



## Road to Recovery

ILLNESS	WELLNESS
<u>Family of Origin</u> <ul style="list-style-type: none"><li>• Waiting for people to change</li><li>• Relationships with No Limits</li><li>• React &amp; Project</li></ul>	<u>Family of Choice</u> <ul style="list-style-type: none"><li>• Responsibility for Self</li><li>• Relationship that have Boundaries &amp; Limits for Self</li><li>• Open to New Information, &amp; then to Respond</li></ul>



## **The Road of Life**

At first I saw God as my observer, my judge, keeping track of the things I did wrong, so as to know whether I merited heaven or hell when I die. He was out there, sort of like a president. I recognized His picture when I saw it, but I really didn't know Him.

But later on when I met Christ, it seemed as though life were rather like a bike ride, but it was a tandem bike, and I noticed that Christ was in the back helping me pedal. I don't know just when it was that He suggested we change places, but life has not been the same since.

When I had control, I knew the way. It was rather boring, but predictable... it was the shortest between two points.

But when He took the lead, He knew delightful long cuts, up mountains, and through rocky places at breakneck speeds; it was all I could do to hang on! Even though it looked like madness, he said 'Pedal!'

I worried and was anxious and asked, 'Where are You taking me?' He laughed and didn't answer, and I started to learn to trust. I forgot my boring life and entered into the adventure. And when I'd say, 'I'm scared', He'd lean back and touch my hand.

He took me to people with gifts that I needed, gifts of healing, acceptance and joy. They gave me their gifts to take on my journey, my Lord's and mine.

And we were off again. He said, 'Give the gifts away; they're extra baggage; too much weight. So I gave to the people we met, and I found that in giving I received, and still our burden was light.

I did not trust Him, at first, to be in control of my life. I thought He'd wreck it; but He knows bike secrets, knows how to make it bend to take sharp corners, jump to clear high rocks, fly to shorten scary passages.

And I am learning to shut up and pedal in the strangest places, and I'm beginning to enjoy the view and the cool breeze on my face with my delightful, constant companion, Christ.

And when I'm sure I just can't do anymore, He just smiles and says 'Pedal'.



## Understanding Personal Needs

*“freely you have received...therefore freely give” — Matthew 10:8*

*A new commandment! I give to you, that you love one another, even as I have loved you, that you also love one another — John 13:34*

Scriptures are filled with these “one another passages which focus on giving to another. Each contains an admonition to give, but also a need which others must have. A study of these one-another passages gives insight into God-created needs which we have opportunity to meet.

Gratefulness for God’s abundant and gracious provision prompts me to a stewardship of giving to the needs of others (Romans 5:17, I Peter 4:10).

*As each one has received...serve one another as good stewards of the manifold grace of God.*

### **A Recent Survey of Top 10 Needs**

- Attention (care)
- Acceptance
- Appreciation
- Support
- Encouragement
- Affection
- Approval
- Security
- Comfort (empathy)
- Respect

1. **ACCEPTANCE** – deliberate and ready reception with favorable positive response – Rom. 15:7
2. **ADMONITION** – constructive guidance in what to avoid...to warn – Rom. 15:14
3. **AFFECTION** (Greet with a Kiss) – to communicate care and closeness through physical touch – Rom. 16:16
4. **APPRECIATION** (Praise) – to communicate with words and feeling personal gratefulness for another – I Cor. 11:2
5. **APPROVAL** – expressed commendation; to think and speak well of – Rom. 14:18
6. **ATTENTION (Care)** – to take thought of another and convey appropriate interest, support, etc.; to enter into another’s “world” – I Cor. 12:25
7. **COMFORT (Empathy)** – to come alongside with word, feeling and touch; to give consolation with tenderness – I Thes. 4:18
8. **COMPASSION** – to suffer with and through another person in trial/burden – Heb. 10:54



9. **CONFESSION** – open acknowledgment of wrongs committed based upon inner conviction – James 5:16
10. **DEFERENCE (Subject)** – to yield or defer oneself to another for their benefit – Eph. 5:21
11. **DEVOTION** – a firm and dependable foundation of committed care – Rom. 12:10
12. **DISCIPLINE** – to reprove and correct when boundaries are crossed and limits exceeded – Prov. 23:13, Rev. 3:19
13. **EDIFICATION (Build Up)** – to positively promote the growth and development of another – Rom. 14:19
14. **ENCOURAGEMENT** – to urge forward and positively persuade toward a goal – I Thes. 5:11, Heb. 10:24
15. **FORGIVENESS** – to cancel out or “release” wrongs committed and bestow instead unconditional favor – Eph. 4: 32
16. **HARMONY** – an environment of pleasant acceptance and secure love – I Pet. 3:8
17. **HOSPITALITY** – open reception of another with 2 loving heart. – I Pet. 4:9
18. **INTIMACY (Fellowship)** – deep sharing and communion with another as lives are shared in “common” – I John 1:7
19. **KINDNESS** – pleasant and gracious servanthood – Eph. 4:52
20. **LOVE** – seeking welfare of others and opportunity to “do good;” consistent with having first been loved by God and seeing His value of others, the characteristic Word of Christianity – John 13:34
21. **PRAYER** – to entreat God’s attention and favor...upon another – James 5:16
22. **RESPECT – (Honor)** – to value and regard highly; to convey great worth – Rom. 12:10
23. **SECURITY (Peace)** – confidence of “harmony” in relationship; free from harm – Mark 9:50
24. **SERVE** – giving up of one’s self in caring ministry to another – Gal. 5:13
25. **SUPPORT (Bear Burdens)** – come alongside and gently help carry a load (problem, struggle) – Gal. 6:2
26. **SYMPATHY** – to identify with another “emotionally” — I Pet. 3:8
27. **TEACHING** – constructive and positive instruction in how to live – Co. 3:16
28. **TOLERANCE (Forbearance)** – patient endurance of another’s humanness – Eph. 4:2, Col. 3:13
29. **TRAINING (Equip)** – journey with me to model God’s way of facing life’s issues – Luke 6:40
30. **UNDERSTANDING (Same Mind)** – seeking to know and accept; another without judging – Rom. 12:16



## Daily Inventory

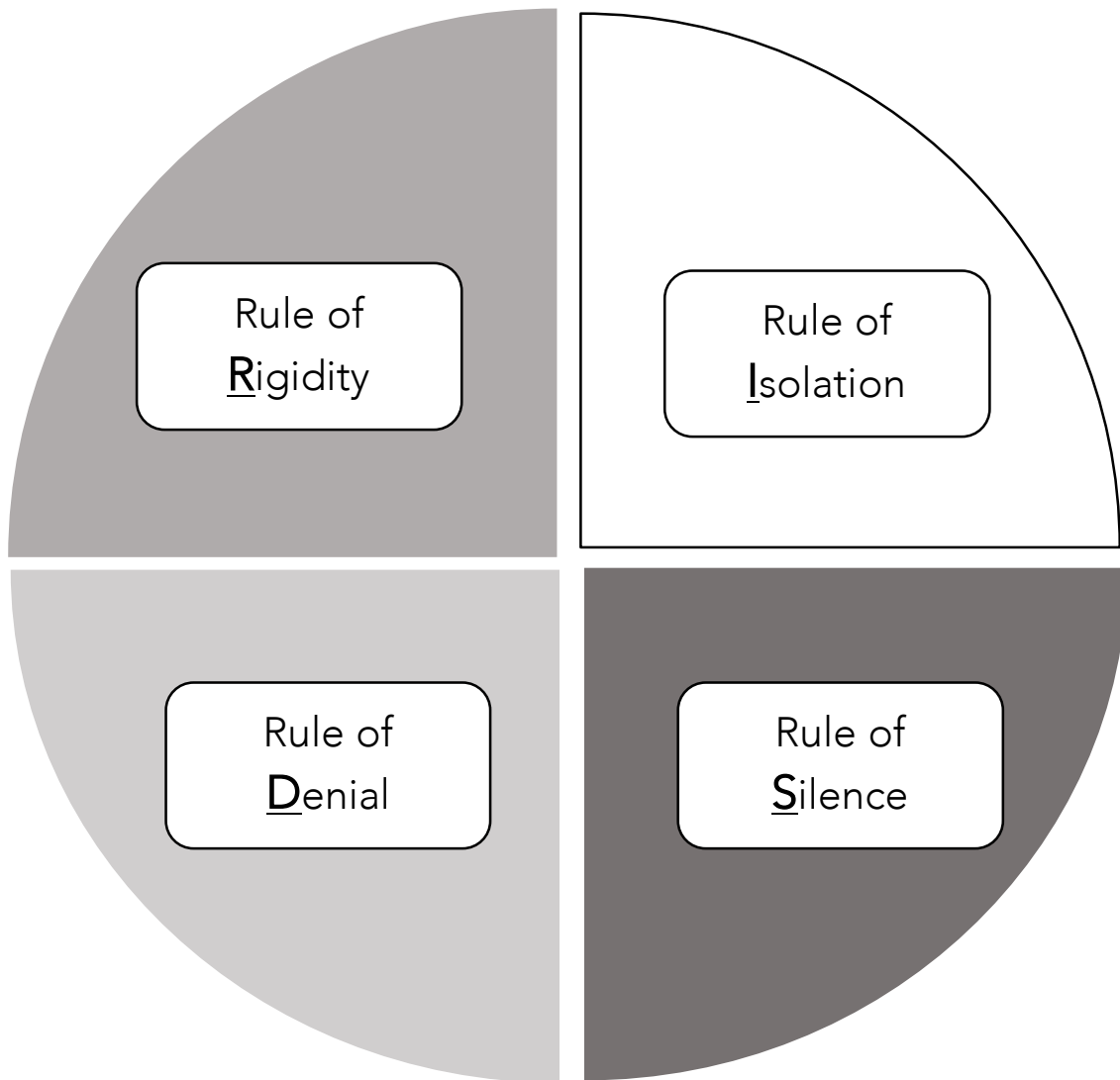
When we retire at night,  
we constructively review the day.  
Were we resentful, selfish, dishonest or afraid?

Personality Characteristics of Self-Will		Personality Characteristics of God's Will	
Selfish and Self-Seeking	<input type="checkbox"/>	<input type="checkbox"/>	Interest in Others
Dishonesty	<input type="checkbox"/>	<input type="checkbox"/>	Honesty
Frightened	<input type="checkbox"/>	<input type="checkbox"/>	Courage
Inconsiderate	<input type="checkbox"/>	<input type="checkbox"/>	Considerate
Pride	<input type="checkbox"/>	<input type="checkbox"/>	Humility – Seeking God's Will
Greedy	<input type="checkbox"/>	<input type="checkbox"/>	Giving or Sharing
Lustful	<input type="checkbox"/>	<input type="checkbox"/>	What Can We Do for Others
Anger	<input type="checkbox"/>	<input type="checkbox"/>	Calm
Envy	<input type="checkbox"/>	<input type="checkbox"/>	Grateful
Sloth	<input type="checkbox"/>	<input type="checkbox"/>	Take Action
Gluttony	<input type="checkbox"/>	<input type="checkbox"/>	Moderation
Impatient	<input type="checkbox"/>	<input type="checkbox"/>	Patience
Intolerant	<input type="checkbox"/>	<input type="checkbox"/>	Tolerance
Resentment	<input type="checkbox"/>	<input type="checkbox"/>	Forgiveness
Hate	<input type="checkbox"/>	<input type="checkbox"/>	Love – Concern for Others
Harmful Acts	<input type="checkbox"/>	<input type="checkbox"/>	Good Deeds
Self-Pity	<input type="checkbox"/>	<input type="checkbox"/>	Self-Forgetfulness
Self-Justification	<input type="checkbox"/>	<input type="checkbox"/>	Humility – Seek God's Will
Self-Importance	<input type="checkbox"/>	<input type="checkbox"/>	Modesty
Self-Condernation	<input type="checkbox"/>	<input type="checkbox"/>	Self-Forgiveness
Suspicion	<input type="checkbox"/>	<input type="checkbox"/>	Trust
Doubt	<input type="checkbox"/>	<input type="checkbox"/>	Faith



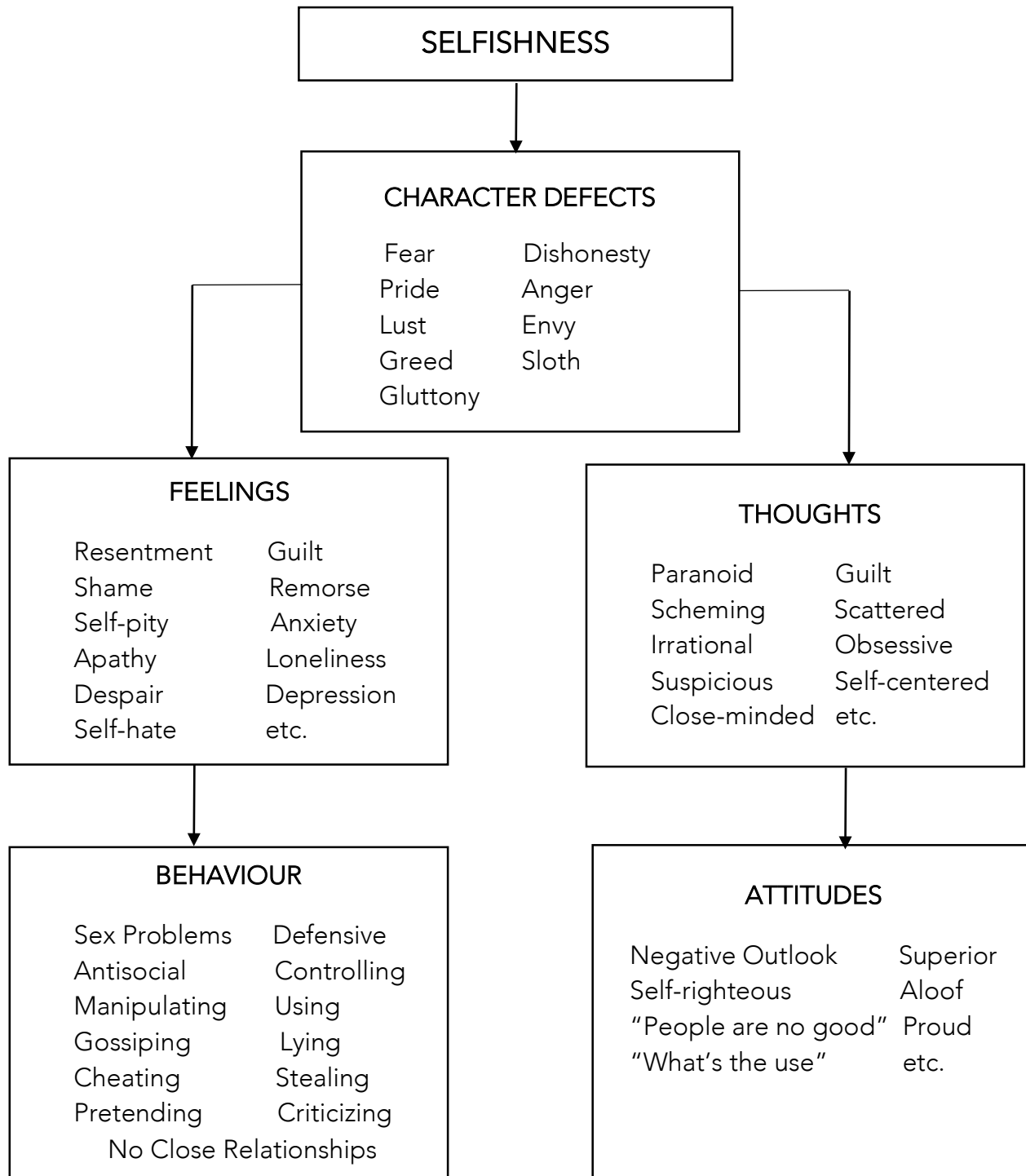
## Closed Family System

Overcome R-I-D-S





## **Selfishness And Its Manifestations**





### **Five Core Beliefs**

1. I am basically a bad, unworthy person.
2. No one would love me as I am.
3. My needs are never going to be met if I have to depend on others.
4. My addiction is my most important need.
5. I am bad because my addiction is my most important need.





## The 12 Steps: Biblical Disciplines for Personal Growth

Peaceful Living	Comes from Acting on Basic Biblical Truths	Structured Into A Program for Daily Life
<i>Living at Peace with God</i>	<b>1</b> Step 1 is about recognizing our brokenness. "For I have the desire to do what is good, but I cannot carry it out" Romans 7:17.	1. We admitted we were powerless over "___" that our lives had become unmanageable.
	<b>2</b> Step 2 is about the birth of faith in us. "If you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there' and it will move. Nothing will be impossible for you" Matthew 17:20.	2. Came to believe that God as we understood Him could restore us to sanity.
	<b>3</b> Step 3 involves a decision to let God be in charge of our lives. "If anyone chooses to do the will of God, he will find out whether my teaching comes from God" John 7:17.	3. Made a decision to turn our will and our lives over to the care of God as we understood Him.
<i>Living at Peace with Our Selves</i>	<b>4</b> Step 4 involves self-examination. "Let us examine our ways and test them, and let us return to the Lord" Lamentations 3:40.	4. Made a searching and fearless moral inventory of ourselves.
	<b>5</b> Step 5 is the discipline of confession. "Therefore confess your sins to each other and pray for each other so that you may be healed" James 5:16	5. Admitted to God, to ourselves, and to another human being the exact nature of our wrongs.
	<b>6</b> Step 6 is a inner transformation sometimes called repentance. "Humble yourselves before the Lord, and He will lift you up" James 4:10.	6. Became ready to have God remove all these defects of character.
	<b>7</b> Step 7 involves the transformation of "purification" of our character. "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.	7. Humbly asked Him to remove our shortcomings.

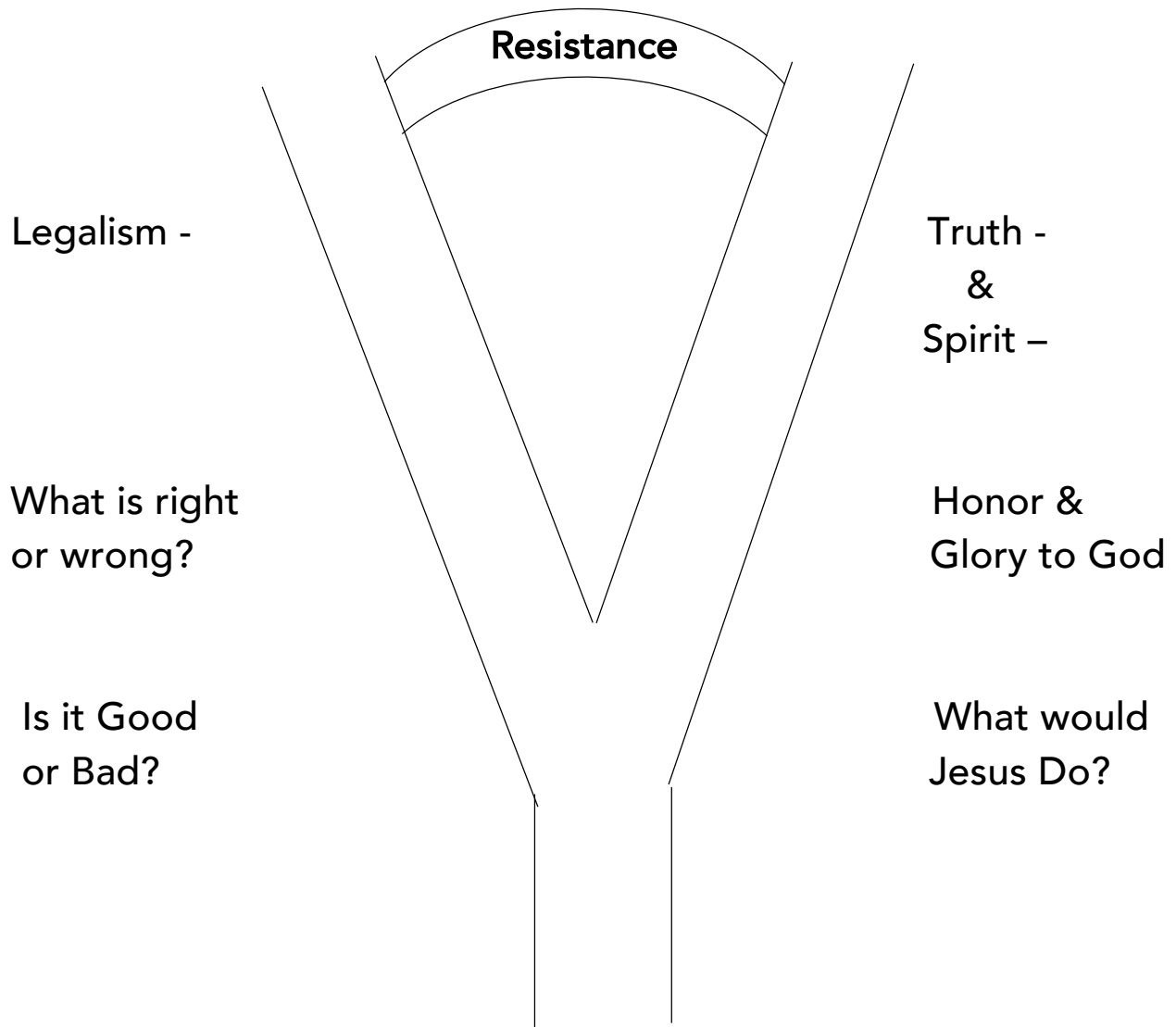


Living in Peace with Others	<b>8</b>	Step 8 involves examining our relationships and preparing ourselves to make amends, "For a man's ways are in full view of the Lord, and he examines all his paths" Proverbs 5:21.	8. Made a list of all persons we had harmed and became willing to make amends to them all.
	<b>9</b>	Step 9 is the discipline of making amends. "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	9. Media direct amends to such people wherever possible, except when to do so would injure them or others.
	<b>10</b>	Step 10 is about growing graceful relationships. "Continue to work out your salvation with fear and trembling, for it is God who works in you" Phil. 2:12	10. Continued to take personal inventory and when we were wrong admitted it.
Growing in Peace	<b>11</b>	Step 11 involves the spiritual disciplines of prayer and meditation. "Is any one of you in trouble? He should pray" James 5:13. "Blessed is the man who...(delights) in the law of the Lord, and on his law he meditates day and night" Psalm 1:1-2.	11. Sought through prayer and meditation to improve our conscious contact with God as we understood Him, praying for knowledge of His will for us and the power to carry that out.
	<b>12</b>	Step 12 is about ministry. "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	12. Having had a spiritual awakening as the result of these steps, we tried to carry this message to others, and to practice these principles in our lives.



HUMAN WILL

GOD'S WILL





## Fourth Step Moral Inventory

### Asset (Positive)

Forgiveness

Courage

Self-Forgetfulness

Humility

Modesty

Self-Valuation

Honesty

Patience

Love

Unpretentious

Trust

Satisfaction

Activity

Promptness

Straight Forwardness

Positive Thinking

Spiritual, Clean Thinking

Tolerance

Praise for Others

Generosity

### Liability (Negative)

Resentment

Fear

Self-Pity

Self-Justification

Self-Importance (Egotistical)

Self-Condensation

Dishonesty (Lying)

Impatience

Hate

False Pride (Phony)

Jealousy

Envy

Laziness

Procrastination

Insincerity

Negative Thinking

Immoral Thinking

Perfectionism, Intolerance

Criticizing, Loose Talk & Gossip

Greed



### Seventh Step Prayer

Dear God,

Thank You for taking complete control of my life in Step Three, and thank You for this opportunity to wipe my slate clean and start my life over anew. I am coming to You on my knees in all humility to humbly ask You to forgive all my past wrongs and to remove all my defects of character.

I acknowledge that my past was sinful, and I ask You now, God, to please forgive all my past sins and trespasses. I am also thankful that You have promised to do this and that You have the power to do it if I but ask. I want to start a new life today, and I ask You to help me do so and to keep helping if I keep asking.

In Step Three I turned my will and my life over to Your care. In Steps Four, Five and Six I have completed my moral inventory and admitted to myself and another person the exact nature of my wrongs. I now admit these wrongs to You, God, and I am entirely ready to have You remove all my defects of character.

I ask You and pray now that You please remove from me every single defect of character. Specifically, I ask You to remove the following shortcomings listed in my Fourth Step moral inventory: (Read aloud here those defects from your list.)

Thank You, God, for removing all my defects of character. Please help me to learn how to keep them out of my life through the effective use of Step Ten.

Thank You, God, for this opportunity for a new beginning in my life and a chance to be a part of the solutions in life instead of the problems. Please grant me wisdom, knowledge and strength as I go out from here to do Your work and live the Victorious Life You designed for me.

Thank You, God, for the Twelve Steps of A.A. which will make Your plan for my life clear to me.

Thank You and praise Your name. Amen.



### Third Step Prayer

Dear God,

I'm sorry about the mess I've made of my life. I want to turn away from all the wrong things I've ever done and all the wrong things I've ever been. Please forgive me for it all.

I know You have the power to change my life and can turn me into a winner. Thank You for choosing me to come into a higher order of life, a life that starts when You move in and goes on forever. Thank You, God, for getting my attention long enough to interest me in trying it Your way.

God, please take over the management of my life, my affairs and everything about me. I am making this conscious decision to turn my will and my life over to Your care and I am asking You to please take over all parts of my life. I surrender my will to Your will and ask You to take over the decision making for me, because I haven't done too well on my own. Thank You, God, for understanding how hard it is for me to give up myself.

And now, God, move into my heart. However You do it is Your business, but make Yourself real inside me and fill my awful emptiness. Take away my uncertainty, my anxiety, my deadness, and my need for alcohol. Take away my terrible resentment that life is such a mess.

And now, God, help Yourself to me and keep on doing it. I'm not sure I want You to, but do it anyhow. Thank You for Your promise that whosoever shall call on the name of the Lord shall be saved. Thank You for saving me and manifesting Yourself in me.

I rejoice that I am now a part of Your people, that my uncertainty is gone forever, and that You now have control of my will and my life.

Thank You and praise Your name. Amen.

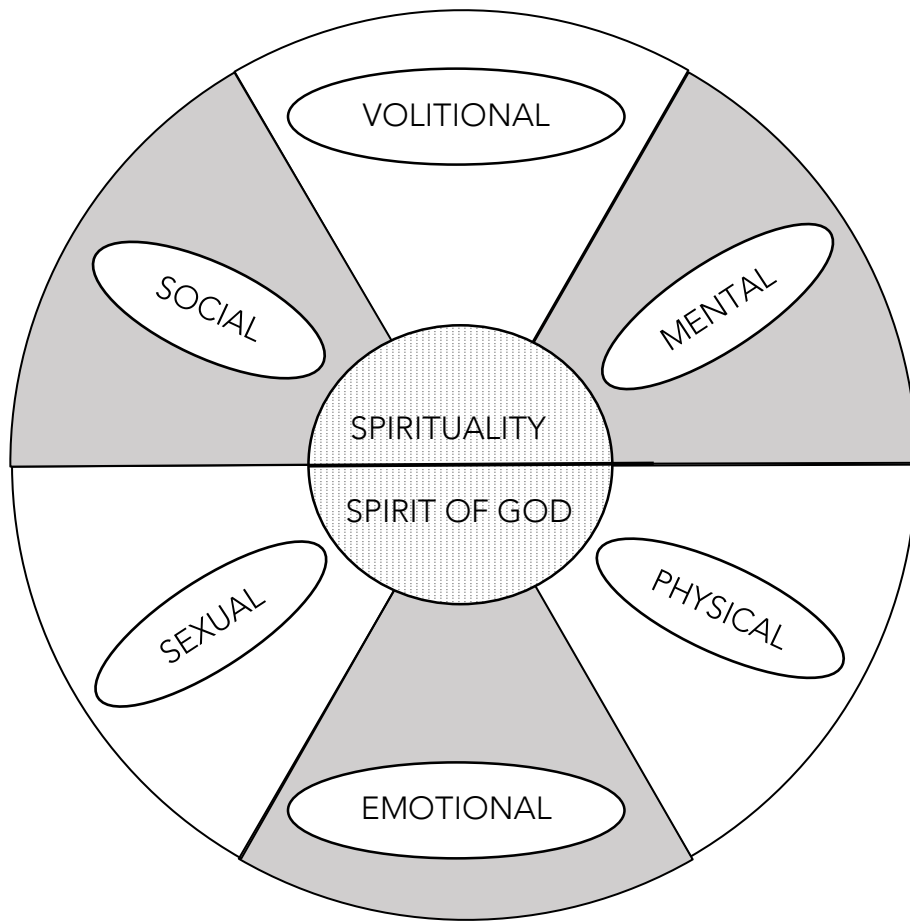


The chart below highlights a significant summary of God's perspective on human need.

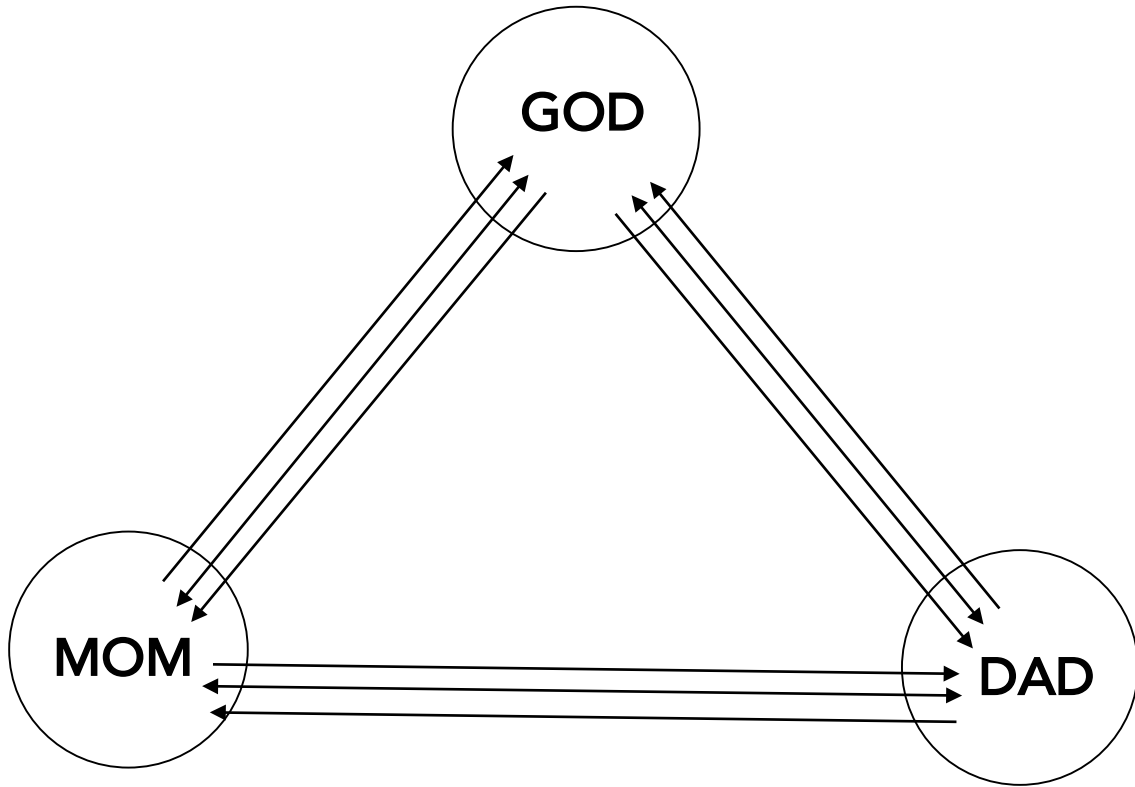
Better understanding of Emotional and Relational Needs	
<u>Selected Physical Needs</u>	<u>Selected Reflections</u>
Air, water, food, rest	<ul style="list-style-type: none"><li>• Certain needs we were born with</li><li>• To have needs is not selfish...but human!</li></ul>
<u>Selected Possible Emotional-Relational Needs</u>	<ul style="list-style-type: none"><li>• We don't "grow out of" human needs</li><li>• Needs can be</li></ul>
Attention, protection, acceptance, security	<ul style="list-style-type: none"><li>- ignored/minimized</li><li>- demanded/coerced</li><li>- trusted to God</li></ul>
Approval, respect, affection, empathy	
Appreciation, understanding	
...and as these needs are met we may "feel" loved	<ul style="list-style-type: none"><li>• God meets many needs "directly" and He may involve people in meeting others</li></ul>



## Whole Person Model







### Five Freedoms of a Functional System

1. Whole greater than the sum of the parts.
- 2.. System is dynamic – constantly seeks openness and growth adjusting to feedback and stress
- 3.. Rules are overt and negotiable.
- 4.. Mutual Respect Balance – Togetherness – individuation.
- 5.. When anxiety is low interpersonally and intraphysically, the force toward individuals automatically emerges.

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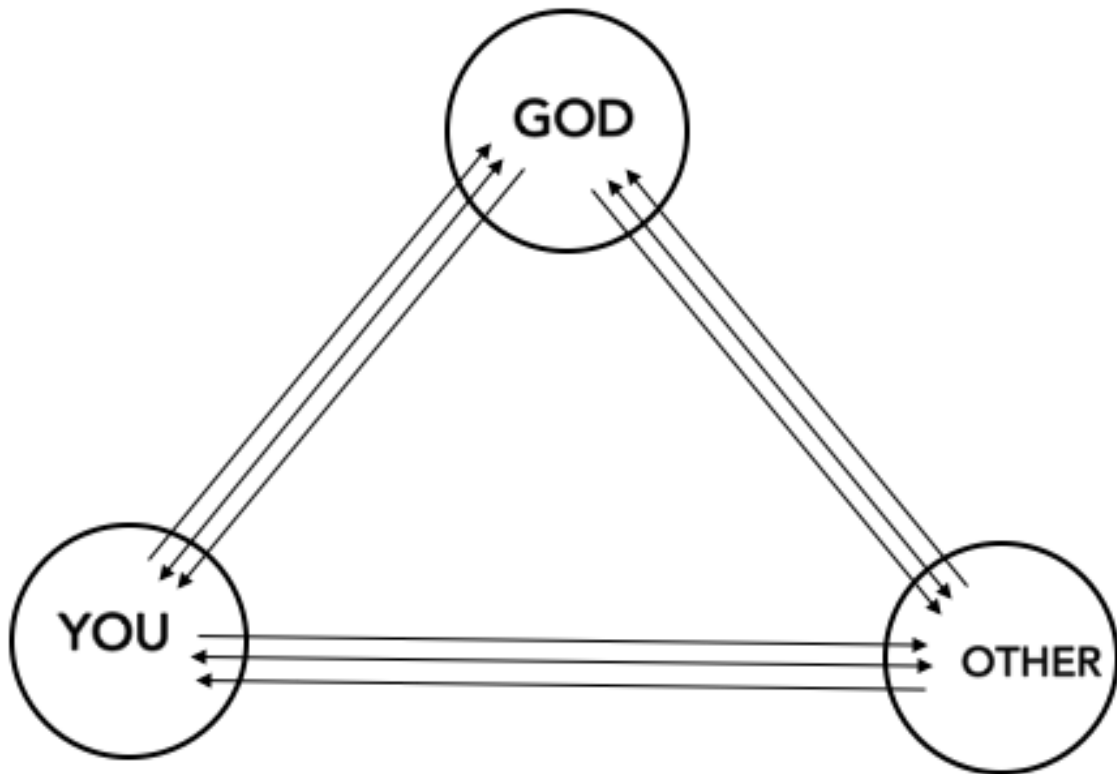
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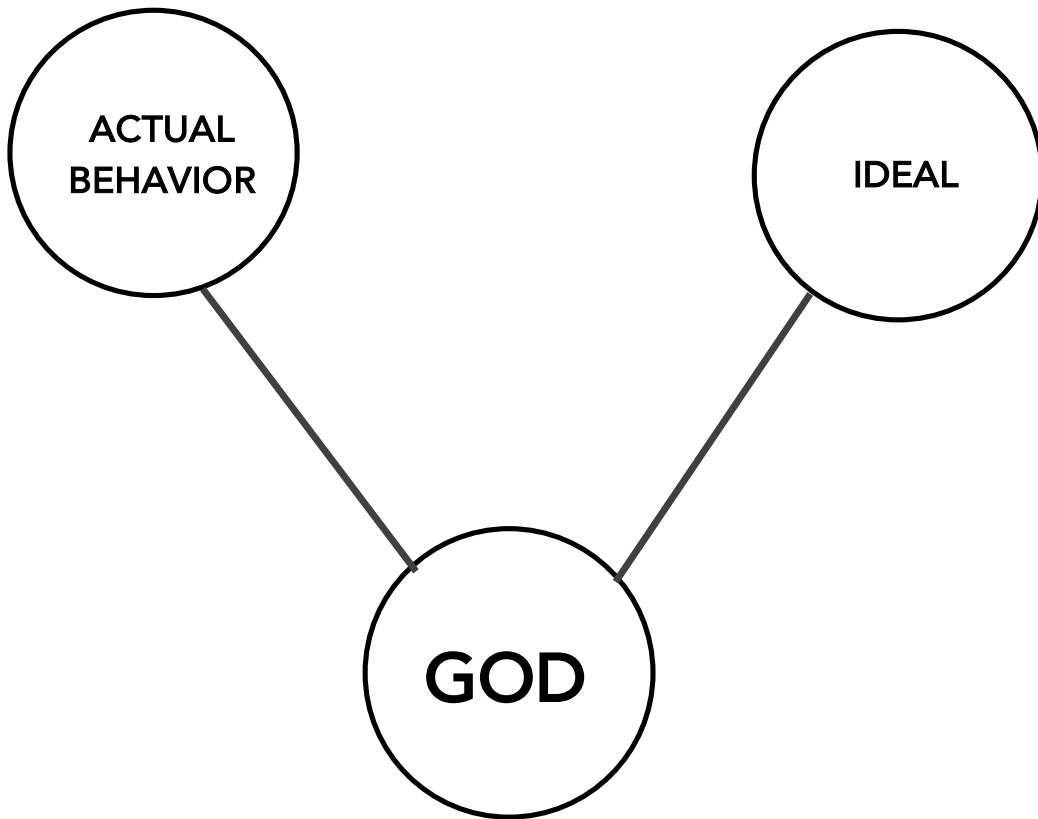
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ACTUAL BEHAVIOR EXPERIENCED

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CHARACTERISTICS OF AN IDEAL GOD

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