



Coaching Tool:

Is Addiction The Root of My Problem?

You're an addict and you'll always be an addict who is surrounded by drama and conflict no matter what you try.	Vs.	God made you whole and provides everything you need to be at peace. The chaos in you and in the world, like addiction, is a result of us believing the enemy and His lies.
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Examples Of What The Enemy Wants You To Think:

- I'm the problem, here. It's all my fault.
- What is wrong with me?
- There must be something wrong with me since everyone doesn't struggle the way I do.
- Why can't I do better? Try harder? Have more will power?
- I'm a useless addict. Why should I even try to change?
- No matter what I do, I always screw things up.
- Why doesn't anyone really love me?

God's Truth Says:

1. **Stop the Insanity**
 - a. Addiction is an important problem that can be life-threatening. We encourage anyone struggling with any addiction to please seek help from a counselor, Anonymous 12 step group or support group in your area. It is important to treat the addiction with proven tools and facilities as needed for your safety and health.
 - b. However, addiction is not the true root of the issue. There are some deep-seeded lies that the enemy has encouraged you to believe from your early years. To escape the pain of those lies or fill your need for love, you have turned to addiction – consciously or unconsciously.



- c. Satan wants to keep distracting all of us from the real problem. He would rather have us running around stomping out the symptoms (lack of will power, conflict & drama, incarceration, etc.) instead of dealing with the core issue (guilt & shame from abuse, believing you're broken, unlovable, not good enough, worthless, etc.).
- d. The enemy wants us working on ourselves just enough to keep us busy, but not enough to address the true roots of the issue and actually access our true freedom in the love of Christ!
- e. If we stay just below the surface, we will only make more work for ourselves by attempting to deal with the symptoms. We will go in circles and waste precious time and energy we could be putting into a relationship with God and working for His Kingdom.
- f. The woman at the well had 4 husbands and was living with a 5th man. She was ashamed to show her face in public until she finally met Jesus and believed He would give her eternal life despite all the mistakes and bad choices she had made. After He addressed the root lie of being worthless and unlovable, the woman not only lost her shame, but sought out the people of the town to tell them about Jesus with her head held high! (John 4)

2. Start True Healing

- a. "He heals the brokenhearted and binds up their wounds" - Psalm 147:3
- b. Whether you are just starting your recovery journey, or you've been in recovery for years, it's important to face and deal with the actual problem: hurts of your past and need to be loved.
- c. This is often the place you'd rather not look at. You'd rather run or stuff it down or ignore it. But when you clean out an old infected wound, the pain you feel is a productive, necessary pain to experience true and *lasting* healing as an overcomer.
- d. Choose to get out of denial and stay out of denial. This is a choice and you can take pro-active steps to confront the lies and rationalizations.

3. Find Clarity & Peace

- a. "The thief comes only to steal and kill and destroy; I have come that they may have life and have it in abundance." - John 10:10
- b. When Satan's lies are revealed, you are free to welcome God's truth into your heart, and come closer to Him than you've ever been before.



- c. Finally rest in being loved by God. He is the “lover of your soul” who “never leaves nor forsakes you”
- d. As you walk in your recovery and healing, always reach out to others to help them along the way. This way we experience God’s love by giving and receiving it.
- e. Discover your path to help others to feel the purpose and fulfillment found in sharing God’s love.

Reflect on this Painting:



Title: “Calvary” By: Stephen Sawyer

You can order a print of this at www.art4god.com/store/Calvary1



Questions To Help You Process This Concept:

1. Do you ever feel a hollow place inside that you want to fill? What do you want to fill it with?

2. Are there areas or people in your life that you want to run away from? Where do you run to?

3. Do you have areas of pain or discomfort that you want to avoid? What do you choose to do instead?

4. Have others complained that you do something too much? Or teased you for “always” doing something? What are those “somethings”?



5. Identifying your “go to” actions or substances can help you identify areas of addiction. Then look at the times you choose those actions or substances. Whatever caused you to want to fill or avoid is pointing to the real problems. Are you willing to start facing those?

Exercises:

1. If you are ready to look below the surface, the first step is to get connected to a recovery group, counselor, and/or sponsor to support you throughout the process.
2. Identify the situations that cause you to have an extreme reaction (see above).
3. Bring these reactions to God and ask Him to show you where you were first hurt in this area.
4. If you are not sure what thoughts or feelings you are experiencing in these highly charged moments, ask God to help you identify them. You can also see a counselor to help you decipher your thoughts and feelings.
5. Unraveling the mess of addictions and their roots is a messy, complicated process for most. Give yourself grace. Ask God to direct you to a safe person who can help you get the help you need. That’s what we did.