



REGROUP GROWTH ATTITUDE

Dr. Dave Currie

- 1. ENGAGE** – You need to interact, share yourself, open up about your journey and volunteer your thoughts and ideas. Don't wait to be prompted. Share what you are thinking, learning and experiencing. Volunteer yourself freely. **OPPOSITE:** *Hold back and hide. Don't share yourself.*
- 2. HONESTY** – The lying, minimizing and withholding have to END! No BS! You have to be authentic. Be genuine. Tell the TRUTH. Come clean with the group on challenges, temptations, relapses and all. **OPPOSITE:** *Fudge your Story. Downplay your struggle.*
- 3. CONFIDENTIALITY** – You know this and want this. What is shared in the group stays in the group. No names or details are shared elsewhere to anyone. Be open with the guys in the group but only THOSE guys. Be trustworthy on this. **OPPOSITE:** *Blab. Talk about guys whose addiction looks worse.*
- 4. RESPECT** – Submit to the group commitment. Do your part to make ReGroup stronger. Don't be the weakest link. Do your work. Read, grow and push yourself and thus others by your example. Text to inform if you are not making ReGroup. **OPPOSITE:** *Set your own plan. Make your own rules.*
- 5. CONSISTENCY** – No shortcut to recovery. It's work and more work. It's coming again and again to ReGroup to go deeper in your faith and recovery. It's showing up to grow up. The opposite of addiction is connection. Consistency lets you connect and grow. **OPPOSITE:** *Be inconsistent, late and quit early!*
- 6. HUMILITY** – It starts with honest acknowledgement that you need help. Come to submit and learn. Shame drives you inward and isolates you. Humbleness causes you to admit shortcomings and an eagerness to learn. **OPPOSITE:** *Be too proud to listen. Be too proud to learn. Leave early.*
- 7. REACH OUT** – It's fully on you to make a call, text, message on What's App if you are tempted or struggling. POWER grows in secret. You are not alone. Man up and reach out. Recovery is a TEAM SPORT. **OPPOSITE:** *Stay private. Stay isolated. Walk alone.*
- 8. CARE** – Step up to help the other guys. Encourage with words, phone calls and affirmation. Consider visits outside the group. Pray for and with brothers, send Scripture and text support. Love Long and Hard! **OPPOSITE:** *Be selfish. Don't take time for others.*
- 9. GRIT & GRACE** – Rub off the rough spots. Call each other to greatness. Be gracious and loyal in other's struggle. Yet challenge excuses, alibis, minimization or justification. Confront any quitting and giving up. Step up; be a wingman. **OPPOSITE:** *Keep your mouth shut. Don't care or confront!*
- 10. FAITH** – We all need Jesus. Decide to fully surrender to the Lord and His plan for your life. Choose to read and apply His Word. HE will anchor you through this challenging process of recovery. Remember: Put God First – Life Goes Best! **OPPOSITE:** *Be bigger than God. Deny Him the role He could play.*

REGROUP IS YOUR BAND OF BROTHERS!

THESE MEN ARE YOUR WINGMEN!

Be one for them too!