

REGROUP RECOVERY QUESTIONS 2 - 2025

1. Here is something I don't get:

In both this and other circles of ministry to sexual addiction, we are encouraged to do things like install porn blockers on our devices, set up things that will bother or irritate us when we stumble, use bouncing eyes, and other such things.

However, the following piece of scripture reads:

Col 2:20-23 (NIV)

20 Since you died with Christ to the elemental spiritual forces of this world, why, as though you still belonged to the world, do you submit to its rules:

21 "Do not handle! Do not taste! Do not touch!"?

22 These rules, which have to do with things that are all destined to perish with use, are based on merely human commands and teachings.

23 Such regulations indeed have an appearance of wisdom, with their self-imposed worship, their false humility and their harsh treatment of the body, but they lack any value in restraining sensual indulgence.

What I don't get is, why are doing those things being encouraged when scripture clearly states that self-imposed things like this hold no value? How can doing these things amount to practicing spiritual excellence and measure up to God's standard for purity?

Mat 23:25 (NIV)

25 "...You clean the outside of the cup and dish, but inside they are full of greed and self-indulgence.

2. What's the best thing to do when something I do triggers my wife?
3. What is your explanation for possession vs oppression and are their biblical references to support that a believer can be possessed? Is there scripture to also support that once you are a believer and the devil has a foot hold, that hold in your life needs to be cast out?
4. How does having ADHD impact addiction and recovery?
5. How significant is the role of a WINGMAN and how do I find one?
6. Can someone who has ADHD also have I.A.?
7. When my wife and others tell me I am doing great and well, yet my wife treats me differently, without trust and is still believing that the past is the present. How am I supposed to handle that? It's contradicting to me, being told I'm doing great in the present yet being judged still on my past?
8. How does changing behaviors with modifications produce a real heart change? When does one remove the behavior modifications, like software, to know if there is a heart change?

9. My wife wants to hear specific details about thoughts, or things that I've seen. How much detail are we supposed to go into with them when what we say will likely trigger them? Should these things only be discussed with our wingman?
10. My wife wants to be a part of my journey, wants to know what I'm learning, the work I'm doing etc. How much of this info is ok to share, and at what point does "stay in your lane" come into play?
11. How do I get through a day without unwanted thoughts going through my mind, thoughts of past relationships or current friendships?
12. I've been having some fairly vivid dreams recently, what should be disclosed about these? Are there things I can do to avoid these repeated dreams? Am I responsible for these?