

Dependency Issues

People with dependency issues cannot quit looking at porn, or drinking alcohol, or using drugs, or smoking, or eating compulsively—whatever is the “thing” you do that you really don’t want to. When “using” that “thing” you have little or no control over what, when, or how often you partake. Here is a little self-test you might want to take:

1. Have you ever tried to stop using or doing _____ and found you could not do it alone?
2. When you have stopped, was it difficult for you to stay stopped?
3. Has your using (that “thing”) affected your home-life, work, or relationships?
4. Have you blamed others for "Why" you use that “thing” of choice?
5. Is there something you would have never done had you not been using that “thing”?
6. Are most, if not all, of your problems today related somehow by your using that “thing”?
7. Do your friends and family no longer want you around because of your issue?
8. Do you continue to act out, using your “thing” despite negative consequences?
9. Are you just sick and tired of being sick and tired?
10. Has all of this started to make some sense and are you ready for a new way of life?

Celebrate Recovery offers a solution! Over the years it has achieved much greater success than conventional recovery programs. The steps of Celebrate Recovery are:

- Turning our lives and wills over to the care and control of Jesus Christ. This is necessary because Jesus Christ is our loving Higher Power, and He provides all the resources needed to overcome addictive behavior.
- Attending weekly Celebrate Recovery meetings. Here we learn how to identify the underlying issues causing this behavior. We learn how to use God’s power in eliminating them. We also learn how to forgive those who have hurt us and to make amends to the people we have hurt.

The result is lasting freedom and permanent victory. Why not give it a try?