

# Celebrate Recovery

## CODEPENDENCY

### The Problem and Solution for Women

We meet every Monday night...

6:00 – 6:45pm Dinner

7:00 – 8:00pm Lesson/Testimony

8:00 – 9:00 Small Groups

9:00 – 9:30pm Refreshments & Fellowship

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[www.celebraterecovery.com](http://www.celebraterecovery.com)

## The Problem

On the surface, codependency sounds like “Christian teaching.” Codependents always put others first before taking care of themselves. (Aren’t Christians to put others first?) Codependents give themselves away. (Shouldn’t Christians do the same?) Codependents martyr themselves. (Christianity honors martyrs.)

## Compliance Patterns

**As a codependent, you:**

- Assume responsibility for others’ feelings and behaviors.
- Feel guilty about others’ feelings and behaviors.
- Have difficulty identifying what you are feeling.
- Have difficulty expressing feelings.
- Are afraid of your own anger, yet sometimes erupt in rage.
- Worry about how others may respond to your feelings, opinions, and behavior.
- Have difficulty making decisions.
- Are afraid of being hurt and/or rejected by others.
- Minimize, alter or deny how you truly feel.
- Are very sensitive to how others are feeling and feel the same.
- Are afraid to express differing opinions or feelings.
- Value others’ opinions and feelings more than your own.
- Are embarrassed to receive recognition and praise, or gifts.
- Judge everything you think, say, or do harshly, as never “good enough.”
- Are a perfectionist.
- Are extremely loyal, remaining in harmful situations too long.
- Do not ask others to meet your needs or desires.
- Do not perceive yourself as lovable and worthwhile.
- Compromise your own values and integrity to avoid rejection or others’ anger.

In its broadest sense, codependency can be defined as an addiction to people, behaviors or things. Codependency is the fallacy of trying to control interior feelings by controlling people, things, and events on the outside. To the codependent, control or the lack of it is central to every aspect of life.

# Welcome To The Codependency Group

We welcome you to codependency, a program of recovery from codependence. Here each of us is free to share our experience, strength, and hope in our efforts to find freedom where there has been bondage, and peace where there has been turmoil in our relationships with others and ourselves. Most of us have been searching for ways to overcome the struggles stemming from the conflicts in our relationships and our childhoods. Many of us were raised in families where addictions existed; some of us were not. In either case, we have found in each of our lives that codependence is a most deeply rooted compulsive behavior and that it is born out of our sometimes moderately, sometimes extremely dysfunctional family systems. We have each experienced in our own ways the painful trauma of the emptiness of our childhood and relationships throughout our lives.

We have attempted to use others; our mates, friends, and even our children, as our sole source of identity, value, and well-being, and as a way of trying to restore within us the emotional losses from our childhoods. Our histories may include other powerful addictions which at times we have used to cope with our codependence.

We have all learned to survive life, but in Celebrate Recovery we are learning to live life. Through applying the 8 Recovery Principles and the 12 Steps to our daily life and relationships both present and past; we can experience a new freedom from our self-defeating lifestyles. It is an individual growth process. Each of us is growing at our own pace and will continue to do so as we remain open to God's will for us on a daily basis. Our sharing is our way of identification and helps us to free the emotional bonds of our past and the compulsive control of our present.

No matter how traumatic your past or despairing your present may seem, there is hope for a new day in this program. No longer do you need to rely on others as a power greater than yourself. May you instead find in here a new strength within to be that which God intended for you; PRECIOUS and FREE.

# The Solution

Jesus taught the value of the individual. He said we are to love others equal to ourselves, not more than ourselves. The love of self-forms the basis for loving others. The differences between a life of service and codependency take several forms. Motivation differs. Does the individual give herself and her service freely or because she considers herself to be of no value? Does she seek to “please people”? Does she act out of guilt and fear? Does she act out of a need to be needed (which means she actually uses the other person to meet her own needs; the “helpee” becomes an object to help the helper achieve her own goals).

- Codependents learn to gain his self-worth through Jesus Christ.
- Christianity (The Bible) teaches that a person has worth simply because he was created by God.
- Your self-worth is not based on the work you do or the service you perform.
- Service is to be an active choice. Codependents learn to “act” rather than “react.”
- Codependents allow healthy Christian service to bring joy.
- Christian faith calls for balanced living and taking care of yourself.
- Codependents learn to choose balanced behavior rather than addictive behavior and to allow others to be in charge of their own lives.
- Codependents learn how to set and hold healthy boundaries and to set limits for themselves, not allowing others to compromise those boundaries.
- Codependents learn to help others in appropriate ways, by allowing others to act independently, rather than making others dependent on them.
- Codependents learn to be God-directed and be free from compulsiveness, knowing that God brings the ultimate results

# The Promises Of Our Table

I can expect a miraculous change in my life by working the Celebrate Recovery program. As I make an honest effort to work the 8 Recovery Principles as well as the 12 Steps...

1. I know a new sense of belonging. The feeling of emptiness and loneliness will disappear.
2. I am no longer controlled by my fears. I overcome my fears and act with courage, integrity, and dignity.
3. I know a new freedom.
4. I release myself from worry, guilt, and regret about my past and present. I am aware enough not to repeat it.
5. I know a new love and acceptance of myself and others. I feel genuinely lovable, loving, and loved.
6. I learn to see myself as equal to others. My new and renewed relationships are all with equal partners.
7. I am capable of developing and maintaining healthy and loving relationships. The need to control and manipulate others will disappear as I learn to trust those who are trustworthy.
8. I have learned that it is possible to mend; to become more loving, intimate, and supportive. I have the choice of communicating with my family in a way which is safe for me and respectful of them.
9. I acknowledge that I am a unique and precious creation.
10. I no longer need to rely solely on others to provide my sense of worth.
11. I trust the guidance I receive from God and have come to believe in my own capabilities coupled with His.
12. I gradually experience serenity, strength, and spiritual growth in my daily life.

## 12 Steps And Their Biblical Comparison

1. We admitted we were powerless over food and compulsive overeating, that our lives had become unmanageable.  
*"I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out."* – Romans 7:18
2. We came to believe that a power greater than ourselves could restore us to sanity.  
*"For it is God who works in you to will and to act according to His good purpose"* Philippians 2:13
3. We made a decision to turn our lives and our wills over to the care of God.  
*"Therefore, I urge you, brothers, in view of God's mercy, to offer your bodies as living sacrifices, holy and pleasing to God – this is your spiritual act of worship."* Romans 12:1
4. We made a searching and fearless moral inventory of ourselves.  
*"Let us examine our ways and test them, and let us return to the lord."* Lamentations 3:40
5. We admitted to God, to ourselves, and to another human being the exact nature of our wrongs.  
*"Therefore confess your sins to each other and pray for each other so that you may be healed."* James 5:16
6. We were entirely ready to have God remove all these defects of character.  
*"Humble yourselves before the Lord, and he will lift you up."* James 4:10
7. We humbly asked Him to remove all our shortcomings.  
*"If we confess our sins, he is faithful and will forgive us our sins and purify us from all unrighteousness."* 1 John 1:9
8. We made a list of all persons we had harmed and became willing to make amends to them all.  
*"Do to others as you would have them do to you."* Luke 6:31
9. We made direct amends to such people whenever possible, except when to do so would injure them or others.  
*"Therefore, if you are offering your gift at the altar and there remember that your brother has something against you, leave your gift there in front of the altar. First go and be reconciled to your brother; then come and offer your gift."* Matthew 5:23-24
10. We continued to take personal inventory and when we were wrong, promptly admitted it.  
*"So, if you think you are standing firm, be careful that you don't fall!"* 1 Corinthians 10:12
11. We sought through prayer and meditation to improve our conscious contact with God, praying only for knowledge of His will for us and power to carry that out.  
*"Let the word of Christ dwell in you richly."* Colossians 3:16
12. Having had a spiritual experience as the result of these steps, we try to carry this message to compulsive overeaters and to practice these principles in all our affairs.  
*"Brothers, if someone is caught in a sin, you who are spiritual should restore him gently, But watch yourself, or you also may be tempted."* Galatians 6:1

## 8 Recovery Principles

1. **R**ealize I am not God. I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable.  
*“Happy are those who know they are spiritually poor.” Matthew 5:3*
2. **E**arnestly believe that God exists, that I matter to Him and that He has the power to help me recover.  
*“Happy are those who mourn, for they shall be comforted.” Matthew 5:4*
3. **C**onsciously choose to commit all my life and will to Christ’s care and control.  
*“Happy are the meek.” Matthew 5:5*
4. **O**penly examine and confess my faults to myself, to God, and to someone I trust.  
*“Happy are the pure in heart.” Matthew 5:8*
5. **V**oluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects.  
*“Happy are those whose greatest desire is to do what God requires.” Matthew 5:6*
6. **E**valuate all my relationships. Offer forgiveness to those who have hurt me and make amends for harm I’ve done to others, except when to do so would harm them or others.  
*“Happy are the merciful.” Matthew 5:7*  
*“Happy are the peacemakers.” Matthew 5:9*
7. **R**eserve a daily time with God for self-examination, Bible reading, and prayer in order to know God and His will for my life and to gain the power to follow His will.
8. **Y**ield myself to God to be used to bring this Good News to others, both by my example and by my words.  
*“Happy are those who are persecuted because they do what God requires.” Matthew 5:10*

# Small Group Guidelines

## Self-Focus:

We are here to work on ourselves, not on others. Please, keep your sharing focused on your own thoughts and feelings, and limit your sharing time to 3-5 minutes and let everyone know when you are done talking. We are also free to choose not to share and remain quiet without being singled out.

## Confidentiality:

What is said or done in this group is not to be discussed elsewhere (including prayer requests). This is absolutely necessary in order for this to be a SAFE PLACE.

## Respect Others:

We do not judge, criticize, analyze or “fix” others as this takes away from our own recovery. We won’t give advice or scriptures in an attempt to fix another. We will only share them as it pertains to our own healing, this includes after small groups as well. We are here to support each other. Each of us is free to find our own answers. Always use me or I statements.

## Cross Talk:

There will be no cross talk (two individuals engaging in dialogue which excludes all others). Each person is free to express feelings without interruption.

## Tissues & Physical Contact:

Passing tissue and/or touching someone while they are going through an emotional moment, can cause them to shut down and be unable to complete the healing process. Please keep this a safe place for all.

## Language:

This is a Christian group, so the use of offensive language is not a vehicle to be used for expression.

## Cell Phones:

These can be distracting to everyone at the table, please turn them off and keep them out of sight.

## Start/Ending Time:

We will do our best to start and end on time. We value the time we have and want to use it in the best way possible.

## Accountability Team Phone Numbers

Sponsor: \_\_\_\_\_

Accountability Partners:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_