

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: _____

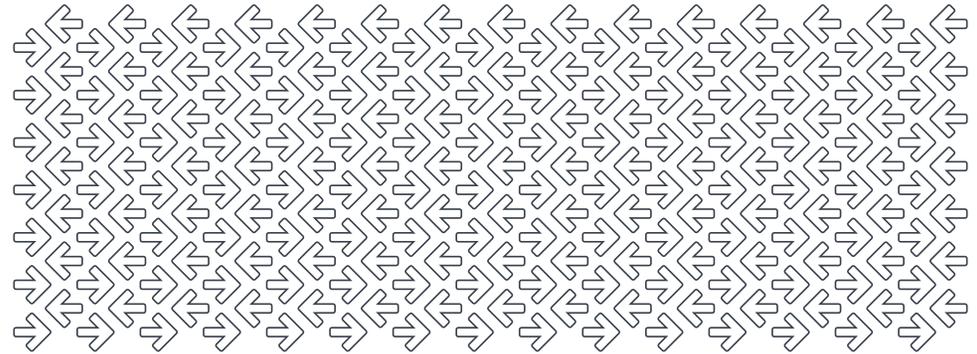
Accountability Partners: _____



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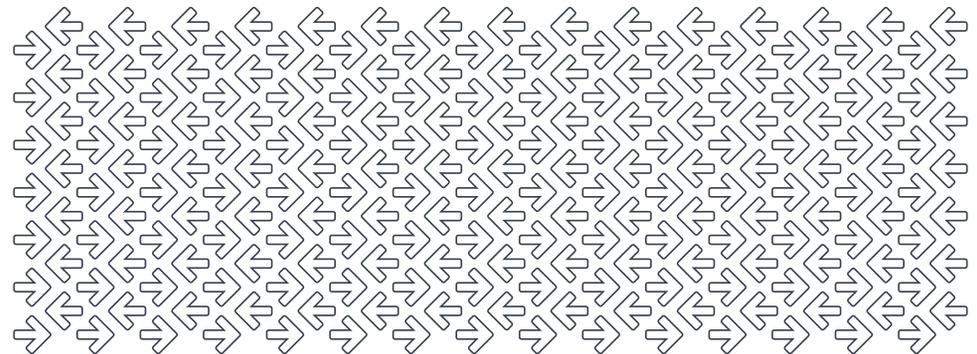
SURVIVING ABUSE

THE PROBLEM AND SOLUTION



RESTORE

— A CHRIST-CENTERED PROGRAM —



DEFINITION:

Abuse can be any form of physical or psychological behavior that is intended to take advantage or manipulate someone for the perpetrator's own use or intended pleasure. The victim is oftentimes unaware of the intent of the other person until it is too late to stop the action or it is after the fact.

Abuse takes many forms – physical, sexual, emotional, and spiritual abuse as well as emotional incest.

WHAT TO LOOK FOR:

Examining Your Childhood

- Do you recall being abused or molested as a child?
- Did a parent, older sibling, or other adult ever do anything to you, then tell you it had to be kept secret?
- Did your parents inflict severe physical pain on you? Did they ever discipline you in such a way that you were left with injuries?
- Were you frequently or continually scared of your parents?
- Did your parents drink to excess or use drugs?
- Did your parent's behavior often make you feel angry, embarrassed or ashamed?
- Did you sometimes have to "clean up" after your parents or make excuses for them?
- As a child did you often find yourself taking care of your parent's emotional and or physical needs?
- Are there periods in your childhood – say, an entire year or several years – that you cannot recall? Are there "blank spots" in your childhood memories?

Examining Your Adult Life

- Do your parents, spouse, boss, etc. still treat you like a child?
- Do your parents, spouse, boss, etc. try to control you with guilt, threats, or manipulative behavior (fake illness, acting like a martyr, and so forth)?
- Do you feel responsible for your authority figure's happiness or unhappiness? When they are unhappy, do you feel it's your job to make them feel better?
- Do you feel that, no matter how hard you try, you will never be able to please your authority figure or be accepted by them?
- Do you become anxious, agitated, angry, or fearful before or after an interaction with your authority figure?
- Do you frequently have physical problems before or after an interaction with your authority figure?
- Do you sometimes experience intense negative emotions – rage, bitterness, sadness – for no apparent reason?
- Do you expect the worst from life? Do you expect people to betray you, abuse,

exploit you, or abandon you? Do you have difficulty trusting people?

- Do you have a tendency to become involved in abusive or destructive relationships?

RECOMMENDATIONS:

Oftentimes it is important to utilize an understanding Christian counselor in your healing process, especially if the abuse was sexual in nature and was repetitive.

All of these Stages should be included in your recovery process:

1. Exploration & Discovery: You explore your past and present life to discover the truth about yourself and your feelings.
2. Relationship History/Inventory: You examine your past and present relationships, discover patterns, and possibly reset your personal boundaries.
3. Addiction Control: You face your addictions and compulsions, and take the first steps toward mastering them.
4. Leaving Home and Saying Goodbye: You say the goodbyes that are appropriate to your healing. You may think you did that years ago, but you probably did not.
5. Grieving Your Losses: You are about to begin moving out of the valley. Grieving is painful, part of the process of "hitting bottom," but this is as low as you go. From here on, you ascend the mountain of healing.
6. New Self-Perceptions: You begin to gain fresh, exciting perceptions about yourself. You make new decisions and positive changes in your life. This is the "eye-opener" stage, and it feels great.
7. New Experiences: You build a foundation of new experiences to bolster the decisions you've just made.
8. Reparenting: You rebuild your past, your present, and your future. The abuse of the past begins to fall away as you allow nurturing friends and a loving Heavenly Father to re-parent you in a healthy way.
9. Relationship Accountability: You establish lines of accountability in your new and healthy set of relationships.
10. Maintenance: You embark on a maintenance program to keep you relationally and emotionally on track for the rest of your life.

HELPFUL READING:

Changes That Heal by Henry Cloud

The Emotionally Destructive Relationship by Leslie Vernick

The Wounded Heart: Hope for Victims of Childhood Sexual Abuse by Dan Allender

Recovering from Religious Abuse by Jack Watts & Robert McGee

"Therefore, if anyone is in Christ, he is a new creation; old things have passed away, and look, new things have come." 2 Corinthians 5:17 HCSB