace, truth
2. **Business Principles Re-engineered for Recovery** — strategy, root cause, SWOT, traction, operational clarity
3. **The Pursuit of Grace** — formal, semi-formal, and everyday channels through which God restores people

These three stars form a recovery architecture that is **portable across cultures, religions, and circumstances.**

2. PART I — The Foundations of Recovery

Part I explains that alcoholism has **three prongs:**

Prong 1 — Genetics

Genes may “load the gun,” but lived experience pulls the trigger. Genetic predisposition explains risk — not destiny.

Prong 2 — Dopamine

Alcoholism is a dopamine-driven dependency. Withdrawal is not psychological theatre; it is neurochemical collapse. This prong explains why quitting is so physically brutal.

Prong 3 — Spiritual Malady

The deepest prong. Alcoholism disconnects you from God, people, nature, and yourself.

Because the malady is spiritual, the fix must be spiritual.

The Seven Foundational Stones of Readiness

Before doctrine can take hold, the alcoholic must lay these foundations:

1. **The Fall** — rock-bottom honesty
2. **The Faith** — a Higher Power with real gravitational pull (not a doorknob)
3. **The Foe** — the Adversary as real psychological/spiritual resistance
4. **The Owner** — recovery cannot be outsourced
5. **The Truth Teller** — lying collapses recovery
6. **The Sentence** — recovery is for the term of your natural life
7. **The Disarray** — recovery is messy, never sequential

Only when these stones are set can the Trinity Stars Doctrine be lived.

3. PART II — The Trinity Stars Doctrine

Star 1 — GOD

God is the load-bearing beam of recovery.

Surrender is not defeat — it's ignition.

It removes the desire to drink and reveals mission.

The book cross-checks God through:

- **The Bible**
- **AA**
- **Science**
- **Engineering**

- **Business**

All five confirm the structural necessity of surrender.

Star 2 — The B2R SOS Framework

Business to Recovery: Strategic & Operational System

This is the most innovative part of the book — recovering alcoholics treated as **vessels with internal systems and external orbits**.

The 9 Principles:

1. **Mission**
2. **Internal vs External Situational Analysis**
3. **Root Cause Thinking**
4. **Internal Situational Analysis (Physical, Emotional, Spiritual)**
5. **External Situational Analysis (PESTE)**
6. **PESTE — People, Economic, Sociodemographic, Technology, Environment**
7. **SWOT Mud Map**
8. **IO-LM Logic — Improve strengths, Overcome weaknesses, Leverage opportunities, Mitigate threats**
9. **Protocol Toolbox — Telemetry, Risk-Based Thinking, Continuous Improvement**

It is a full strategic operating system for sober living.

Star 3 — The Pursuit of Grace

Grace flows through three channels:

1. **Formal** — prayer, Mass, sacraments, rituals
2. **Semi-Formal** — AA rooms, therapy, funerals, retreats, ceremonies
3. **Everyday** — people, nature, kindness, curiosity, service

Grace rewards movement, not passivity.

Archetypes — The Surrender Traders

The book identifies **20 archetypes** that subconsciously trade surrender for something else.

Examples:

- **Superman** — trades surrender for service
- **Messiah** — trades surrender for sacrifice
- **Mop Dodger** — trades surrender for spectacle
- **Binary Drunk** — trades surrender for logic
- **Accountant** — trades surrender for counting consumption and symptoms
- **Victim** — trades surrender for injustice
- **Perfectionist** — trades surrender for flawlessness
- **Terminal Drunk** — trades surrender for finality

Each archetype exposes emotional/spiritual strategies that block grace.

This is one of the most psychologically insightful parts of the book.

Internal Analysis

A deep exploration of **strengths, weaknesses**, and the emotional roots of alcoholism.

Key internal roots:

- **Fear** (fear of surrender, failure, loss, acceptance)
- **Disconnection** (the universal alcoholic fracture)
- **Resentments** (later conceded as medically/psychologically real)

Strengths

Strengths are treated as *God-given gifts* — the engines of mission.

The book argues powerfully that:

- AA overweights weaknesses
- Business, sport, neuroscience, and the Bible all emphasise strengths
- Strengths are the leverage points that sustain sobriety

External Analysis — PESTE

Your vessel moves through an orbit shaped by external forces:

P — People

Opportunity openings vs hijackers. (Collisions create serendipity.)

E — Economic Forces

Sobriety improves finances; finances can fuel mission.

S — Sociodemographics

Cultural currents, identity tribes, generational shifts — all influence recovery.

T — Technology

The “Big Bad Wolf”:

20% benefit, 80% spiritual erosion, disconnection, voyeurism, distortion.

E — Man-Made Environment

Bottle shops, bars, ads, festivals, hotels, corporate norms — the minefield.

This section is a masterclass in external awareness.

SWOT & IO-LM

Once internal and external forces are identified, you build a **dynamic SWOT**, then act with **IO-LM Logic**:

- Improve Strengths

- Overcome Weaknesses
- Leverage Opportunities
- Mitigate Threats

This is how recovery becomes *engineered traction*, not chaos.

Protocol Toolbox

Three meta-tools run silently beneath everything:

1. **Telemetry** — real-time awareness (F1 metaphor)
2. **Risk-Based Thinking** — consequence × likelihood
3. **Continuous Improvement** — 365 small wins per year

These tools keep the vessel stable, sober, and aligned.

4. PART III — The Sending Forth

The final movement asks one question:

Where to from here?

You step into mission.

You live the doctrine.

You continue the pursuit of grace.

You keep the Trinity Stars as your compass.

The final chapters emphasise:

- action over passivity
- movement over stagnation
- mission over fear
- grace over self-will

It closes with the universality of grace — beyond any single tradition.

ESSENCE OF THE BOOK

This is a **global-grade recovery system**:

- psychologically sophisticated
- spiritually grounded
- business-engineered
- universally applicable
- brutally honest
- hopeful
- portable
- doctrinal without being dogmatic
- tactical without being clinical
- deeply human

It is **my lived recovery transformed into architecture** — a framework that can stand on its own in AA rooms, rehab facilities, churches, universities, corporate settings, and homes.

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