

Small Group Guidelines

1. Keep your sharing focused on your own thoughts, feelings, and actions. Please limit your sharing to three to five minutes.
2. There is NO cross-talk please. Cross-talk is when two people engage in a dialogue during the meeting. Each person sharing is free to express feelings without interruptions.
3. We are here to support one another. We will not attempt to “fix” one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.

CO-DEPENDENT WITH CHEMICAL ADDICTS

The Problem and Solution

Accountability Team Phone Numbers

Sponsor _____

Accountability Partners

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The Problem

Co-dependents with chemical addicts feel the need to solve other's problems. Codependency often hides behind "doing the right thing," obeying God, and coming to the rescue of others. Those who suffer from it use other's dependence and approval as a means to feel loved without risking the disclosure of their own needs and doing that which is truly best for them. Like addiction, codependency is a way of coping with our true feelings by avoiding them and managing our external world. Drugs make the world a safe place for addicts and alcoholics; the neediness and approval of others make it safe for codependents.

Questions to ask yourself if you think you might be struggling with codependency:

- Do you worry or obsess about someone else's drug or alcohol use?
- Do you feel that if the addict really cared about you, he/she would stop using?
- Do you feel responsible for getting the alcoholic/addict in your life help?
- Do you find yourself spending time looking for evidence of drinking/drug usage?
- Are you afraid of upsetting someone in fear that it will cause them to use?
- Do you believe that if your addict/alcoholic were sober, your other problems would be solved?
- Do you feel angry, confused, misunderstood and depressed most of the time?
- Do you take steps to cover up the addiction and help keep it hidden?
- Do you make excuses for your loved one's addiction or behavior?
- Do you avoid confronting the addiction in an attempt to avoid conflict?
- Do you believe the problem will eventually resolve itself without help?
- Do you handle the responsibilities of your loved one?
- Have you bailed your loved one out of jail?
- Have you paid bills for your loved one, who likely used income on their addiction?
- Do you have a parent-child relationship with your loved one even though they're your spouse?
- Are you guilty of giving second, third, and fourth chances?
- Do you ever participate in risky behaviors alongside your loved one?
- Do you have difficulty identifying or expressing your own feelings?
- Do you value others opinions and feelings more than your own?
- Do you live with messages of not being good enough, valued, or loved?
- Do you care for others at the expense of your own self needs; feeling victimized and "used" as a result?

- Do you feel anxious saying "no" to someone, even when saying "yes" would compromise your own beliefs, values, and/or integrity?

The Solution

If you are in a relationship with an addict or alcoholic, it is natural to experience codependency. It is tempting to believe that your efforts to help your loved one will influence them to stop using. This is simply not true. Finding peace and healing for yourself is the greatest thing you can give an alcoholic or addict in your life.

Codependent sobriety is a process distinguished by the following:

- Working a program of personal growth, with a group of other Believers, learning to apply the 12 Step principles to day-to day life.
- Accepting and walking in the biblical truth that your self-worth is who you are in Christ, and not based on how others view you, what you do, or the service you perform.
- Learning to recognize and enforce healthy boundaries that accurately establish where you end and another person begins. Not allowing others to compromise those boundaries.
- Learning how to help others in suitable ways, without rescuing or fixing; allowing them to act independently, allowing them to own the results of their choices and behavior.
- Performing acts of service as a choice, not out of duty or for recognition and value from others. Serving with joy using God-given talents and abilities.
- Learning to live a balanced life where self-care and taking responsibility for one's own health and well-being take priority over the addictive behavior and control of others.

If you are diligent to provide willingness, integrity, consistency, and rigorous honesty, God will supply you with the courage, strength, and ability to take the necessary steps to gain freedom from co-dependent behaviors.