

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: _____

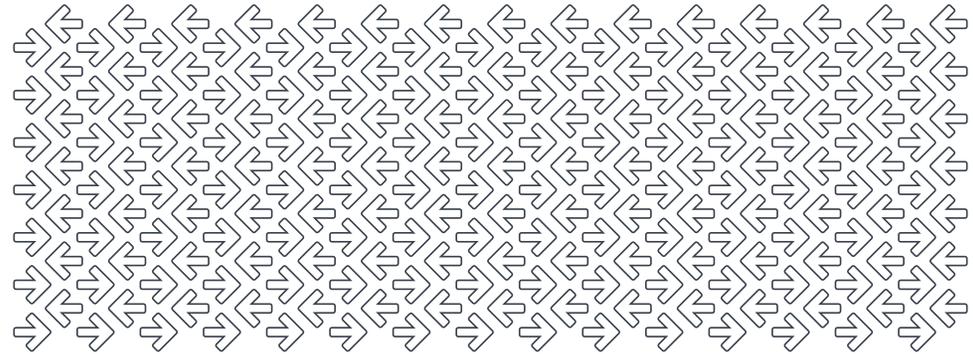
Accountability Partners: _____



Address: 2350 SW Green Oaks Blvd. | Arlington, TX 76017 **Phone:** (817) 468-7729
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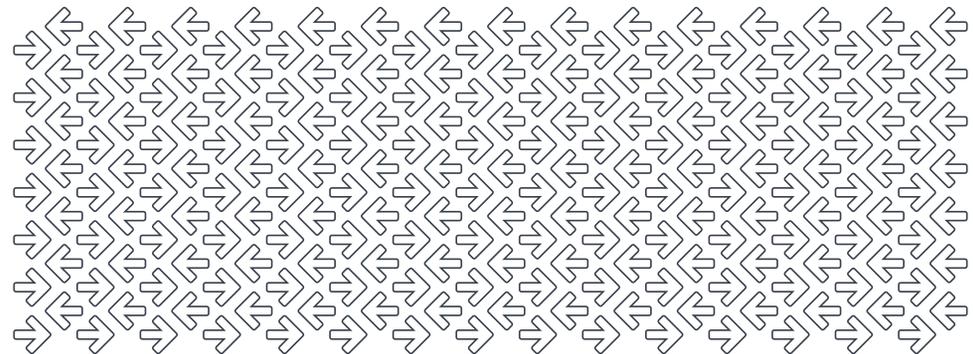
ADDICTIONS

THE PROBLEM AND SOLUTION



RESTORE

— A CHRIST-CENTERED PROGRAM —



DEFINITION:

This is a compulsive or physical dependency on a substance, behavior, or person that helps provide a temporary sense of well-being or relief from anxiety, guilt, shame, stress, etc.

It is often defined as a recurring compulsion to do the same thing over and over, despite harmful consequences to a person's health, mental state or social life. The addictive agent can take many forms.

- Drugs & alcohol
- Food
- Work or need for success
- Money
- Relationships
 - Rescuing behavior
 - Toxic relationships
 - Need for approval
- Exercise & diet
- Materialism
- Sex
- Religious legalism
- The list seems endless . . .

WHAT TO LOOK FOR:

1. Changes in relationships
 - a. Hanging with a different crowd
 - b. Isolating from family and longer friendships
2. Changes in lifestyle
 - a. Eating more or less
 - b. Lack of cleanliness
 - c. Change in clothing
 - d. Withdrawal from activities previously enjoyed
 - e. Change in music
3. Changes in school or work performance
4. Legal or moral problems

RECOMMENDATIONS:

Overcoming addictions is not just about stopping the behavior. In fact, someone will typically exchange one addiction for another, unless they deal with the underlying contributing issue.

1. Begin by rebuilding or establishing a relationship with Jesus Christ.
2. The person must choose to work through any hurt from their family of origin and any past relationships.
3. Make amends in any current relationships.
4. Learn to have healthy relationships by building a support system through Recovery Groups, LifeGroups, etc.
5. Serve with others to help give you a new purpose and perspective.

HELPFUL READING:

A Hunger for Healing by J. Keith Miller

A Mind Set Free by Jimmy Evans

The Search for Significance by Robert McGee

Walking with God Through Pain & Suffering by Timothy Keller

"Let us walk with decency, as in the daylight: not in carousing and drunkenness; not in sexual impurity and promiscuity; not in quarreling and jealousy. But put on the Lord Jesus Christ, and make no plans to satisfy the fleshly desires." Romans 13:13-14 HCSB