

# CODEPENDENCY

## The Definition of Sobriety

Sobriety for co-dependency 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 pathway of sobriety!

## 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.



**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

Co-dependency is difficult to label because so many of the codependent actions appear to be Christ-like. Aren't I supposed to prefer others over myself as the Bible says? Don't I put other people's needs over my own? How can I tell what is co-dependency and what is Godly behavior? For most co-dependents the answer is in the motive behind the action.

- Am I sacrificing my identity, desires, or needs to make the other person feel good about themselves or to keep the peace?
- Am I expecting my behavior to make me feel loved and or accepted?
- Am I trying to "manipulate" the other person to do or feel the way I think is appropriate?
- Am I being compliant with the other person's desires just to keep peace even when I don't agree or want to participate in the particular activity?
- Am I agreeing with the person so that I won't be rejected?
- Is my happiness bound up in what the other person thinks about what I say or do?

If the Codependent is in a relationship with an alcoholic or drug-addict:

- Am I losing sleep because of someone's drinking or use of drugs?
- Do I try to deny or conceal the drinking or using situation from friends or family? Do I cover for and protect the person?
- Do I feel responsible and guilty for the drinking or using behavior?
- Am I beginning to withdraw from friends and outside activities?
- Have I taken over responsibilities that used to be handled by the other person?

These are a few of the ways we can check our motives to see if our behavior or thoughts are co-dependent.

## The Solution

- I come to realize through working the 12-steps that I cannot control another person or their behavior.
- I come to understand that my problems are emotional and spiritual.
- I come to realize that blaming myself or others, trying to control another's behaviors, ignoring destructive behaviors, and refusing to set and uphold personal boundaries are all signs of my codependency.
- I become ready to face my denial and the sin in my own life and stop blaming others for my unhappiness.
- I become ready to accept responsibility for my own actions and make God director of my life.
- Through working the 8 Principles and the 12 Steps on a daily basis, I become willing to submit to the process of recovery and know that I will not be healed immediately.
- I become ready to develop accountability partners and a sponsor as I share my fears and hurts, and face my own defects and work through these feelings.
- I will attend the weekly Open Share Group.
- I will commit to a daily quiet time in the Celebrate Recovery Bible.
- I will read about this area of recovery.
- As I understand the root of each core issue I identify with I will be willing to experience grief, forgiveness, and acceptance.