

## Definition of Sobriety

Sobriety for ACFD is difficult to define because it requires a basic change in the way I choose to engage with God and others.

In order to change, I cannot use another as an excuse for continuing my own behaviors. I am ready to accept responsibility for my own actions. Sobriety involves a serious commitment to living in relationships differently than before. Instead of pursuing or avoiding relationships out of fear, I now pursue God and others out of a genuine desire to love them well. If I am involved with God and others in ways that are better and healthier than before I began recovery, then I am on the path of recovery!

## Small Group Guidelines

1. Keep your sharing focused on your own thoughts and feelings. Limit your sharing to three to five minutes.
2. There will be NO cross talk. Cross talk is when two individuals engage in conversation, excluding all others. Each person is free to express his or her feelings without interruptions.
3. We are here to support one another, not “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.

\*Please be advised if anyone threatens to hurt themselves or others, their small group leader has the responsibility to report it to Celebrate Recovery Ministry Leader.

## ADULT CHILDREN OF FAMILY DYSFUNCTION



**WE MEET EVERY TUESDAY NIGHT –HENDERSON CAMPUS**

6:30pm-7:15pm Main Meeting

7:15pm-8:30pm Small Groups

8:30pm-9:00pm Hang Out Time

**Central Church- Henderson Campus**

**1001 New Beginnings Drive**

**Henderson, NV 89011**

**(702) 735-4004**

## The Problem

As Adult Children of Family Dysfunction our feelings, thoughts, experiences and assumptions from childhood affect all of us throughout our adulthood. When our experiences come from a dysfunctional home affected by an addict, we can create this “secret” that we carry with us throughout life. As Adult Children of Family Dysfunction our survival skills from childhood- isolation, perfectionism, keep the peace, etc- become our habits and hang-ups as an adult. Other common effects of this experience may include:

- Difficulty expressing our needs or feelings
- Find ourselves constantly seeking the approval of others
- See ourselves as a victim & blame our circumstances on the addict
- Had relationships with people who need to be taken care of or rescued
- May judge ourselves harshly, especially when things do not go perfectly
- May spend time cleaning up the problems of others, neglecting our own
- Experience a deep loss of trust in others
- May live in anxiety waiting for the other shoe to drop
- May overreact to change
- May struggle with unexplained anger, rage & sadness
- May fear being ourselves or rebel around authority figures
- May fear intimacy both emotionally and physically
- May strive for perfection or avoid responsibility all together
- May seek out high risk behaviors- speeding, sexual acting out, addiction to other substances, fighting or other behaviors.

Although this list is not all inclusive, we may experience other behaviors and feelings that have led us to living a life “attached” to the addict even if the addict is no longer living. Regardless of “how we got here” we have many dysfunctional ways of behaving which is keeping us from experiencing a healthy and free life.

## The Solution

As Adult Children of Family Dysfunction we need to discover the difference between our childhood experience and our experiences today. We need to allow ourselves to grieve and allow ourselves to be angry about the bad things that have happened to us. We no longer desire our past to control us; but to do this we need to face our past, allow ourselves to heal and then grab hold of our new life and ways in recovery.

We can move past our experiences by:

- Taking responsibility for our own behavior and choices
- Setting clear limits and boundaries with the addict and others
- Accepting our family member as an addict
- Seeking out healthy relationships in recovery and moving away from isolation
- Being honest with ourselves, our circumstances and our feelings
- Accepting our imperfections
- Discovering our own needs and giving to ourselves
- Allowing our yes to be yes and our no to be no
- Learning to express ourselves calmly and not through defensiveness or over-reacting
- Committing to attend Celebrate Recovery regularly
- Allowing myself to learn how to trust in others

As a result we are able to see our dysfunctional family as they are and release them from affecting our life negatively from this day forward. We are now able to “grow” emotionally and spiritually and in turn learn to accept and love ourselves just as we are.