

Other group opportunities

- **Reformers Unanimous Addictions Program:**
 - Friday: 7pm-9:30pm
 - address / phone
 - Free child care
 - For the entire family
- **Overcomers Bible Study group:**
 - Sunday: 8:45am-9:50am
 - address / phone
 - Nursery available.
 - Sunday School for all ages
 - Coffee and donuts

Reformers Unanimous International:

- Founded by Steve Curington in 1996
- Based in Rockford, IL
- Nearly 800 chapters internationally; in 14 foreign countries.
- Not a cure for addictions, but introduces to the Truth which is the cure.
- 91% of the people who have graduated the Milford RU Chapter are getting victory over their addictions.

About the Book and authors: Recovery without Relapse

- Dr. George Crabb is a board certified doctor who practices Internal medicine and Addiction medicine in Rockford, IL.
- Ben Burks is the International Director for Reformers Unanimous International.

Ten (Key) Principles to Conquer Stubborn Habits

- A Bible based truth that detail a boundary that guarantee freedom and prosperity.
- Boundaries do not limit freedom.
- Freedom is measured by boundaries.
- As we learn to stay within these boundaries, we experience freedom from addictions/strongholds and growth.

>>>> ADDICTIONS HOTLINE 866-733-6768 <<<<

Home Recovery Group

~ Recovery without Relapse ~

Week #7 Assignment

- Key Principle #6 ñ Read pages 23-25
- Chapter 4 ñ Read pages 111-123.

Principle #5: SMALL COMPROMISES LEAD TO GREAT DISASTERS.

(Otherwise known as little sins lead to big sins)

Lu 16:10 He that is faithful in that which is least is faithful also in much: and he that is unjust in the least is unjust also in much.

Mt 6:24 No man can serve two masters: for either he will hate the one, and love the other; or else he will hold to the one, and despise the other. Ye cannot serve God and mammon.

Ro 6:16 Know ye not, that to whom ye yield yourselves servants to obey, his servants ye are to whom ye obey; whether of sin unto death, or of obedience unto righteousness?

REVIEW:

FREEDOM, NOT SOBRIETY, IS THE GOAL (Freedom = A state of exemption from the power or control of another)

Alcoholism and addiction are not diseases, but they are a lifestyle you have chosen in response to certain underlying conditions in your life.

- Alcohol and drugs are not the problem. They are what you are using to help yourself cope with problems.

BONDAGITIS = made up word to accurately describe addictions.

- Bondagitis is a symptom not the problem.
- If we have Bondagitis, we need uncover WHY effectively treat it; and be FREED from it.
- Healing from the source must occur to prevent a return to bondagitis or substitutory addictions.

Identifying and then healing the underlying causes of BONDAGITIS is all about restoring one's body, soul, and spirit to their God-ordained balance.

- *Pr 16:11 A just weight and balance are the LORD'S; all the weights of the bag are his work.*
- We need to obtain balance without the use of substances.
- This balance starts with knowing Jesus Christ as your Savior.
- It continues to develop as we establish a dynamic, intimate, personal relationship with Him.

RELAPSE IS NOT PART OF RECOVERY

- Relapse disrupts balance of body, soul, and spirit.
- Relapse is a coping mechanism.
- Recovery occurs when we learn to use the right tools to cope.
- To properly recover, we must change from the inside out.

Triggers:

- Trigger = event that initiates thoughts, feelings, and sensations, leading to cravings to engage in addictive behavior.

TRIGGER -> THOUGHT -> CRAVING -> ACTIVITY

- When you feed a trigger it grows!
- The best way to deal with a trigger is to be PREPARED!
 - IDENTIFY your triggers.
 - Avoid if you can
 - Equip yourself to handle the trigger. (cast down evil imaginations)

Chapter 4: IT CAN BE YOU

It CAN be you! Recovery without relapse is possible. Freedom is available!

IDENTIFYING TRIGGERS

- Allows us to avoid: Is avoidance a good long-term solution?
- How does identification help us if it turns out to be a trigger that we CANNOT avoid?

Have you identified your trigger?

Why is it a trigger? What about it causes you to begin thinking of engaging in addictive behavior and/or substance abuse?

1. Negative thoughts and emotions: sadness, guilt, anger, anxiety, rumination (deliberation), and catastrophizing (imagining mishap, misfortune, or failure).
2. People and places: seeing someone that you used to participate in substance abuse with; seeing certain people that excites passions; going to a place where these exist.
3. Pictures: the images get stored in our mind and are easily recalled to be used to excite.
4. Things or Items: paraphernalia; items that resemble.
5. Sounds: music; certain sounds.
6. Smells: smoke; odors.
7. Idleness: not engaged. Maxim 1: An idle mind is the devil's workshop/playground.
8. Certain Activities: reminders.
9. Loneliness: isolation.
10. Hunger: craving food.
11. Fatigue:
12. Touch
13. Taste
14. Social Cues: because it's there; events.