



Celebrate Recovery Helpful PDFs Table of Contents

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Welcome Newcomers!

The vision of *Celebrate Recovery* here at Memorial Road is to *serve* God by *reaching out* to serve others so that they can step out of denial into God's grace (2 Corinthians 12:9), take an honest and spiritual inventory that will help them *connect* with God, themselves, and others and allow them to *grow* in Christ while helping others. This experience allows us to be changed. We open the door by sharing our experiences, victories and hopes with each other. In addition, we become willing to accept God's grace in solving our problems.

By working the Christ-centered steps and applying their biblical principles found in the Beatitudes (Matthew 5), we begin to grow spiritually. We become free from our addictive, compulsive and dysfunctional behaviors. This freedom creates peace, serenity, joy and most importantly, a personal relationship with God and others.

As we progress through the principles and the steps, we discover our personal, loving and forgiving Higher Power – Jesus Christ. We welcome you to this amazing spiritual adventure!

CELEBRATE RECOVERY CAN:

Provide you a safe place to share your experiences, strengths and hopes with others who are going through the "Principles" in a Christ-Centered recovery.

Provide you a group facilitator who has gone through a similar hurt, hang-up on habit that will facilitate the group as it focuses on a particular Step each week. The facilitator will also keep Celebrate Recovery's "5 Group Guidelines."

Provide you with the opportunity to find an accountability partner or sponsor.
Encourage you to attend other recovery meetings held throughout the week, if available.

CELEBRATE RECOVERY SMALL GROUPS WILL NOT:

Attempt to offer any professional clinical advice. Our leaders are not counselors. We will provide you with a list of approved counseling referrals.

Allow its members to attempt to fix one another.

CELEBRATE RECOVERY

ARE YOU **STRUGGLING** WITH ANY HURTS,
HABITS OR HANG-UPS? JOIN US EVERY FRIDAY.

Friday Night Schedule

- 6:00 - 7:00 p.m.** **Welcome Dinner**
Good food, good fellowship
- 7:00 - 8:00 p.m.** **Large Group Meeting**
A time with all participants together for fellowship, praise and teaching or testimony.
- 8:00 - 9:00 p.m.** **Open Share Groups Meeting**
A time to get together, share and listen with others of similar hurts, hang-ups and habits (gender specific issue specific).
- 9:00 - 10:00 p.m.** **Common Grounds Café**
Great time to get “one to one” with others from your group or just unwind and relax with good fellowship and refreshments.



Things We Are / Are Not

THINGS WE ARE

- A safe place to share.
- A refuge.
- A place of belonging.
- A place to care for others and be cared for.
- Where respect is given to each member.
- Where confidentiality is highly regarded.
- A place to learn.
- A place to demonstrate genuine love.
- A place to grow and become strong again.
- A place for progress.
- Where you can take off your mask and allow others to know who you are.
- A place for healthy challenges and healthy risks.
- A possible turning point in your life.

THINGS WE ARE NOT

- A place for selfish control.
- Therapy.
- A place for secrets.
- A place to look for dating relationships.
- A place to rescue or be rescued by others.
- A place for perfection.
- A place to judge others.
- A quick fix.



CELEBRATE RECOVERY PRINCIPLES

R=

Principle 1 -

Realize I'm not God; I admit that I am powerless to control my tendency to do the wrong thing and my life is unmanageable.

"Happy are those who know they are spiritually poor"

E=

Principle 2 -

Earnestly believe that God exists, that I matter to him, and that he has the power to help me recover.

"Happy are those who mourn, for they shall be comforted"

C=

Principle 3 -

Consciously choose to commit all my life and will to Christ's care and control.

"Happy are the meek"

O=

Principle 4 -

Openly examine and confess my faults to God, to myself, and to someone I trust.

"Happy are the pure in heart"

V=

Principle 5 -

Voluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.

"Happy are those whose greatest desire is to do what God requires"

E=

Principle 6 -

Evaluate all my relationships; Offer forgiveness to those who have hurt me and make amends for harm I've done to others except when to do so would harm them or others.

"Happy are the merciful" "Happy are the peacemakers"

R=

Principle 7 -

Reserve a daily time with God for self examination, Bible readings and prayer in order to know God and His will for my life and to gain the power to follow His will.

Y=

Principle 8 -

Yield myself to God to be used to bring this Good News to others, both by my example and by my words.

"Happy are those who are persecuted because they do what God requires"



12 Steps of Recovery and their Biblical Comparisons

1. We admitted we were powerless over our addictions and compulsive behaviors. That our lives had become unmanageable.

I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. (Romans 7:18)

2. Came to believe that a power greater than ourselves could restore us to sanity.

For it is God who works in you to will and to act according to his good purpose. (Philippians 2:13)

3. Made a decision to turn our will and our lives over to the care of God.

Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God--this is your spiritual act of worship. (Romans 12:1)

4. Made a searching and fearless moral inventory of ourselves.

Let us examine our ways and test them, and let us return to the LORD. (Lamentations 3:40)

5. Admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.

Therefore confess your sins to each other and pray for each other so that you may be healed. (James 5:16a)

6. Were entirely ready to have God remove all these defects of character.

Humble yourselves before the Lord, and he will lift you up. (James 4:10)

7. Humbly asked Him to remove all our shortcomings.

If we confess our sins, he is faithful and just and will forgive us our sins and purify us from all unrighteousness. (1 John 1:9)

8. Made a list of all persons we had harmed and became willing to make amends to them all.

Do to others as you would have them do to you. (Luke 6:31)

9. Made direct amends to such people whenever possible, except when to do so would injure them or others.

Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift. (Matthew 5:23-24)

10. Continued to take personal inventory and when we were wrong, promptly admitted it.

So, if you think you are standing firm, be careful that you don't fall! (1 Corinthians 10:12)

11. Sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and power to carry that out.

Let the Word of Christ dwell in you richly. (Colossians 3:16a)

12. Having had a spiritual experience as the result of these steps, we tried to carry this message to others, and practice these principles in all our affairs.

Brothers, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted. (Galatians 6:1)



CELEBRATE RECOVERY GROUP DESCRIPTIONS

LARGE GROUP

- Worship
- Step or Principles Reading
- Announcements
- Teach lesson from CR Leader Guide or Testimony
- Serenity Prayer
- No Obligation to share
- Mixed Group
- Dismiss to Open Share groups or Class 101
- Information Table

OPEN SHARE GROUP

- Recovery Issue Specific
- Follows Large Group
- Gender Specific
- 1-hour meeting
- Share Struggles & victories
- Acknowledge Sobriety (chips)
- Open to newcomers & Accountability Partners
- Find a sponsor
- Follow the 5 Small Group Guidelines

STEP STUDY GROUP

- Life Recovery Bible
- Use CR Participant Guides
- Answer & discuss questions at the end of each lesson
- 2-hour meeting
- Gender specific
- Mixed Issue Recovery or Issue Specific Recovery
- High Level of Accountability
- Weekly Attendance Expected
- Follow the 5 Small Group Guidelines



Accountability Team

Accountability Partners and Sponsor

We have a limited number of people available to sponsor all the newcomers. That is why developing Accountability Teams are so important. We strongly encourage everyone to develop an accountability team within their open share groups and step study groups.

Here is a chart of the differences between Accountability Partner's and a Sponsor.

Accountability Partners

- Attend Large Group and Open Share Group together.
- Join and attend Step Study Group together.
- Get involved in Celebrate Recovery Service together.
- Holds you accountable for same area of recovery and issues.
- Call each other daily. Encourage each others' program. Requires meeting attendance.
- Help motivates each other.
- Are at the same place (steps, recovery time) in their recoveries.
- Includes at least 3 or 4 people.
- Pray for each other. Attends dinner together and Common Grounds Café.

A Sponsor

- Coaches you through the 8 Principles/Steps; Participant's Guide.
- Available in time of crisis or potential relapse.
- Serves as a sounding board by providing objective point of view.
- Discuss issues in detail too personal for meeting time. (Listens to 5th Step)
- Give recovery related assignments.
- Requires check in calls.
- Has at least 1 year continuous recovery and has completed the 12-Steps.
- Same area of recovery and gender.
- Shares experience strength and hope.
- Will confront denial and procrastination.



Serenity Prayer

God, grant me the serenity to accept
the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.

Living one day at a time,
enjoying one moment at a time;
accepting hardship as a pathway to peace;
taking, as Jesus did, this sinful world as it is;
not as I would have it;
trusting that You will make all things right
if I surrender to Your will;
so that I may be reasonably happy in this life
and supremely happy with You forever
in the next.

AMEN



CELEBRATE RECOVERY GROUP GUIDELINES

1. Keep your sharing focused on your own thoughts, feelings, and actions: This means not your spouse's, boyfriends, or your family members', hurts, habits and hang-ups. Focusing on yourself will benefit your recovery as well as the ones around you. Stick to "I" statements, not "you" or "we". This way we are only speaking in terms of our own experience. **Limit your sharing to 3-5 minutes**, so that everyone has an opportunity to share.

2. There is NO cross talk. Cross talk is when two people engage in a dialogue during the meeting. Each person is free to express feelings without interruptions:
This means distracting comments or questions while someone is sharing or speaking to another member of the group while someone is sharing. Cross talk is also if a member responds to what someone has shared during his or her time of sharing

3. We are here to support one another, not "fix". This keeps us focused on our own issues:
We do not give advice, or solve someone's problem in our time of sharing, or offer book referrals or counselor referrals without being asked for help!
We are not licensed counselors, psychologists, and therapists. Celebrate Recovery is not designed for this. It is up to the participant to include outside counseling to their program when they are ready.

4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group: *(the only exception is when someone threatens to harm themselves or someone else).*
We are not to share information with our spouses/ family/ coworkers. This also means not discussing what is shared in the group with group members. **This is called gossip.** If this guideline is broken, the group member is warned or removed from the group. Keep your Ministry Leader informed.

5. Offensive language has no place in a Christ-centered recovery group:
Therefore, we ask that you please watch your language. The main issue here is that **the Lord's Name in no way be used inappropriately. We avoid graphic descriptions.** If anyone feels uncomfortable with how specific a speaker is being regarding his/her behaviors, then you may indicate so by simply raising your hand. The speaker will then respect your boundaries by being less specific in his/her description.



20 Questions

If you are wondering whether there is a drinking problem in your family, check it out by answering the following questions:

1. Do you lose sleep because of someone's drinking?
2. Do you think a lot about problems that arise because of that person's drinking?
3. Do you ask for promises to stop drinking?
4. Do you make threats?
5. Do you have increasing bad feelings toward the person?
6. Do you want to throw away his or her liquor? Or hide it?
7. Do you think that everything would be okay if the drinking situation changed?
8. Do you feel alone, rejected, fearful, angry, guilty, exhausted?
9. Are you feeling an increasing dislike of yourself?
10. Do you find your moods changing as a direct result of his or her drinking?
11. Do you try to deny or conceal the drinking situation from friends?
12. Do you cover for and protect the person?
13. Do you feel responsible and guilty for the drinking behavior?
14. Are you beginning to withdraw from friends and outside activities?
15. Have you taken over responsibilities that used to be handled by the other person?
16. Are there arguments because too much money is spent on drinking?
17. Do you find yourself trying to justify the way you feel and act in reaction to the drinking behavior.
18. Do you have any new physical symptoms like headaches, indigestion, nausea, shakiness?
19. Do you feel defeated and quite hopeless?
20. Is your work suffering because of the drinking problem?

There is Hope and Help for you here at Celebrate Recovery!



Adult Children of the Chemically Addicted (ACA)

PROBLEM

Many of us found that we had several characteristics in common as a result of being brought up in an alcoholic household.

We had come to feel isolated, uneasy with other people, and especially authority figures. To protect ourselves, we became people pleasers, even though we lost our own identities in the process. All the same, we would mistake any personal criticism as a threat.

We either became alcoholics ourselves or married them or both. Failing that, we found another compulsive personality, such as a workaholic, to fulfill our sick need for abandonment.

We lived life from the standpoint of victims. Having an over-developed sense of responsibility, we preferred to be concerned with others rather than ourselves. We somehow got guilt feelings when we stood up for ourselves rather than giving in to others. Thus, we became reactors, rather than actors, letting others take the initiative.

We were dependent personalities — terrified of abandonment — will to do almost anything to hold onto a relationship in order not to be abandoned emotionally. Yet we kept choosing insecure relationships because they matched our childhood relationship with alcoholic parents.

These symptoms of the family problem of alcoholism made us “co-victims” — those who take on the characteristics of the alcoholic without necessarily ever taking a drink. We learned to keep our feelings down as children and kept them buried as adults. As a result of this conditioning, we confused love with pity, tending to love those we could rescue. Even more self-defeating, we became addicted to excitement in all our affairs, preferring constant upset to workable relationships.

This is a description, not an indictment.

(continues...)

COMMON CHARACTERISTICS AMONG ACA

- † Adult children of alcoholics guess at what normal is
- † Adult children of alcoholics have difficulty in following a project through, from beginning to end
- † Adult children of alcoholics lie when it would be just as easy to tell the truth
- † Adult children of alcoholics judge themselves without mercy
- † Adult children of alcoholics have difficulty having fun
- † Adult children of alcoholics take themselves very seriously
- † Adult children of alcoholics have difficulty with intimate relationships
- † Adult children of alcoholics over-react to changes over which they have no control
- † Adult children of alcoholics constantly seek approval and affirmation
- † Adult children of alcoholics feel that they are different from other people
- † Adult children of alcoholics are either super responsible or super irresponsible
- † Adult children of alcoholics are extremely loyal even in the face of evidence that the loyalty is undeserved
- † Adult children of alcoholics look for immediate rather than deferred gratification
- † Adult children of alcoholics lock themselves into a course of action without giving serious consideration to alternate behaviors or possible consequences
- † Adult children of alcoholics seek tension and crisis and then complain about the results
- † Adult children of alcoholics avoid conflict or aggravate it; rarely do they deal with it
- † Adult children of alcoholics fear rejection and abandonment, yet are rejecting of others
- † Adult children of alcoholics fear failure, but sabotage their success
- † Adult children of alcoholics fear criticism and judgment, yet criticize and judge others
- † Adult children of alcoholics manage time poorly and do not set priorities in a way that works well for them

In order to change, adult children of alcoholics cannot use history as an excuse for continuing their behaviors. They have no regrets for what might have been, for their experiences have shaped their talents as well as their defects of character. It is their responsibility to discover these talents, to build their self-esteem and to repair any damage done. They will allow themselves to feel their feelings, to accept them, and learn to express them appropriately. When they have begun those tasks, they will try to let go of their past and get on with the business of their life.



CHEMICAL DEPENDENCY

If, when you honestly want to, you find you cannot quit drinking or using entirely, or if you have little control over the amount you consume, you are probably an alcoholic and/or an addict. If that is the case, you may be suffering from a problem which only a spiritual solution will conquer.

If you are as seriously alcoholic or addicted as we were, we believe there is no middle-of-the-road solution. We were in a position where life was becoming impossible, and we had passed into the region from which there is no return through human resources.

We had but two alternatives: One was to go on to the bitter end, blotting out the consciousness of our intolerable situation as best as we could, and the other was to accept Jesus Christ as our Higher Power.

Romans 7:15-25 says:

"I do not understand what I do. For what I want to do I do not do, but what I hate I do. And if I do what I do not want to do, I agree that the law is good. As it is, it is no longer I myself who do it, but it is sin living in me. I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. For what I do is not the good I want to do; no, the evil I do not want to do—this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it. So I find this law at work: When I want to do good, evil is right there with me. For in my inner being I delight in God's law; but I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members. What a wretched man I am! Who will rescue me from this body of death? Thanks be to God—through Jesus Christ our Lord! So then, I myself in my mind am a slave to God's law, but in the sinful nature a slave to the law of sin." (NIV)

There is a Solution

By working through the Eight Recovery Principles found in the Beatitudes with Jesus Christ as your High Power, you can and will change! You will begin to experience the true peace and serenity you have been seeking, and you will no longer have to rely on your dysfunctional, compulsive, and addictive behaviors as a temporary "fix" for your pain. By applying the biblical principles of conviction, conversion, surrender, confession, restitution, prayer, quiet time, witnessing, and helping one another, which are found within the Eight Principles and the Christ-centered 12 Steps, you will restore and develop stronger relationships with others and with God.

(continues...)

CHECKLIST FOR SYMPTONS OF CHEMICAL DEPENDENCY

	YES	NO
1. Have you ever decided to stop drinking and/or using for a week or so, but only lasted for a couple of days?	<input type="checkbox"/>	<input type="checkbox"/>
2. Do you wish people would mind their own business about your drinking and/or using – stop telling you what to do?	<input type="checkbox"/>	<input type="checkbox"/>
3. Have you ever switched from one kind of drink or drug to another in the hope that this would keep you from losing control?	<input type="checkbox"/>	<input type="checkbox"/>
4. Have you had to have an “eye-opener” upon awakening during the past year? Do you need a drink or drug to get started, or stop shaking?	<input type="checkbox"/>	<input type="checkbox"/>
5. Do you envy people who can drink or use drugs without getting into trouble?	<input type="checkbox"/>	<input type="checkbox"/>
6. Have you had problems connected with drinking or using during the past year?	<input type="checkbox"/>	<input type="checkbox"/>
7. Has your drinking or using caused trouble at home?	<input type="checkbox"/>	<input type="checkbox"/>
8. Do you ever try to get “extra” drinks or drugs at a party because you did not get enough?	<input type="checkbox"/>	<input type="checkbox"/>
9. Do you tell yourself you can stop drinking or using any time you want to even though you keep getting inebriated when you don’t mean to?	<input type="checkbox"/>	<input type="checkbox"/>
10. Have you missed days of work or school because of drinking or using?	<input type="checkbox"/>	<input type="checkbox"/>
11. Do you have “blackouts”?	<input type="checkbox"/>	<input type="checkbox"/>
12. Have you ever felt that your life would be better if you did not drink or use?	<input type="checkbox"/>	<input type="checkbox"/>

What is your score?

Did you answer YES two (2) or more times? If so, you are probably in trouble with alcohol or drugs.

But again, only you can decide whether you think Celebrate Recovery is for you. Try to keep an open mind on the subject. If the answer is YES, we will be glad to show you how we stopped drinking and using drugs ourselves.

Celebrate Recovery does not promise to solve your life’s problems. But we can show you how we are learning to live without drinking or using one day at a time with the help of our Higher Power, Jesus Christ. We stay away from that first drink. If there is no first one, there cannot be a tenth one. And when we are free of alcohol, we found that life became much more manageable, with Christ’s power.



Co-Dependent Women of Addicted Loved Ones

In the midst of addiction, there are always others who get hurt.

This group is specifically for the women who are involved with men who are addicted to any hurt, hang-up or habit. Even if the man is in recovery, it is nice to have a group for the woman to understand what has happened and the healthy way to respond and move forward.

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Eating Disorders for Women

As women, Food Addiction is unique. Our behavior ranged from daily binges, excessive exercise, to starvation and vomiting. We engaged in a high intake of sweets and unusual rituals while eating. For some of us it was Compulsive Overeating, Bulimia, and Anorexia. We used our bodies to create an illusion that gave us a false sense of self-worth. We jeopardized our relationships, health, jobs, morals, and values; we even neglected our children. All the while, we rationalized our addictive behaviors. “Why can’t I have a little something like everyone else?” “It’s just food” or “What they don’t know, won’t hurt them.” As we lived a double-life, we became disconnected from reality making true intimacy with God, or another, impossible. We took God off His throne and replaced Him with our behavior.

Why? We were running. Running from love, running from pain. From pain of shame, self-hate, and multiple forms of abuse. We lacked self-worth, realistic body image, and feared intimacy. We tried to connect; we tried to escape. We felt abandoned. We had a need to be in control and have power over others and/or situations. Spiritually we were bankrupt.

We have learned to numb our feelings and to cope with our inadequacies by reaching out for a cure that would ultimately destroy us. This in effect defined our belief system in a way that was not in line with God’s plan for our life with food.

Food addiction is progressive. What starts as a little curiosity or negative self-talk, the line we chose to cross, sets us into motion for the next line we choose to cross. Ask the recovering compulsive overeater, bulimic or anorexic when and how they started, and how it ended. We tell ourselves that tomorrow our food behavior will be better, but it never is. Eventually our behaviors resulted in kidney damage, destruction of teeth, malnutrition, cardiac arrest, or diabetes. For many, the risk of death is now a reality. And hopefully before that happens, we hit bottom.

We’ve asked ourselves, “How did we get here?” Sometimes, we don’t even remember why we started in the first place.

To determine if you suffer from an Eating Disorder, ask yourself these questions. . .

1. Do thoughts about food occupy much of your time?
2. Are you preoccupied with a desire to be thinner?
3. Do you starve to make up for eating binges?
4. Are you overweight despite concern by others for you to lose weight?
5. Do you binge and then vomit afterward?
6. Do you exercise excessively to burn off calories?
7. Do you overeat by bingeing or by grazing continuously?
8. Do you eat the same thing every day and feel annoyed when you eat something else?

(continues...)

9. Do you binge and then take enemas or laxatives to get rid of the food you have eaten?
10. Do you hide stashes of food for future eating or bingeing?
11. Do you avoid foods with sugar in them and feel uncomfortable after eating sweets?
12. Is food your friend?
13. Would you rather eat alone? Do you feel uncomfortable when you must eat with others?
14. Do you have specific ways you eat when you are emotionally upset, sad, angry, afraid, anxious or ashamed?
15. Do you become depressed or feel guilty after an eating binge?
16. Do you feel fat even when people tell you otherwise?
17. Are you ever afraid that you won't be able to stop eating when you are on binge?
18. Have you tried to diet repeatedly only to sabotage your weight loss?
19. Do you binge on high-calorie, sugary, forbidden foods?
20. Are you proud of your ability to control the food you eat and your weight?
21. Do you have weight changes of more than 10 pound after binges and fasts?
22. Do you feel your eating behavior is abnormal? Do you try to hide it from others?
23. Does feeling ashamed of your body weight result in more bingeing?
24. Do you make a lot of insulting jokes about your body weight or your eating?
25. Do you feel guilty after eating anything not allowed on your diet?
26. Do you follow unusual rituals while eating, such as counting bites or not allowing the fork or food to touch you lips?

If you checked five or more of the questions numbered 1, 4, 7, 12, 13, 14, 15, 17, 18, 19, 22, 23, 24, you may be dealing with compulsive overeating.

If you checked five or more of the questions numbered 1, 2, 6, 8, 11, 13, 14, 16, 17, 20, 22, 25, 26, you may be dealing with anorexia nervosa.

If you checked five or more of the questions numbered 1, 3, 5, 6, 9, 10, 13, 14, 15, 17, 19, 21, 22, 26, you may be dealing with bulimic nervosa.



FINANCIAL RECOVERY

What do I need to recover from?

- Being unclear about your financial situation. Not knowing account balances, monthly expenses, loan interest rates, fees, fines, or contractual obligations.
- Frequently “borrowing” items such as books, pens, or small amounts of money from friends and others, and failing to return them.
- Poor saving habits. Not planning for taxes, retirement or other non-recurring but predictable items, and then feeling surprised when they come due; a “live for today, don’t worry about tomorrow” attitude.
- Compulsive shopping: Being unable to pass up a “good deal”; making impulsive purchases; leaving price tags on clothes so they can be returned; not using items you’ve purchased.
- Difficulty in meeting basic financial or personal obligations, and/or inordinate sense of accomplishment when such obligations are met.
- A different feeling when buying things on credit than when paying cash, a feeling of being in the club, or being accepted, of being grown up.
- Living in chaos and drama around money: Using one credit card to pay another; bouncing checks; always having a financial crises to contend with.
- A tendency to live on the edge: Living paycheck to paycheck; taking risks with health and car insurance coverage, writing checks hoping money will appear to cover them.
- Unwarranted inhibition and embarrassment in what should be a normal discussion of money.
- Overworking or under earning: Working extra hours to earn money to pay creditors; using time inefficiently; taking jobs below your skill and education level.
- An unwillingness to care for and value yourself: Living in self-imposed deprivation; denying your basic needs in order to pay your creditors.
- A feeling or hope that someone will take care of you if necessary, so that you won’t really get into serious financial trouble, that there will always be someone you can turn to.

(continues...)

The Twelve Steps for Financial Recovery and their Biblical Comparisons

1. We admitted we were powerless over our finances, spending addictions and compulsive behavior, that our life and finances had become unmanageable.

I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but cannot carry it out (Romans 7:18).

2. We came to believe that a power greater than ourselves could restore us and our finances to sanity.

For it is God who is at work in you to will and to act according to His good purpose (Philippians 2:13).

3. We made a decision to turn our life, our will and our finances over to the care of God.

Therefore, I urge you brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God—this is your spiritual act of worship (Romans 12:1).

4. We made a searching and fearless moral inventory of ourselves and our finances.

Let us examine our ways and test them, and let us return to the Lord (Lamentations 3:40).

5. We admitted to God, to ourselves, and to another human being, the exact nature of our wrongs.

Therefore, confess your sins to each other, and pray for each other, so that you may be healed (James 5:16).

6. We were entirely ready to have God remove all these defects of character.

Humble ourselves before the Lord and He will lift you up (James 4:10).

7. We humbly asked Him to remove all our shortcomings in our lives and finances.

If we confess our sins, He is faithful and Just to forgive us our sins and purify us from all unrighteousness (1 John 1:9).

8. We made a list of all persons we had harmed and became willing to make amends and financial restitution to them all.

Do to others as you would have them do to you (Luke 6:31).

9. We made direct amends and financial restitution to such people whenever possible, except when to do so would injure them or others.

Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your offering there in front of the altar. First go and be reconciled to your brother; then come and offer your gift (Matthew 5:23-24).

10. We continued to take personal inventory of ourselves and our finances and when we were wrong, promptly admitted it.

So, if you think you are standing firm, be careful that you don't fall! (1 Corinthians 10:12).

11. We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and our finances and the power to carry that out.

Let the word of Christ dwell in you richly (Colossians 3:16)

12. Having had a spiritual experience and financial freedom as the result of these steps, we tried to carry this message to others, and practice these principles in all our affairs.

Brother, if someone is caught in a sin, you who are spiritual should restore him gently. But watch yourself, or you also may be tempted (Galatians 6:1)



FOOD ADDICTION

Our Addiction Groups will provide support to any and all who struggle with food issues and will focus on strengthening the individual's relationship with God. This will provide freedom from the ongoing internal battle with food. You can expect to become closer to God through His Word, the Recovery Principles, and the love and support of others.

- Do you struggle with overeating or constant dieting?
- Have you been on a diet and lost all the weight, but need support not to go back to unhealthy behaviors?
- Do you ever feel out of control and unable to stop eating?
- Do you eat out of frustration, anger, or fear?
- Does it seem impossible to eat only when you are hungry and stop when you are full?
- Do you eat to feel comfort?

THE PROBLEM

- Throughout our lives many of us have turned to food to ease our pain or fear.
- We felt comfort in eating and found ourselves turning to food whenever we were hurt, angry or frustrated.
- Food became our comforter, our friend.
- Some of us may have one certain food that we cannot stop eating, or are unable to eat only in healthy amounts.
- Some of us may have been emotionally, physically, or sexually abused and use food to cope with the emotions of those events.
- Some of us may have had healthy eating habits as children or young adults; but, at some point in our lives, we chose to overeat and lost the ability to discern when we were physically hungry or when we were physically full.
- Some of us may have turned to food after obtaining sobriety in other areas.
- We thought food was “safe,” not realizing it could become our “drug of choice.”
- We have focused on our body image instead of our health.
- Many of us have tried various diet programs, exercising, medications, or many other ways of trying to control our eating habits.
- We have failed over and over and are left feeling guilty, incapable, and unlovable.
- We have given in to the idea that there is one perfect diet or pill out there that can save us, if only we could find it.
- Some of us believe that thin people do not struggle with food addiction. We have also failed to recognize food as our “drug of choice.”
- As a result of our food addiction, we feel out of control and may struggle with many other areas of our lives.
- Some of us have low self-esteem which may affect our motivation and our relationship with God and others.

THE SOLUTION

- We came to realize that we could not control our addiction to food and that we are powerless.
- We understand that our problems are emotional and spiritual.
- We have become ready to face our denial and accept the truth about our lives and our food addiction.
- We are ready to accept responsibility for our actions and make Jesus the Lord of our lives.
- We are dedicated to learning about healthy eating.
- We are committed to learning the difference between physical and emotional hunger.
- We are willing to turn to God when we are not physically hungry.
- We will begin to view food as fuel for our body so that we will not eat unless we are physically hungry and will stop when we are physically full.
- We are willing to begin the process of recovery and working through the 12 steps to heal ourselves, and start living the life God has planned for us.
- We are willing to find a sponsor and accountability partners.
- We realize our group provides a safe place to share our fears, hurt, or anger and also is a place to rejoice in victories.
- We have become willing to face our character defects and work through these feelings in our group.
- We are willing to take the focus off of food and focus on God.
- We recognize that recovery from food addiction is not about our body image or what foods we eat, but it is about trusting God and having an intimate relationship with Him.
- We are willing to believe and trust in God's love for us and to see ourselves as He sees us.
- We are willing to seek a closer relationship with God.
- By facing our fears, we have realized that Jesus Christ and the Holy Spirit are what we need to overcome them.
- As we surrender our food addiction to God, we will come to know that He is all we need.
- We will continue to seek a daily quiet time with God and will rely on the Holy Spirit as our source of comfort. We will be transformed by the renewing of our minds.
- We will use the tools of recovery: calling our accountability partners, journaling, and reading the Bible.



Relapse Warning Signals

Relapse is a process rather than an event. A group of behaviors, attitudes, feelings, and thoughts develop first. Then these lead to an action - acting out the addiction. One may fall into relapse over a period of hours, days, weeks, and even months. Warning signals to alert you to a possible relapse include:

- Feeling uneasy, afraid, and anxious about staying clean and sober. This begins to increase and serenity decreases.
- Ignoring feelings of fear and anxiety and refusing to talk about them with others.
- Having a low tolerance for frustration.
- Becoming defiant, so that rebelliousness begins to replace what has been love and acceptance. Anger becomes one's ruling emotion.
- The "ISM" (I-Self-Me) attitude grows. Self-centered behavior begins to rule one's attitudes and feelings.
- Increasing dishonesty, whereby small lies begin to surface and deceptive thinking again takes over.
- Increased isolation and withdrawal characterized by missing group meetings and withdrawing from friends, family, and other support.
- Exhibiting a critical, judgmental attitude—a behavior which often is a process of projection—and the person in recovery feels shame and guilt for his or her negative behaviors.
- Lack of self-confidence shown by putting down oneself, overwhelming feeling of failure, a tendency to set us oneself for failure.
- Overconfidence demonstrated by statements such as, "I'll never do that again," or by simply believing that one is the "exception" to all rules about recovery.

(From the book "Conquering Chemical Dependency")



THE TWELVE STEPS FOR PHYSICAL/SEXUAL/EMOTIONAL ABUSE

- **STEP ONE** - We admit we are powerless over the past and as a result our lives have become unmanageable.
- **STEP TWO** - Believe God can restore us to wholeness, and realize this power can always be trusted to bring healing and wholeness in our lives.
- **STEP THREE** - Make a decision to turn our will and our lives over to the care of God, realizing we have Not always understood His unconditional love. Choose to believe He does love us, is worthy of trust, and will help us to understand Him as we seek His truth.
- **STEP FOUR** - Make a searching and fearless moral inventory of ourselves, realizing all wrongs can be forgiven. Renounce the lie that the abuse was our fault.
- **STEP FIVE** - Admit to God, to ourselves, and to another human being the exact nature of the wrongs in our lives. This will include those acts perpetrated against us as well as those wrongs we perpetrated against others.
- **STEP SIX** - By accepting God's cleansing, we can renounce our shame. Now we are ready to have God remove all these character distortions and defects.
- **STEP SEVEN** - Humbly ask Him to remove our shortcomings, including our guilt. We release our fear and submit to Him.
- **STEP EIGHT** - Make a list of all persons who have harmed us and become willing to seek God's help in forgiving our perpetrators, as well as forgiving ourselves. Realize we've also harmed others and become willing to make amends to them.
- **STEP NINE** - Extend forgiveness to ourselves and to others who have perpetrated against us, realizing this is an attitude of the heart, not always confrontation. Make direct amends, asking forgiveness from those people we have harmed, except when to do so would injure them or others.
- **STEP TEN** - Continue to take personal inventory as new memories and issues surface. We continue to renounce our shame and guilt, but when we are wrong, promptly admit it.
- **STEP ELEVEN** - Continue to seek God through prayer and meditation to improve our understanding of His character. Pray for knowledge of His truth in our lives, His will for us, and for the power to carry that out.
- **STEP TWELVE** - Having a spiritual awakening as we accept God's love and healing through these steps, we try to carry His message of hope to others. Practice these principles as new memories and issues surface claiming God's promise of restoration and wholeness.



What Is a Nicotine Addiction?

Two characteristics of an addiction are compulsive use of a substance and continued use despite adverse consequences. The adverse consequences of smoking tend to be fatal.

The following questions will help you determine whether or not your smoking habit is compulsive.

- Do you smoke every day?
- Do you smoke because of shyness or to build self-confidence?
- Do you smoke to escape from boredom and worries while under pressure?
- Have you ever burned a hole in your clothes, carpet, furniture or car?
- Have you ever had to go to the store late at night or at another inconvenient time because you were out of cigarettes?

Answering "yes" to any of the above questions may indicate you are facing a nicotine addiction.

But again, only you can decide whether you think Celebrate Recovery is for you. Try to keep an open mind on the subject. If the answer is YES, we will be glad to show you how we stopped drinking and using drugs ourselves.

Celebrate Recovery does not promise to solve your life's problems. But we can show you how we are learning to live without drinking or using one day at a time with the help of our Higher Power, Jesus Christ. We stay away from that first drink. If there is no first one, there cannot be a tenth one. And when we are free of alcohol, we found that life became much more manageable, with Christ's power.

(From the book "Conquering Chemical Dependency")



What is Codependence?

- My good feelings about who I am stem from being loved by you.
- My good feelings about who I am stem from receiving approval from you.
- Your struggle affects my serenity. My mental attention focuses on solving your problems or relieving your pain.
- My mental attention is focused on pleasing you.
- My mental attention is focused on protecting you.
- My self-esteem is bolstered by solving your problems.
- My self-esteem is bolstered by relieving your pain.
- My own hobbies and interests are put aside. My time is spent sharing your interests and hobbies.
- Your clothing and personal appearance are dictated by my desires as I feel you are a reflection of me.
- Your behavior is dictated by my desires as I feel you are a reflection of me.
- I am not aware of what I want – I ask what you want. I am not aware – I assume.
- The dreams I have for my future are linked to you.
- My fear of rejection determines what I say or do.
- My fear of your anger determines what I say or do.
- I use giving as a way of feeling safe in our relationship.
- My social circle diminishes as I involve myself with you.
- I put my values aside in order to connect with you.
- I value your opinion and way of doing things more than my own.
- The quality of my life is in direct relation to the quality of yours.



Women Survivors of Abuse (Sexual / Physical / Emotional)

Our common background is a history of abuse and our goal is to enter into or maintain recovery. Recovery for us is a twofold issue. We need healing from the traumas done to us at some time in our past; and we need healing from the influence these past experiences continue to have in our present lives.

The Problem

(Most) Survivors of Physical/Sexual/Emotional Abuse. . .

- Are hesitant to identify themselves as victims of abuse.
- Feel isolated, depressed, worthless, and helpless to change.
- Are struggling with feelings about God in relation to their life experiences of being abused.
- Condemn themselves, trying to deny that being abused in the past somehow affects present circumstances.
- Feel out of control; defeated in areas of compulsive behavior.
- Feel angry, bitter, rebellious, having trouble with authority figures.
- Feel a lack of self-worth.
- Are preoccupied with thoughts of what it means to have a “normal” relationship with others; men, friends, family.
- Question their own sexual identity and may experience confusion regarding their own sexuality.
- Desire to regain their sexuality and feel safe intimately.
- Question self-reality; “Who am I?”
- Question whether life has a purpose for living.
- Feel “at home” in crisis situations.
- Struggle with perfectionism or “all-or-none thinking.”
- Desire to have victory through Christ over the life experience of abuse.

The Solution

Survivors of Physical/Sexual/Emotional Abuse Can experience recovery when . .

- We recognize that we are powerless to heal the damaged emotions resulting from our abuse, and we look to God for the power to make us whole.
- We acknowledge that God’s plan for our lives includes victory over the experience of abuse.
- We understand that the persons who abused us are responsible for the abusive acts committed against us. We will not accept the guilt and shame resulting from those abusive acts.
- We look to God and His Word to find our identity as worthwhile and loved human beings.
- We are honestly sharing our feelings with God, and at least one other person, to help us identify those areas needing cleansing and healing.
- We accept the responsibility for our responses to being abused.
- We are willing to accept God’s help in the decision and the process of forgiving our selves and those who have perpetrated against us.
- We are willing to mature in our relationships with God and others.
- We are willing to be used by God as an instrument of healing and restoration in the lives of others.

“The Solution” is partially based upon the book “Helping the Victims of Sexual Abuse” by L. Heitritter & J. Vought