



## Major Phases of Overcoming

### I. Rehabilitation

- A. Admittance - Have I admitted I am an addict?
- B. Abstaining - Am I abstaining totally from drugs and alcohol?
- C. Restoration
  - 1. Spiritual - Have I been restored to a relationship with God?
  - 2. Emotional - Have I been freed from root problems that led to addiction?
  - 3. Physical - Am I free from physical craving for the drug?
- D. Isolation - Am I able to stay sober without isolation?
- E. Restitution - Have I made right any wrongs I did to others?

### II. Aftercare

- A. Work ethic - Have I learned to work for the Lord and not for men or money?
- B. Attitudes - Am I daily dealing with wrong attitudes?
- C. Exercise greater freedom - Am I using my free time wisely?
- D. Maintain submission and teachable spirit - Am I responding correctly to God-given authority? (Re: Head of house, pastor, government)

### III. Maintenance

- A. Re-united with family - Am I being equipped to be a spiritual leader?
- B. Weekly accountability - Do I have a spiritual leader that I am spending weekly time with?
- C. Active part of local church - Am I spending weekly time in fellowship and worship in the church?
- D. Helping - Am I reaching out to others who are addicted?