

Open Share Group Guidelines

1. Keep your sharing focused on your own thoughts, feelings, and actions. Please limit your sharing to three to five minutes.
2. There is NO cross-talk please. Cross-talk is when two people engage in a dialogue during the meeting. Each person sharing is free to express feelings without interruptions.
3. We are here to support one another. We will not attempt to "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 is not appropriate in a Christ-centered recovery group.

Accountability Team Phone Numbers:

Sponsor _____

Accountability Partners

Celebrate Recovery

Chemical Dependency



www.celebraterecovery.ca



Exploring the Issue of Chemical Dependency

Have you ever thought you have a problem with drinking alcohol or using drugs? If so, you may have tried to quit on your own and found that while you can gain some level of sobriety, freedom from the compulsion to use your drug of choice has been elusive. At Celebrate Recovery, we know that a relationship with Jesus Christ as our Higher Power can set us free.

Characteristics of someone struggling with Chemical Dependency may include, but are not limited to:

- I drink or use in excess to get drunk or high on a regular basis.
- I feel powerless to stop using my drug of choice.
- I tell myself that I will quit, but I never follow through.
- My addiction causes pain to myself and to those around me.
- My use has cost me close friends, key relationships, jobs, or other important parts of my life because I have made my drug of choice the most important thing in my life.
- Using used to be fun, but now it is something I feel like I need to do just to get by.
- I get angry when loved ones tell me I have a problem.
- I try to hide my addiction from others.
- I think that if I could find the right amount, combination, or drug of choice, my problems would go away.
- I feel convicted that I have a problem, but I try to push that feeling away in order to protect my addiction.

How We Find Recovery

Through a relationship with Jesus Christ as Savior and Higher Power, and by working through the 8 recovery principles and the Christ-centered 12 steps, we can find freedom from our hurts, hang ups and habits.

Characteristics of someone in recovery for Chemical Dependency may include, but are not limited to:

- Accept Jesus Christ as Higher Power
- Working the 12 step recovery process diligently and consistently.
- Doing the work to sustain sobriety, or abstinence from drugs and alcohol.
- Attending recovery meetings regularly.
- Developing a support team of a sponsor and accountability partners.
- Intentionally praying and doing the work to restore and develop stronger relationships.
- Growing closer to Jesus as we work through the 8 principles to find His healing power from all of our hurts, hang ups and habits while turning to Him for lasting comfort that cannot be found in a drink or drug.
- Learning how to serve others out of the freedom we are finding.