

THE FIVE FORCES

THE GATEWAYS TO TRUTH

Reclaim Your Energy. Transform Your Life.

Force I · Fear

Force II · Food

Force III · Fertility

Force IV · Friendship

Force V · Forgiveness

Where Science, Recovery, and Spirit Unite

Curriculum by Brad M. Cortez

Five F's Framework credited to Dave Asprey, Father of Biohacking

PARTICIPANT WORKBOOK

WELCOME

You Are Here for a Reason

Curriculum by **Brad M. Cortez** · Five F's Framework credited to **Dave Asprey**, Father of Biohacking

Dave Asprey, the Father of Biohacking, discovered something remarkable: every human being is driven by five primal forces. These forces run deeper than willpower, deeper than habit, deeper than intention. They are biological imperatives — commands your cells have been running since before language, before thought, before choice.

He called them the Five F's: Fear, Food, Fertility, Friendship, and Forgiveness.

Today we call them **THE FIVE FORCES: THE GATEWAYS TO TRUTH** — because each one is a threshold. A door you have to walk through, not around. And they must be walked in order. You cannot skip a force. But when you pass through all five, something changes — not just in your mind, but in your body, your relationships, and your spirit.

THE SCIENCE BEHIND THE FORCES

Your mitochondria — ancient living organisms inside every cell — run your reality. They process each of these five forces in a specific order, every single time, before your conscious mind can respond. They don't understand time. They only know survival.

- ◆ **Force I — Fear** Gets the most energy. If something eats you, it's game over.
- ◆ **Force II — Food** Second priority. Famines have ended species for billions of years.
- ◆ **Force III — Fertility** Life must reproduce. This is love, vitality, and creative energy.
- ◆ **Force IV — Friendship** All life is wired to support its species. Connection is biological.
- ◆ **Force V — Forgiveness** The most uniquely human force. The ultimate unlock.

"Forgiveness is simply becoming non-reactive to something that was still causing you pain." — Dave Asprey

Every grudge you carry is a fear your body never turned off — draining your energy 24 hours a day. When you forgive, you free up that energy. This is why Forgiveness is the fifth force, and the most powerful.

Reduce Fear → heal through Food → restore Fertility → give to Friendship → and when you are finally safe, nourished, loved, and connected — you have enough left to Forgive. And Forgiveness loops back to reduce Fear. **Each force feeds the next.**

Before We Begin

Write your name here: _____

In one sentence — why are you here today?

One word for how you feel right now:

FORCE I · THE FIRST FORCE

Fear

"If something eats you, it's game over. Fear gets the most energy of all."

WHAT THIS FORCE TEACHES

- Your mitochondria run ancient fear programs that fire before you can think — they kept your ancestors alive, and now they keep you stuck.
- Fear gets the most biological energy of all Five Forces — it is processed first, every time, automatically.
- This is why we ruminate, catastrophize, and cannot switch off — the body is doing its job, just in the wrong era.
- The biology of fear: cortisol, adrenaline, and why we self-medicate to quiet it.
- Addiction is often fear wearing a disguise — every substance is an attempt to turn the fear signal down.
- Naming your fear is the first act of reclaiming your energy.

YOUR WORK WITH THIS FORCE

- Fear inventory: write your top 3 fears — no judgment, no audience.
- Small group share: "What am I most afraid people will find out about me?"
- Breathwork: 4-count box breathing to calm the nervous system (4 minutes).
- Discussion: how has fear driven the biggest decisions in your life?

RECOVERY CONNECTION

- Every real healing journey eventually asks you to sit down and get honest — what you find at the bottom of that list is always fear.
- Fear of abandonment, failure, and being truly known drives relapse more than anything else.
- You don't have to outrun fear. You have to face it with a clear head.

FAITH THREAD

- "Do not be afraid" — the most repeated command in all of scripture.
- Fear and faith cannot fully occupy the same space at the same time.
- Surrender is not weakness — letting go of control is a deeply spiritual act.

REFLECT

What is this force asking of you personally?

MY COMMITMENT WITH THIS FORCE:

The fear I am ready to name and face today:

FORCE II · THE SECOND FORCE

Food

"About a third of the average person's thoughts are about food. That's not weakness — that's your biology."

WHAT THIS FORCE TEACHES

- Food is the second biological priority — once fear quiets, your body immediately turns to hunger.
- A third of your daily thoughts are about food — not gluttony, but your mitochondria signaling nutrient deficiency or toxin load.
- Food is information — every bite tells your cells how to behave.
- Sugar, processed food, and alcohol all attack the same dopamine reward pathways — addiction hijacks the food drive.
- Gut health is brain health — the gut-brain axis is real and it is healable.
- Simple wins: what to add, what to remove, starting today.

YOUR WORK WITH THIS FORCE

- "What I eat in a day" — honest group audit, no shame.
- Discussion: how did what you eat change during your hardest seasons?
- Build your personal starting food plan — just 3 changes for this week.
- Notice how different foods make your body feel — right now, after eating.

RECOVERY CONNECTION

- Early healing wrecks nutrition — sugar cravings often replace other cravings.
- Healing the gut is healing the mind — poor nutrition extends mental fog and emotional instability.
- Feeding your body well is a daily act of self-respect — nourishing the life you are reclaiming.

FAITH THREAD

- The body as a temple — what we feed it is an act of stewardship, not just personal choice.
- Fasting as spiritual practice — clearing the body to hear more clearly.
- Gratitude before meals is a small act of mindfulness that resets the nervous system.

REFLECT

What is this force asking of you personally?

MY COMMITMENT WITH THIS FORCE:

Three things I will change about how I nourish my body this week:

FORCE III · THE THIRD FORCE

Fertility

"Fertility is intimate love — a source of nourishment for the body and the spirit."

WHAT THIS FORCE TEACHES

- Fertility is the third biological priority — when fear is reduced and the body is fed, it turns to love, intimacy, and creation.
- In the broadest sense: your creative energy, your drive to build, parent, and leave something behind.
- Hormones, energy, and how addiction depletes the body's creative and intimate reserves.
- Reclaiming your life-force: sleep, light, movement, and restored purpose.
- Vision — what are you building now that you are choosing life?
- Once you've healed, you naturally want to help others heal — that outward giving is a creative, life-generating act.

YOUR WORK WITH THIS FORCE

- Vision exercise: write a letter from your future self — 5 years from now.
- Energy audit: what drains you vs. what fills you up?
- Group share: "What do I want to create or leave behind?"
- Sleep and morning routine commitments — simple, doable, this week.

RECOVERY CONNECTION

- Addiction robs you of creative energy and replaces it with survival mode — sobriety returns it.
- This is what people don't talk about enough: recovery gives you your vitality back.
- Healing is generative — once you have it, you can't help but want to give it away.

FAITH THREAD

- You were created with purpose — Fertility here means fulfilling that design.
- Bearing fruit: the spiritual call to produce something lasting from your life.
- "I came that they may have life and have it abundantly." — John 10:10

REFLECT

What is this force asking of you personally?

MY COMMITMENT WITH THIS FORCE:

What I am ready to build, create, or reclaim:

FORCE IV · THE FOURTH FORCE

Friendship

"All life is wired to support its own species. Connection is not optional — it is biological."

WHAT THIS FORCE TEACHES

- Friendship is the fourth priority — once safe, fed, and loved, your body finally has energy to give outward to community.
- Loneliness is as damaging to the body as smoking 15 cigarettes a day — isolation is a physical health crisis, not just an emotional one.
- The neuroscience of belonging — oxytocin, safety signals, and how connection literally heals the nervous system.
- The opposite of addiction is not sobriety — it is connection.
- Real friendship requires vulnerability, presence, and showing up even when it's hard.
- Boundaries: the difference between life-giving connection and draining enmeshment.

YOUR WORK WITH THIS FORCE

- Connection inventory: who are the 5 people you spend the most time with?
- Vulnerability exercise: share one thing you've never told a stranger.
- Pair activity: 3-minute deep listening — no advice, no fixing, just presence.
- Discussion: what does real friendship require of you?

RECOVERY CONNECTION

- Recovery communities are built on this — showing up for each other is the foundation, not a side feature.
- Having someone further along walk beside you is one of the most powerful healing relationships that exists.
- Isolation is the relapse highway — community is the off-ramp.
- You cannot heal alone, and you were never meant to.

FAITH THREAD

- "Where two or three gather in my name, there am I with them." — Matthew 18:20
- Jesus modeled deep friendship — an inner circle, a community, a mission shared.
- The body of Christ: every part needed, none sufficient alone.

REFLECT

What is this force asking of you personally?

MY COMMITMENT WITH THIS FORCE:

One person I will reach out to or show up for this week:

FORCE V · THE FIFTH FORCE

Forgiveness

"Forgiveness is simply becoming non-reactive to something that was still causing you pain." — Dave Asprey

WHAT THIS FORCE TEACHES

- Forgiveness is the fifth force — and the most uniquely human. Dave Asprey calls it a performance enhancing drug.
- Every grudge and resentment you carry is a fear your body never turned off — costing you energy 24 hours a day.
- Unforgiveness equals chronic stress, equals chronic inflammation, equals disease, fatigue, and relapse.
- Forgiveness frees up the energy locked in Fear, which then cascades — more energy for everything else.
- Forgiveness is not excusing what happened. It is releasing yourself from the prison of it.
- Self-forgiveness: the hardest and most essential step — you cannot hate yourself into lasting change.

YOUR WORK WITH THIS FORCE

- Resentment list: who or what are you still carrying?
- Letter writing: write a forgiveness letter you never have to send.
- Guided self-forgiveness reflection (8 minutes).
- Group share: "One thing I am ready to put down today."

RECOVERY CONNECTION

- Every genuine healing path eventually leads here — you cannot get truly free without facing who you've hurt and making it right where you can.
- Resentment has been identified across every recovery tradition as the single greatest threat to lasting sobriety.
- Forgiving yourself for what addiction did is not optional — it is survival.
- You cannot stay free while dragging the weight of shame.

FAITH THREAD

- Forgiveness is the central act of the gospel — the grace we have received, we now give.
- "Forgive us our debts, as we also have forgiven our debtors." — Matthew 6:12
- Jesus forgave from the cross — even in his worst moment. That is the model.
- Forgiveness is a decision, not a feeling — and it can be made today.

REFLECT

What is this force asking of you personally?

MY COMMITMENT WITH THIS FORCE:

Who or what I am ready to forgive — starting today:

THE CLOSING CIRCLE

Your Five Forces Pledge

You have walked through all five forces today. Now write one commitment — one real, specific thing you will do differently — for each force. This is your pledge. Keep it. Return to it.

FORCE I — FEAR

What fear will I face instead of running from?

FORCE II — FOOD

What will I feed my body differently starting this week?

FORCE III — FERTILITY

What will I begin to build, create, or reclaim?

FORCE IV — FRIENDSHIP

Who will I reach out to or show up for?

FORCE V — FORGIVENESS

Who or what am I ready to put down today?

ONE WORD

At the start of today you wrote one word for how you felt. Now write one word for how you feel right now:

You walked through all five forces today. That took courage. What's on the other side is different from where you came in.

RESOURCES TO CONTINUE YOUR JOURNEY

- *Smarter Not Harder* — Dave Asprey
- *The Bulletproof Diet* — Dave Asprey

- *Chasing the Scream* — Johann Hari (on connection and addiction)
- Podcast: *The Human Upgrade* with Dave Asprey
- Any recovery literature or community that has helped you personally
- A trusted mentor, counselor, or healer to continue the work