



CRITICAL ASPECTS OF ADDICTION RECOVERY

Dr. Dave Currie

It is so important to increasingly grasp the complexity of Addiction Recovery – why it is so much harder than “just stopping”. The follow areas of our crippled, wounded make-up band together to become a formidable enemy to overcome. Recovery is a serious fight on so many fronts. You’d be wise to surrender every one of these aspects of your recovery journey to God. You cannot get freedom without the help of God and others who will walk with you through recovery. This discussion is to ARM you with awareness for battle not OVERWHELM you with the breadth and depth of the enemy at hand.

1. **Biological** – What my body craves for...

- Physiological Dependency
- Physical Cravings are strong
- The URGE has rarely or never been curbed or denied.
- A strong biological addiction is deeply set in
- Repeated behaviour has created a deep addiction (cocaine-like).
- Recovery Success has been short-lived or intermittent at best
- Understanding LAYERS of your addiction
- Behavioural patterns need to change
- Full understanding of how addiction works
- Address the patterns of repeated failure
- Comment to a Sexual Addiction Recovery Game Plan
- Complete the Recovery program – THE FINAL FREEDOM
- I WILL Overcome by the Help of GOD

2. **Psychological** – Where my inner person needs healing...

- Emotional Dependency
- what you have come to believe about yourself
- An Inner Dark Voice has crippled you
- Soul wounds unaddressed continue to cripple you.
- The addiction has brought repeated relief – at least for a while.
- Negative moods erode your will and your will to fight
- Dispositional and situational triggers feed the need to act out.
- An internal life habit has created a pattern of surrender
- An expectancy that this is how I deal with my pain and cravings
- Go for help to address the hurts and soul wounds that cripple you.
- I WILL Overcome by the Help of GOD

3. **Conceptual** – Where my mind is crippling me...

- Cognitive Dependency
- Built your worldview on lies
- Stinking Thinking
- Self-justification
- What are you telling yourself is wrong.
- Negative self-talk cripples your willpower to stop
- Renewing your mind – God-centered thoughts – God-centered plan
- Be in God's
- No mental Toughness
- I can live without PMO
- I can overcome by embracing God's truth
- Start by believing you can say 'No'
- I WILL Overcome by the Help of GOD

4. **Volitional** – What my will is capable of...

- Need-Driven Dependency
- Willpower will need to be rebuilt
- Self-control has eroded
- Resolve has grown weak
- Determination has withered away because of repeated failure
- Lost my resolve – fully controlled by my addiction – I can't stop
- I can't and I haven't defeated it for years
- I will always live with the likelihood of relapse.
- Base your decisions on what you VALUE not on what we FEEL – Dr. Stephen Stosny
- Boys Make Excuses – Men – Make Changes
- Do the work even if you feel like it.
- Showing up regularly is the beginning of victory
- I Can Overcome by Full Surrender to Jesus
- Surrender your WILL – strengthen your RESOLVE
- Quoting Jesus – “Not my will but yours be done”
- I can say 'NO'.
- I WILL Overcome by the Help of GOD

5. **Social** – Why I have convinced myself I don't need others...

- Intrapersonal Dependency – self-reliant
- The addiction drives you to privacy and secrecy
- Private hell – living in the shadows.
- Don't let people get close to you.
- Isolate from others – pull away to create distance
- Fear of being known or worse - discovered
- Blaming others for any behaviour
- Defensive if any one questions you or asks personal questions.
- The opposite of addiction is connection.
- I will become accountable

- I will embrace the input of a 'wingman'
- I will start to believe all the ONE ANOTHER passages of Scripture
- I WILL Overcome by the Help of GOD

6. **Spiritual** – Why my faith shrinks over time...

- Sexual addiction is a sin
- Sin separates me from God
- Satan does NOT want your freedom
- Feel guilty with a relapse.
- Feel shame and embarrassment
- Growing distance – Don't feel close to God
- Unworthy before God – sense His anger and rejection (self-created theology)
- I don't deserve His grace
- We become hesitant to approach the Lord – don't confess our sin
- Quit coming back to Him for His forgiveness, His help and His strength
- Know the Word better. Act on the Word believing it is TRUE
- Commit to go to GOD and Keep on Going back to Him for your freedom.
- I WILL Overcome by the Help of GOD

The Critical Aspects of Addiction Recovery

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The “Black Hole” is the combined impact that the 6 areas of your crippled, wounded make-up have on your day-to-day freedom from your addiction.

