

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: _____

Celebrate Recovery

ADULT CHILDREN OF FAMILY DYSFUNCTION

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

We did not grow up feeling valued and safe. We learned our feelings were not important and our needs were not met. Our families didn't provide for our emotional and physical needs, and now we do not see our value or that our needs are important. As a result, we continue the cycle of dysfunction and feel lost in relationships. The following are some examples of patterns that frequently occurred in our dysfunctional families.

- One or both parents struggle with addictions or compulsions
- One or both parents control through the threat or application of physical violence
- Our primary purpose was to respond to the physical and/or emotional needs of the adults (e.g., protecting a parent or cheering up one who is depressed).
- Our financial, emotional or basic physical care was not met.
- There was strong authoritarian control over us
- Falling in line with role expectations and rules was expected without any flexibility.

There are vast differences in our stories, but when patterns like the above are the norm rather than the exception, they foster abuse and/or neglect. As children, we may:

- Have been forced to take sides in conflicts between parents.
- Experienced "reality shifting" in which what was said contradicts what was actually happening (for example, when a parent describes a disastrous holiday dinner as a "good time").
- Have been ignored, discounted, or criticized for our feelings and thoughts.
- Have parents that were inappropriately intrusive, overly involved and protective.
- Have had excessive structure and demands placed on our time, choice of friends, or behavior; or on the other hand received no guidelines or structure.
- Have experienced rejection or special treatment.
- Have been restricted from full and direct communication with other family members.
- Have been allowed or encouraged to use drugs or alcohol.
- Have been locked out of the house.
- Have been slapped, hit, scratched, punched, or kicked.

The Process of Recovery

Our parents may feel threatened when we want to make changes, so change begins with us. Some specific things we can do include:

- We are willing to begin the process of recovery and working through the 12 steps to heal and start living the life God has planned for us.
- We identify painful or difficult experiences that happened during our childhood.
- We connect with a sponsor, pastoral help, and/or professional counseling to help us offer forgiveness to those who have harmed us.
- We make a list of our behaviors, beliefs, etc. that we want to change.
- Next to each item on the list, we write down the behavior, belief, etc. that we want to do/have instead.
- We pick one item on our list and begin practicing the alternate behavior or belief. Choose the easiest item first.
- Once we are able to do the alternate behavior more often than the original, we pick another item on the list and practice changing it, too.
- We use the tools of recovery: calling our accountability partners, journaling and reading the Bible.

Understand that when we stop behaving the way we used to, even for a short time, there may be adverse reactions from our family or friends. We should anticipate what the reactions will be (e.g., tears, yelling, other intimidating responses) and decide how we will respond. Changes may come slowly, but changes are possible when we choose to become an adult who is no longer imprisoned by childhood reactions.