

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: _____

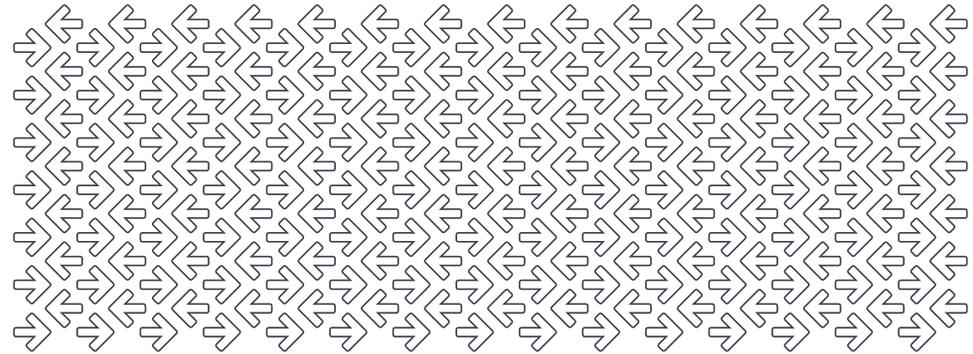


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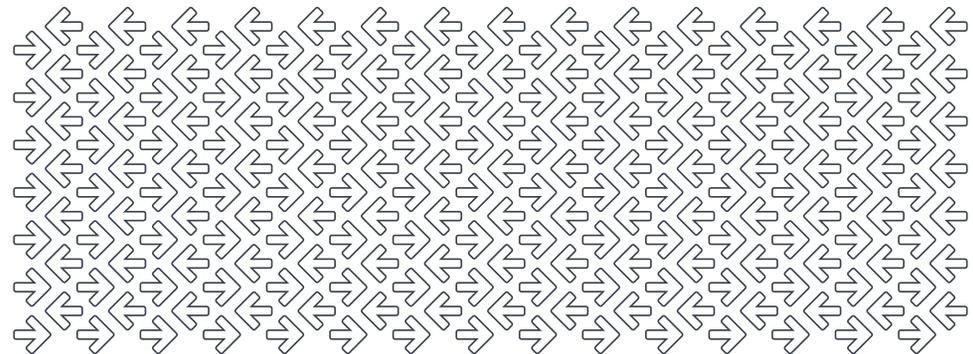
RELATIONSHIP ADDICTION

THE PROBLEM AND SOLUTION



RESTORE

— A CHRIST-CENTERED PROGRAM —



DEFINITION:

A codependent emotional attachment to another person who seems to offer attention and caring. It is a disorder of attachment.

WHAT TO LOOK FOR:

There are a number of causes that contribute to a relationship addiction, but primary among them is the inability to be objective about a person who gives the addict any amount of attention. The relationship addict seems to have the inability to recognize the other person's character defects, weaknesses, and even mental health issues.

Profile of a Relationship Addict

1. Has experienced childhood pain and deprivation.
2. Extremely insecure.
3. Has an unhealthy view of love.
4. Rare but inevitable outbursts of anger.
5. Self-sacrificing.
6. An eagerness to "fix" or "rescue" others.
7. Extremely cautious around others.
8. Has an attraction to abusive or emotionally rejecting people.
9. Experiences sudden, desperate attachment or fixation.
10. Has notable absence of healthy friendships.
11. Indifferent or disgusted with sex.
12. Has an inability to receive from others.
13. Excessively endures destructive behavior(s) of others.
14. Has overblown expectations.
15. Defensive and in denial.
16. Poor self-image.
17. Hungers for attention.
18. Frequent depression.
19. Compulsive and addictive.
20. Controlling.

(The Spiritual Life Guide by Minirth, Meier, & Arterburn)

RECOMMENDATIONS:

Healing Process

1. Learn to accept the truth concerning your addictive behavior.
2. Confess your struggles to someone you trust who has healthy boundaries.
3. Embrace the process of forgiveness. Forgive others for the harm they have done to you and also forgive yourself for the harm you have done to others.
4. Establish a strong healthy accountability team. You need a sponsor who has healthy boundaries as well as accountability partners who have experienced some degree of recovery.
5. Let your focus be on loving God. He will help you to learn to love authentically as well as heal the wounds of your past.

(The Spiritual Life Guide by Minirth, Meier, & Arterburn)

HELPFUL READING:

Love Hunger: A 10-Stage Life Plan for Your Body, Mind & Soul by Minirth, Meier & Hemfelt.

When You Love Too Much: Walking the Road to Healthy Intimacy by Steve Arterburn

"Love the Lord your God with all your heart, with all your soul, with all your mind, and with all your strength." Mark 12:30 (HCSB)

"Finally, brothers, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is lovely, whatever is commendable - if there is any moral excellence and if there is any praise - dwell on these things." Phil. 4:8 (HCSB)