



Addiction Alibis

These Self-Generated Justifications often become the Lame Excuses that the Immature Addict uses Explain Away their Lack of Effort and Progress.

BOYS MAKE EXCUSES...

1. **Too LATE** – I believe my spouse has giving up on me. The damage has been done. I don't think it's going to work. I don't think doing all this work will matter. Too much water under the bridge.

Boys Make Excuses...Men Don't Give Up

2. **Too HIGH** – What my spouse wants is unrealistic. The bar is set too high. Their EXPECTATIONS aren't realistic. I have to be perfect. I have to do everything right. Feels like there's no grace.

Boys Make Excuses...Men Take the Challenge

3. **Too HARD** – I feel controlled. All the boundaries are cramping my freedom. All the things I now have to do. It's crazy. It's like recovery is my hobby, my free time, even my sleep time.

Boys Make Excuses...Men Humble Themselves

4. **Too BUSY** – As if recovery is all I have to do! I just can't do it all. Sometimes it feels like I have to do an hour each day. I have a life! I don't have the time to do everything asked of me.

Boys Make Excuses...Men Set Priorities

5. **Too MUCH** – It is a ton of work and a ton of time. The 12-Step program alone is said to take a whole year. I have to be "accountable" to someone like I have to be babysat. Consequences. Check-in. 12-Step Program. Homework. Relapse Reports...on and on.

Boys Make Excuses...Men Pay the Price

6. **Too DEEP** – They say I have "Inner Struggles". I have to look inside. Who wants to? Sure, I have baggage. Doesn't everybody? It's like an internal witch hunt and I have to come up with something. What's worse. I am told that I have been lying to myself.

Boys Make Excuses...Men Face Their Junk

7. **Too LONG** – This is not a sprint. It's a marathon – more like an ULTRA marathon. The recovery timeline is an 18-24 months commitment. That's way too extended a time to get where they feel I need to be. I can't commit.

Boys Make Excuses...Men Stay the Course

The RECOVERY PLAN: Colossians 3:23

- "Whatever you do, work at it with all your heart, as working for the Lord, not for man..." NIV
- "Work willingly at whatever you do, as though you were working for the Lord rather than for people." NLT
- "Whatever you do [whatever your task may be], work from the soul [that is, put in your very best effort], as [something done] for the Lord and not for men" AMP

BOYS MAKE EXCUSES...MEN MAKE CHANGES!