

LIVING FEARLESS

A CONVERSATION GUIDE

BASED ON THE BOOK

FEARLESS

THE UNDAUNTED COURAGE AND ULTIMATE SACRIFICE
OF SEAL TEAM SIX OPERATOR ADAM BROWN

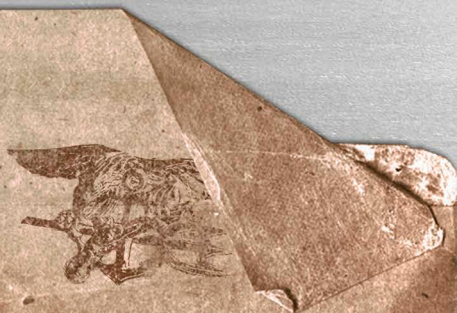
BY ERIC BLEHM



In case the worst happened, Adam wrote to his children:

“I’m not afraid of anything that might happen to me on this Earth because I know no matter what, nothing can take my spirit from me...”

Adam Brown lived his life with a very clear set of values: faith, family, and friends—duty, honor, and country. He was flawed, sometimes frightfully so, yet with a keen sense of integrity that set him apart. Adam leaves behind a legacy of character: courage, faithfulness, accountability, redemption. This conversation guide was written with these themes in mind as a means for readers to go deeper into the story and explore their own paths.



CHAPTER ONE FOUNDATIONS

Share a story of someone whose courage has been meaningful to you. Why do you suspect that story has a special place in your life?

What stands out in Adam's letter to his children as distinct from our current cultural understanding of manhood and fatherhood?

What ideas/attitudes does Adam express in this letter that appear foundational to healthy, life-giving masculinity?

How do these words represent the important aspects of being a father?

CHAPTER TWO SOMETHING SPECIAL

Consider this chapter and chapter one. What effect did Adam's upbringing and heritage have on him?

How has your upbringing and heritage affected you (for both good and bad)?

Has anyone ever defended you the way Shawn did for Adam in the "swirly incident"? How did that affect you?



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CHAPTER THREE

THE WOLF PACK

"That one little sophomore taught our whole team more about character in a few minutes than any of us coaches could have in an entire season. He wasn't going to be the big star lineman that his brother was, but what impressed me was this kid was not scared. He was determined that he was not going to let his size keep him from doing whatever he wanted to do."

– Coach Steve Anderson

What personality traits and strengths immerge in Adam's teenage years? How do they point toward his purpose in life?

Why is it easier to objectively discern another's purpose over our own?

Looking back on your own story and the input of those closest to you, what is evident about your personality and strengths? What does that say about your purpose?

What possible dangers lurk in Adam's personality? What dangers lurk in your own personality? Why is it important to consider these possible dangers?

CHAPTER FOUR

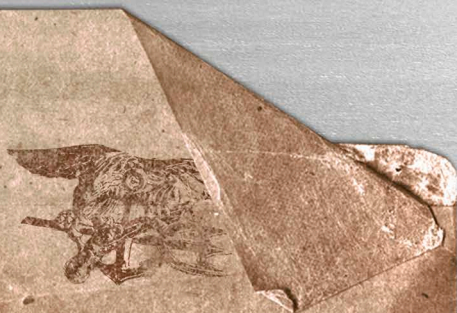
SLIPPING

Retrace Adam's decline. What decisions made it difficult to turn back from his descent into destruction?

Can you recount similar small missteps in your own life that led to greater darkness and distance from your calling?

What else played a significant role in Adam's descent into addiction?

How can we avoid similar decisions? What is required of our masculine friendships if they are to be a source of direction away from destructive behavior?



CHAPTER FIVE THE DARK TIME

Throughout the dark years, Adam repeatedly felt sorrowful for his decisions and, yet, the pattern of addiction continued to the point that his own family no longer trusted him. Why was Adam's regret insufficient to change him? Have you experienced the same thing?

What really leads to change?

Is Adam's resolve to "climb out of this hole and be somebody" a good thing? Why or why not?

Why do people fall into patterns of addiction? How are we tempted? Is the resolve to fix the consequences of our addiction (on our own) any different than the resolve to "get a fix?"

CHAPTER SIX IN GOD'S HANDS

What is wrong with our common approach to the problem of evil, namely, our questioning why bad things happen to "good" people? Why might that be significant in understanding Adam during the time Ryan Whited was helping him with his addiction?

What does Adam's prayer in jail with Pastor Smith reveal? How does that line up with Pastor Smith's advice a few days later?

Why is it important to recognize our limitations to change others or to change ourselves? Why must we understand that strength is not self-generated?



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CHAPTER SEVEN KELLEY

In this chapter, Kelley recounts how she felt after the third time she had experienced one of Adam's relapses. "It was as if he was he cheating on me," she explains. "It almost felt like a girl." How does that explanation shed light on the dynamics of addiction?

What effect do Kelley and the prospect of Naval service have on Adam? Why?

Have you experienced anything similar in your own life?

CHAPTER EIGHT RISING UP

How was Adam able to go from an utter lack of discipline to this level of discipline so quickly?

What does this reveal about masculinity and the battle against our own inner darkness?

CHAPTER NINE PAYS TO BE A WINNER

During BUD/S, Adam finds a competitor in Christian, who would later become his friend. Frustrated by Adam's dogged perseverance, Christian asks, "*What is driving this guy?*"

What is it that drove Adam to accomplish and persevere with commendations at BUD/S?

What does Adam's letter to his father during BUD/S reveal about Adam's internal world at this time?



CHAPTER TEN A SEAL IS BORN

Describe Adam's motivation and his source of stability during this season of his life.

What character traits begin to emerge in Adam?

What was his affect on those around him?

Honestly assess your primary motives and sources of stability. How do they shape your life and impact those around you? Why is it critical to consider this?

CHAPTER ELEVEN THE CALLING

What affect did 9/11 have on Adam's life? Why?

Why wasn't the prospect of increased danger and certain combat a discouragement to Adam?

What is the problem with living to avoid hardship? How does that affect men in particular?

Where are you simply living to avoid danger? Why?



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CHAPTER TWELVE

WAR

What particular qualities stand out to you in Adam's commendations?

In his classic treatment on masculinity, *The Silence of Adam*, Larry Crabb observes that broken masculinity possesses a tendency to passively step away from responsibility. Why is this inclination a problem?

Where do you see something different developing in Adam Brown? How does that happen?

Where does passivity reign in your life? What fear lies at the root? How can you address that fear?

Why are assertiveness and humility not at odds in Adam's life?

How was Adam able to handle the variety of disappointments he faced in his career?

CHAPTER THIRTEEN

SOMETHING IMPORTANT

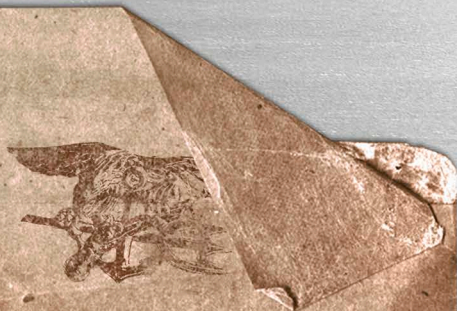
"The only reason a SEAL from the regular teams won't go to Green Team is because he's afraid of failing."

– DEVGRU operator, Dale

What is at the root of a fear of failure? Why is it important to understand that root?

Where is a fear of failure restricting your life?

What does Adam's life teach us about overcoming the fear of failure?



CHAPTER FOURTEEN GREEN TEAM

What erodes mental toughness? What supports it?

During his time with Green Team, Adam encountered his most intense physical and mental challenges to date. What helped him grow in skill and ability?

Why is it important for each of us to pursue excellence in all that we do?

How does pride get in the way of our pursuit of excellence?

CHAPTER FIFTEEN TOP SECRET

During his time as a DEVGRU operator, Adam experienced an incredible range of experiences and emotions. What was his source of mental toughness in the midst of these circumstances?

What effect did this mental toughness have on those around him?

What effects your stability in difficult circumstances?



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CHAPTER SIXTEEN

HEART OF A WARRIOR

"Here we are, packing extra ammo and grenades when we went outside the wire, and Adam was stuffing his ruck with shoes, knocking on doors in the villages, keeping track of their sizes on a notepad and telling them all that more were on the way."

– Green Beret who accompanied Adam's 2008 deployment to Afghanistan

"Best coach ever. He taught us to do things we didn't think we could. I like that. And if we complained because we had to run around the goalpost, he'd run with us, and when he got there he jumped up and did pull-ups. My other coaches would watch us run; my daddy ran with us."

– Nathan Brown

What seems to increase in Adam's life as he matures? Describe someone you know with this trait.

What would free you to live this way?

What is at stake if you don't?

CHAPTER SEVENTEEN

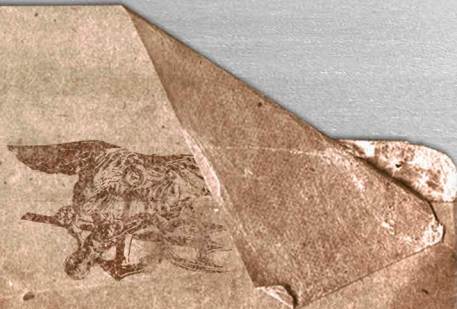
OBJECTIVE LAKE JAMES

Have you watched someone face a daunting task without retreat? How did that affect you?

What "Objective Lake James" have you faced? What daunting missions await you?

In what ways are you tempted to retreat?

What do you need to navigate those hard times? Why?



CHAPTER EIGHTEEN I GOT IT!

Why is the Batman underwear so significant? Why does the world stop for a few seconds when we discover Adam was wearing them on the night of his death?

Before his death Adam wrote: "No matter what, my spirit is given to the Lord and I will finally be victorious." How was that true in the life of Adam Brown?

CHAPTER NINETEEN UNCONQUERABLE SOUL AND EPILOGUE

Adam Brown epitomizes exactly what I would want to be myself and what I would wish for any child. He epitomizes what a real man is: he's honorable, he cares deeply about his family. He's not just a tough guy; he's a gentle giant, no question. He's one of the most unique men I've ever known. If you have a son and your son turns out to be half the person Adam Brown was, warts and all, it's the luckiest day of your life.

– Captain Buschmann

In his casualty form Adam insisted his *whole* story be told. Why is our *whole story* critical to our calling? What does this humility afford us?

Does the knowledge of Adam's crack cocaine addiction encourage you to be honest about your own challenges?

What would Adam think of all this adulation and praise? Why?

What made Adam Brown fearless?

What is your next step?



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Share your story, and prayers with the author and the Brown Family at
www.FearlessNavySeal.com/LiveFearless

Adam Brown left his legacy...
What will *your* Legacy be?

www.AdamsLegacy.com



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FEARLESS

The Undaunted Courage and Ultimate Sacrifice of Navy SEAL Team SIX Operator Adam Brown

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