

Small Group Guidelines:

1. Please keep your sharing focused on your own thoughts and feelings. Limit your sharing to 3 to 5 minutes.
2. No cross talk please. 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.

~ There is Always HOPE for Healing from all of life's Hurts, Habits & Hang-ups ~

We Meet Every Monday

5:30-6:15 pm	Dinner in Hillside Café
6:30-7:30 pm	Large Group Meeting (Worship, Lesson or Personal testimony)
7:30-8:20 pm	Open Share Small Groups
8:30-9:00 pm	Cross Talk Café (Fellowship, coffee, dessert)

HURTS HABITS & HANG-UPS

The Problem and Solution



 **MINISTRIES OF JESUS**
HEALING SPIRIT, SOUL & BODY

CELEBRATE RECOVERY

EVERY MONDAY NIGHT
HENDERSON HILLS BAPTIST CHURCH
1200 E. I-35 Frontage Rd., Edmond
405.513.7472
www.edmondcr.com

HURTS, HABITS & HANG-UPS

This is a Christ-centered group for those in recovery from a myriad of afflictions such as Control, Anger, Resentments, Fear, Food Issues, Abuse, Same Sex Attraction, Abortion, Narcissism, Adult Children of Dysfunctional Families, Depression &/or Codependency. This is also a good place to start if we are not able to accurately identify the root issue of our negative behaviors, thoughts, desires and emotions.

One of the keys to success in a 12 step recovery program is the coming together of people with similar backgrounds who have common goals and objectives. Our common background is a history of brokenness. Our common goal is to enter into or maintain recovery. Recovery for us is a two-fold issue. We need healing from the pain of our past. We also need to learn new ways of thinking and responding that produce positive results in our lives that do not depend on other people's choices or approval.

One of our objectives is to provide a supportive and safe environment. We respect and acknowledge each person's right to be where they need to be on their own road to recovery. We acknowledge the sensitivity we need to have for each member of this group. Anonymity and confidentiality are a must to insure the safety of each person present.

The Problem

- We have feelings of low self-esteem that cause us to judge ourselves and others without mercy. We cover up or compensate by trying to be perfect, take responsibility for others, attempt to control the outcome of unpredictable events, get angry when things don't go our way, &/or blame and gossip instead of confronting an issue.
- We tend to isolate ourselves and to feel uneasy around other people, especially authority figures.
- We are approval seekers and will do anything to make people like us. We are extremely loyal even in the face of evidence that suggests loyalty is undeserved.
- We take ourselves very seriously.
- We are intimidated by angry people and personal criticism. This causes us to feel anxious, defensive and overly sensitive.
- We habitually choose to have relationships with emotionally unavailable people &/or with addictive personalities. We are usually less attracted to healthy, caring people.
- We live life as victims and are attracted to other victims in our love and friendship relationships. We confuse love with pity and tend to "love" people we can pity and rescue.
- We constantly seek approval and affirmation.

- We avoid conflict or aggravate it; rarely do we deal with it.
- We are either overly responsible or very irresponsible. We try to solve others' problems or expect others to be responsible for us. This enables us to avoid looking closely at our own behavior.
- We fear failure, but sabotage our success.
- We fear criticism and judgement, yet criticize and judge others.
- We feel guilty when we stand up for ourselves or act assertively. We give in to others instead of taking care of ourselves.
- We deny, minimize, or repress our feelings from our traumatic childhood or current traumas. We have difficulty expressing our feelings and are unaware of the impact traumas past & present have on our lives.
- We are dependent personalities who are terrified of rejection or abandonment. We tend to stay in jobs or relationships that are harmful to us. Our fears can either stop us from ending harmful relationships or prevent us from entering healthy, rewarding ones.
- Denial, isolation, control, and misplaced guilt are symptoms of family dysfunction. Because of these behaviors, we often feel hopeless and helpless.
- We have difficulty following projects through from beginning to end.
- We have a strong need to be in control. We overreact to change over which we have no control.
- We tend to be impulsive. We take action before considering alternative behaviors or possible consequences.

The Solution

- We come to understand that our problems are emotional and spiritual.
- We become ready to face our denial and the sin in our own life and stop blaming others for our unhappiness.
- We become ready to accept responsibility for our own actions and make Jesus Lord of our life.
- Through working the steps on a daily basis, we become willing to submit to the process of recovery and know that we will not be healed immediately.
- We become ready to develop accountability partners and sponsors as we share our fears and hurts, and face our own defects and work through these feelings.
- We commit to attend weekly Recovery Open Share &/or Step Study Groups.
- We commit to a daily quiet time with God through prayer and His Word.
- We become ready to discovering and understanding the root of each core issue in which we identify with and become willing to experience grief, forgiveness, and acceptance.
- We become ready to moving out of isolation.
- We are open to receiving experience, strength and hope from others.
- We become ready to restructuring sick thinking one day at a time.
- We commit to progressing from hurting to healing to helping.
- We commit to learning to keep the focus on ourselves in the here and now.