

Small Group Guidelines

1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to three to five minutes.
2. There will be NO cross talk. Cross talk is when two individuals engage in conversation, excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not “fix” one another.
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 injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.

Accountability Team Phone Numbers

Sponsor: _____

Accountability Partners: _____

R e c o v e r y I s s u e s

CHEMICALLY DEPENDENT

We meet every Friday night...
6:00 – 7:00p.m. Dinner
7:00 – 8:00p.m. Main Meeting
8:00 – 9:00 p.m. Small Groups
9:00 – 10:00 p.m. Connection Café

Real Life, Moscow Campus
Eastside Marketplace Mall

For Celebrate Recovery – Moscow Info
www.CRMoscow.com

For World Wide Information on CR
www.celebraterecovery.com

The Problem

Our use of alcohol, prescriptions, or illegal drugs started off as fun, or as a way to relax, or to deal with pain. Perhaps, we just wanted to fit in and it seemed like the thing to do. Now these things are using us and we wonder why we do or say the things we do. We think we are in control, but the evidence of our lives proves our use is out of control. We really don't feel like we can stop using our drug of choice because we're not sure what life would be like if we did. Chemical dependency damages us physically, emotionally, relationally, mentally, and spiritually.

- Physically: We have become physically dependent and we don't know how to stop.
- Physically: We need increased amounts of drugs or alcohol to get the same affect.
- Emotionally: We begin to see the state our lives are in and shame washes over us.
- Emotionally: Our lives are overwhelming.
- Relationally: We see broken relationships, financial pressures and legal issues increase.
- Relationally: We blame others for the mess our lives are in.
- Mentally: Our thinking process revolves around when we get to use again.
- Mentally: The choices we make don't make sense in line with the things we desire and love.
- Spiritually: We are filled with guilt and shame and don't see a solution.
- Spiritually: We wonder if God really exists why He doesn't rescue us from the addiction and fix our problems.

We are in a cruel cycle that seems to have no end. If we try to address recovery without addressing all five areas in recovery we simply learn new destructive coping skills without healing.

The Process of Recovery

At the root of all addiction is our need to control life and seek happiness apart from God. Recovery begins as we come out of denial and admit we have a problem. We then admit we are powerless to control our addictions and turn control over to Jesus Christ. Complete recovery addresses all of the areas we have damaged.

- Physically: We create boundaries so we don't use, such as giving our car keys to someone or give immediate access to money to a family member.
- Physically: We consider medical assistance, counseling, or rehabilitation /hospitalization if necessary to stop using.
- Emotionally: We are willing to give our shame and guilt to the one who has paid the debt for it, Jesus Christ.
- Emotionally: We stop relying on our addictive and compulsive behaviors to "fix" our problems.
- Relationally: We work through the recovery principals while in relationship with sponsors, accountability partners, and/or professional aids.
- Relationally: We stay away from that first drink or fix. When we are free of drugs and/or alcohol we find our problems are more manageable.
- Mentally: We honestly admit our motives and think rationally about expected outcomes.
- Mentally: We begin to own our words and actions and stop blaming others.
- Spiritually: We trust in the sacrifice that Jesus paid and learn to walk in the freedom He offers.
- Spiritually: We live one day at a time without drinking or using with the help of Jesus Christ.

Begin the process of recovery and working through the 12 steps to heal and start living the life God has planned for us. Use the tools of recovery: calling our accountability partners, journaling and reading the Bible. Your story matters and God wants a relationship with you. As you learn the principals of recovery and how to walk with Him and with others, your life will begin to reflect the purposes for why you were created. God has good intentions for you.