

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.

Accountability Team Phone Numbers

Sponsor: _____

Accountability Partners:

Celebrate Recovery®

EMOTIONAL HEALING

The Problem and Solution for Women

We meet every Monday night . . .
6:15–6:45 p.m. Dinner
7:00–8:00 p.m. Lesson/Testimony
8:00–9:00 p.m. Small Groups
9:00–9:30 p.m. Refreshments & Fellowship

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The Problem

As women, we are the “nurturers” in the lives of those around us. We provide comfort, discipline & a sense of intimacy to our family and friends. Sometimes though, we struggle with the internal emotions it takes to make these things happen. If our lives become “out of balance” we tend to express or hide our anger, anxiety, control, depression, selfishness, to an extreme.

Common Extremes are:

- Feeling isolated or detached from those around you.
- Constant need to be “in” the lives of those around you.
- Having the outer façade of “living the perfect life” as a means to hide the real pain inside.
- Needing everyone around you to know about your struggles.
- Judge yourself without mercy.
- Blame others for your mistakes.
- Constantly seek approval and affirmation
- Avoid anything that would allow you to be noticed.
- Have difficulty with intimate relationships.
- Need everyone to “love” you.

Common Symptoms are:

- Fear of failure but sabotaging your success.
- Have difficulty following a project through to completion.
- Lie when it is just as easy to tell the truth.
- Overreacting to change of which you have no control.
- Intense need to control yourself, others, and circumstances.
- Defining “out-of-control” behavior as “normal.”

The Solution

In order to change, we must recognize that we cannot use history as an excuse to continue the out of control behaviors. We learn to have no regrets for what might have been, as those experiences have shaped our talents as well as defects of character. It is our responsibility to build our self-esteem and repair any damage our out of control emotions might have caused. We must allow ourselves to feel our feelings, accept them, and learn to express them appropriately.

Celebrate Recovery does not promise to solve your life’s problems, but it can show you how to work through the 8 Recovery Principles found in the Beatitudes. With Jesus Christ as your Higher Power, you can and will change!

My Emotions are My Own Choice:

I can choose:

- To be positive in my communication
- To not withhold approval, acceptance, or affection.
- To not withhold my presence.
- To show equality, rather than seeking false superiority feelings or false inferiority feelings.
- To take the time to evaluate and process my emotion before reacting in an out of control manner.
- To express my emotions in a healthy and structured way.
- To receive experience, strength and hope from others.
- To progress from hurting, to healing, to helping.

When trials come, I can be assured that if God has allowed them through His love, they are designed to produce good in me. As I continue to work through my emotional struggles, I will be patient with myself, living one day at a time, enjoying one moment at a time. I will try not to allow guilt or discouragement to pull me into an emotional battle for control. God, who is the essence of patience, is very willing to take the necessary time to see me through my struggle.

We chose to accept Jesus Christ!