



# 28 Pitfalls Of A Man

**A Practical Handbook Confronting Traps Every Man Will Face**

**Available Formats: Book, Journal, Manual, and Workbook**

**AVAILABLE ON AMAZON**



As the original founder of Redemption 100, a nonprofit, he's provided over 6000 essential resources to individuals reentering society after incarceration.

Committed to their successful integration, Rodney actively engages with statewide and national organizations focusing on humanitarian and criminal justice issues.

Rodney's book "28 Pitfalls Of A Man" has reached over 100 correctional institutions in Florida and is also available in state institutions in Tennessee, Alaska, Illinois, and Nebraska. This reflects his commitment to educating and empowering incarcerated individuals as they transition back into society successfully.

This insightful book brings awareness and responsibility through accountability. The topics range from regret to pride as the author and co-author share from their lived experiences.

From incarcerated individuals to ministry groups to leadership to reentry departments 28 Pitfalls Of A Man is a proven must read for personal enrichment.

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Tolliny Rankins, Th.D., is a certified Personal Enrichment Life Coach, Speaker, and published Author in Christian Theology. She's known for her original courses like "The Art Of Discovering You" and "Race & Reconciliation" taught at Northwest Florida State College. As the Co-founder of Redemption 100, she's provided thousands of essential items to returning citizens.

Tolliny's workshops and her co-authored book, "28 Pitfalls Of A Man," have made a significant impact, reaching over 100 institutions. She's a sought-after keynote speaker for national and local organizations and serves on the Board of Directors for the Florida Restorative Justice Association. Hosting the "Silverlinings Today" radio show, she celebrates community heroes and shares practical wisdom with a touch of humor.

#### Available as:

- Keynote Speakers
- Breakout Speakers
- 28 Pitfalls Workshops
- Panel Discussions
- Summits.



**Rodney Rankins, Th. M, Author**  
**Tolliny Rankins, Th. D (Contributing Author)**

## **Matthew 25:35-40 NIV**

**For I was hungry and you gave me something to eat, I was thirsty and you gave me something to drink, I was a stranger and you invited me in, I needed clothes and you clothed me, I was sick and you looked after me, I was in prison and you came to visit me. Then the righteous will answer him, ‘Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?’ ‘The King will reply, ‘Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.’**

**I relate to these verses from my heart, I’m one of the least of these brothers my King Jesus was referring to. Foundational Verse**

# **Prolouge**

**Pitfall: A trap or snare, especially a roughly camouflaged pit hidden or unrecognized danger.**

**28 Pitfalls is a personal journey of 28 of the pitfalls I have fallen into so many times and the daily struggle to stay out of them. By God's grace we can avoid and overcome as many as possible. Nobody wants to be remembered for the worse day of their life, for doing the worse thing they've ever done, but that's what could happen when you fall into a pit. My pit was a real prison. Yours could be a metaphor; a figure of speech. Regardless to what your pit may be; mental, physical, emotional, spiritual, financial or relationally a pit is still the pits. Rock bottom. We should never cover up things that need to be uncovered. It's not easy to accept the fact that Jesus already overcame the same things we face daily, but it's true.**

So come on, get ready to go on a journey hopefully recognizing, addressing and overcoming pitfalls in own your life, as I share these particular 28 pitfalls with you.

Everyone has their own story to tell, it's called life we're just sharing a few things in hopes to let someone else know they're not alone. Everybody has their own story.

Everybody deals with something. Be encouraged, you can get through it. God is faithful.

# **Welcome to: Overcoming 28 Pitfalls Of A Man Presentation**

This Presentation is created to guide you through 28 negative character traits that every man will face. Through reflection, discussion, and practical exercises. It is our prayer this journey will help you break free and or overcome destructive habits amongst other things and build a foundation for growth and leadership.

**Author/Co-Author Rodney and Tolliny Rankins**

# Pitfall: Anger

**Anger** is definitely a contributing factor to why there are so many people in prison, especially men, I believe, because at a critical split second, they didn't know how to control their *anger*. Their emotions got the best of them. I can't tell you how many men I talk to who told me if they had only taken a second, not a minute but a second, to think, it would've changed their whole situation and outcome. They let their anger control them.

What would've been useful would've been learning how to handle conflict instead. Growing up on Chicago's south side in the Robert Taylor Home projects, we didn't have conflict resolutions classes, we had fists and guns. That's how conflict usually got handled. It was wrong, but I never knew or was taught another way until I literally became a grown man.

## Key Scripture:

***“A Fool gives full vent to his anger, but a wise man quietly holds it back.” Proverbs 29:11***

# Pitfall: Unforgiveness

**Unforgiveness** will usually make you have ill feelings, sometimes for yourself but especially toward others. We know that God forgives, so we must forgive others, or should forgive because we've been forgiven, especially when we didn't deserve it. Many times, it's easier said than done. Regardless, forgiveness is a decision, not a feeling.

**Unforgiveness**, bitterness, and even anger have been linked to sickness, from a simple headache to terminal cancer—which is why doctors advise you to be optimistic. Try starting with forgiving yourself, sometimes people really struggle with that; not being able to forgive themselves. It's worth it, man, it really is. *You're* worth it. The next thing you got to do is forgive others, it's not worth holding onto.

**Mark 11:25**

**Matthew 6:14-15**

**Colossians 3:13**

The phrase “forgive” appears in the Bible around 490 times. It's often associated with leaving, letting go, or releasing a person from their burden of sin.

Forgive appears 56 times, Forgiven appears 42 times.



# Pitfall: Jealousy

“For ***jealousy*** is the rage of a man: therefore, he will not spare in the day of vengeance” says Proverbs 6:34.

When a person operates in ***jealousy***, they lose the opportunity to celebrate, congratulate, or acknowledge an accomplishment of someone else who deserves it: for doing an excellent job.

That's called being a “Hater.” There’s a saying, "Don't Hate, Congratulate."

In the book of Ephesians 6:8 (NLT) it basically says: remember that the Lord will reward each one of us for the good we do, whether we are slaves or free.”

## Jealousy: Part 2

***Jealousy*** is an ugly character trait that will not let you encourage others.

Jealousy has been responsible for countless crimes committed.

In a fit of “jealous” rage, they say such and such happened.

It makes people think crazy, suspicious, unrealistic, exaggerated thoughts.

Many times, it’s due to our own insecurities.

And believe it or not, it’s also part of fear.

# Pitfall: Dishonesty

## OBJECTIVE:

Understanding how dishonesty affects personal growth, relationships, and integrity, and learn how to cultivate honesty and accountability in daily life.

## KEY SCRIPTURE:

*“The Lord detests lying lips. But he delights in people who are trustworthy.” Proverbs 12:22*

# Dishonesty: Part 2

Write about a time **dishonesty** that led to negative consequences in your life.

How did it affect you and those around you?

## Practical steps:

- ✓ Acknowledge areas where you struggle with **dishonesty**.
- ✓ Make a commitment to truthfulness in speech and actions.
- ✓ Find an accountability partner to help maintain integrity.

# Pitfall: Pride

I didn't realize that ***pride*** stops a person from growing. It will hinder spiritual and mental growth. ***Pride*** will keep you in a place of denial, delusion, and deception. It will make you believe you know it all and have everything all figured out.

The Bible says pride goes before the fall. I've had to deal with this one in ways I couldn't imagine. I was prideful and didn't know it. I lost just about everything I thought was important.

# OBJECTIVE:

Recognize how ***pride*** blinds men from growth and learn the importance of humility in leadership and relationships.

## KEY SCRIPTURE:

*“Pride goes before destruction, a haughty spirit before a fall.”*

Proverbs 16:18

How does ***pride*** keep men from admitting their mistakes?  
The dangers of pride in relationships, work, and decision-making.

Healthy confidence vs. Destructive arrogance.

# Pitfall: Bad Habits

We all have a few ***bad habits***. The deal is to work on the bad habits and try to help keep and create more of the good habits. Acknowledging and appreciating our good habits will definitely help us as we work towards fulfilling our God-given purpose and destiny. They say it takes 21 days to break bad habits and 21 days to develop good habits that will benefit us. Let's make a list. Making a good habit and a bad habit list will allow us to see some of the things we may need to focus on to be better people, for ourselves and for those who love us. Take some time to fill out the list of Good habits and ***Bad habits***. Make sure you're keeping it real with yourself as you write, but don't be down on yourself, just be real with yourself. Now here's where it really matters: your Good habits list has to be at least twice as long as your Bad habits list. If it's not, that's your current project to work on.

# GOOD HABITS LIST

# BAD HABIT LIST

Let your good habits outweigh your bad habits.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Challenge yourself with how many bad habits you can work to eliminate.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.



# **Final Reflection & Action Plan**

**What were your most identifiable pitfalls from the presentation?**

**Identify three key changes you want to implement in your life moving forward.**

**Write a personal mission statement to guide your growth.**

## **Overcoming 28 Pitfalls Of A Man**

It is our prayer this journey will help you break free and or overcome destructive habits amongst other things and build a foundation for growth and leadership.

**To order Books please  
call 850-499-8926**

# **Bonus Pitfall: Selfishness**

**I, I, I, Me, Me, Me.**

**Why do we put ourselves above and in front of others? We're born selfish. We have to be taught when we're young how to share our toys, food, and then as we age into adulthood, we have to learn how to share ourselves. By the time we get married, we should have already learned how to put someone before us. The problem is, we don't all learn that. Most of us miss it, every day. We put our jobs, friends, drinking, sports, money, ambitions, drugs, gambling, street life, really any and everything, before the things that really matter. If anyone calls us out on this or tells us we're being selfish, then we shut them out, either immediately or slowly. We don't want to hear that. We want to do what we want to do. But here's the deal on this; those people who are close enough to really see us, know us and know what they're talking about. We can't see it because we're in it. It's a blind spot for us. If I had listened every time my wife, or someone in my circle told me the truth instead of**