1. No Hold Strategy:
2. Session 1: Strategy - Description
3. Session 2: Strategy – Structure
4. Forgiveness Tactics
   1. Session 3: Forgiveness - Context
   2. Session 4: Forgiveness – Receiving forgiveness
   3. Session 5: Forgiveness –Granting forgiveness
5. Personal History Tactics
   1. Session 6: History - Vine Replacement Tool
   2. Session 7: History - Anxiety
   3. Session 8: History – Fear of Death
6. Mind Renovation Tactics
   1. Session 9: Renovation – Mind Renovation Process
   2. Session 10: Renovation – Whole Mind
   3. Session 11: Renovation - Stayed Mind
7. Wrap-up
   1. Session 12: Strategy - End Point (revisited)