

Definition of Sobriety

In order to change, I, as a survivor of abuse cannot use history as an excuse for continuing my behaviors. I have no regrets for what might have been, for my experiences as well as my defects of character. THEREFORE, our group's definition of sobriety is to discover my talents, to build my self-esteem, and to repair any damage done. I will allow myself to feel my feelings, to accept them, and to learn to express them appropriately. I will not partake in any addictive or self-destructive behaviors that entangle me. When I have begun those tasks, I will try to let go of my past and get on with the business of my life.

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.

PHYSICAL, SEXUAL, EMOTIONAL & VERBAL ABUSE



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

Our common background is a history of abuse and our goal is to enter into or maintain recovery. Recovery for me is a two-fold issue. I need healing from the traumas done to me at sometime in my past; and I also need healing from the influence these past experiences continue to have on my present life.

Most survivors of Sexual/Physical/Emotional/Verbal Abuse...

- Are hesitant to identify themselves as victims of abuse.
- Feel isolated, depressed, worthless, shameful and helpless to change.
- Are struggling with feelings about God in relation to their life experience of being abused.
- Condemn themselves trying to deny that being abused in the past somehow affects present circumstances.
- Feel out of control; defeated in areas of compulsive behaviors.
- Feel angry, bitter, rebellious, and have trouble with authority figures.
- Feel a lack of self-worth.
- Are preoccupied with thoughts of what it means to have a “normal” relationship with others: men, friends, and family.
- Question their own sexual identity and may experience confusion regarding their own sexuality.
- Question self-reality: “Who am I?”
- Question whether life has a purpose for living.
- Feel “at home” in crisis situations.
- Struggle with perfectionism or “all or nothing” thinking.
- I am willing to be used by God as an instrument of healing and restoration in the lives of others.

- Desire to have victory through Christ over the life experience of abuse.

The Solution

A Survivor of Sexual/Physical/Emotional/Verbal Abuse CAN EXPERIENCE RECOVERY WHEN...

- I recognize that I am powerless to heal the damaged emotions resulting from my abuse, and I look to God for the power to make me whole.
- I ask God to lead my life and work the 8 Principles and 12 Steps.
- Form an Accountability TEAM: Sponsor, Accountability Partners.
- Weekly attend the Open Share Group.
- Commit to a daily quiet time in the Celebrate Recovery Bible to find my identity as worthwhile and loved human being.
- Read about this area of recovery.
- Understand the root of each core issue I identify with and become willing to experience grief, forgiveness, and acceptance.
- I acknowledge that God’s plan for my life includes victory over the experience of abuse. I move from being a victim to a survivor!
- I understand that the persons who abused me are responsible for the abusive acts committed against me. I will not accept the guilt and shame resulting from those abusive acts.
- I am honestly sharing my feelings with God and at least one other person to help me identify those areas needing cleansing and healing.
- I accept responsibility for my responses to being abused.
- I am willing to accept God’s help in the decision and the process of forgiving myself and those who have perpetrated against me.
- I am willing to mature in my relationship with God and others.