

Catalog Of Addictions

Addictive agents are those persons, places, or things (choices) on which we form an excessive dependency, consequently causing our lives to become unmanageable. A “moment of truth” from a *Divine Power* greater than ourselves leads to rigorous honesty, open-mindedness, and willingness to

CHANGE !!

The catalog of addictive agents includes:

1. Alcohol or drugs
2. Work, achievement, and success
3. Money addictions, such as overspending, gambling, hoarding
4. Control addictions, especially if they surface in personal, sexual, family and business relations
5. Food addictions
6. Sexual addictions
7. Approval dependency (the need to please people)
8. Rescuing patterns toward other persons
9. Dependency on toxic relationships (relationships that are damaging and hurtful)
10. Physical illness (hypochondria)
11. Exercise and physical conditioning
12. Cosmetics, clothes, cosmetics surgery, trying to look good on the outside
13. Academic pursuits and excessive intellectualizing
14. Religiosity or religious legalism (preoccupation with the form and the rules and regulations of religions, rather than benefiting from the real spiritual message)
15. General perfectionism
16. Cleaning and avoiding contamination and other obsessive-compulsive symptoms
17. Organizing, structuring (the need always to have everything in its place)
18. Materialism

Fowler, Dr. Robert and Dr. Richard Hemfelt. Eds. Serenity: A Companion for 12 Step Recovery. Nashville; Thomas Nelson, Inc., 1990. Pages 13-14.

Codependency is a type of dysfunctional behavior prevalent in society as a whole, as well as in Christian families. There are four basic dysfunctional situations, which may cause a person to exhibit codependent behavior:

1. Persons who are currently in a close relationship with an addict or alcoholic.
2. Persons with an addictive parent or grandparent. This includes addictive disorders such as chemical dependency, workaholism, compulsive overspending, sexaholism, and child abuse.
3. Persons suffering significant childhood loss due to reasons other than addictions, death, divorce, physical or mental deprivation.
4. Persons from an emotionally out of touch or extremely repressive family background.

Codependency, like chemical dependency, is a disease that is chronic, progressive and fatal.

Comparisons of the Twelve Steps

The Twelve Steps (Adapted from the Twelve Steps of Alcoholics Anonymous)	Biblical Comparisons (NIV)	Christian Principles
1. We admitted that we were powerless over our addictions, 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 cannot carry it out. Romans 7:18	<p style="text-align: center;">Surrender (1-3)</p> These steps bring the addict to a relationship with their Higher Power by recognizing that he/she is unable to continue an unmanageable life, but that there is hope in surrender.
2. We came to believe that a Power greater than ourselves could restore us to sanity.	So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. Isaiah 41:10	
3. We made a decision to turn our will and our lives over to the care of God as we understood Him. "Jesus Christ is the Highest Power."	Then He said to them all, "If anyone would come after Me, he must deny himself and take up his cross daily and follow Me." Luke 9:23	
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	<p style="text-align: center;">Confession and Repentance (4-7)</p> By self-examination, the addict recognizes where they have harmed themselves and others. They acknowledge their own defects of character, making them real. Then they decide to turn these specific problems over to their Higher Power and ask God to take control to remove them.
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. The prayer of a righteous man is powerful and effective. James 5:16	
6. We were entirely ready to have God remove all these defects of character.	If you are willing and obedient, you will eat the best from the land. Isaiah 1:19	
7. We humbly asked Him to remove all our shortcomings.	Humble yourselves before the Lord, and He shall lift you up. James 4:10	<p style="text-align: center;">Reconciliation and Restoration (8-9)</p> In these steps, the addict begins to relate honestly and appropriately to others and to rebuild the human relationships which have been broken by addiction.
8. We made a list of all persons we had harmed and became willing to make amends to them all.	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	
9. We made direct amends to such people wherever possible, except when to do so would injure them or others.	Give, and it will be given to you. A good measure, pressed down, shaken together and running over, will be poured into your lap. For with the measure you use, it will be measured to you. Luke 6:38	
10. We continued to take personal inventory and when we were wrong, promptly admitted it.	For by the grace given to me I say to every one of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you. Romans 12:3	<p style="text-align: center;">Continual Growth (10-11)</p> By a daily program of applying the Twelve Steps, emotional balance is maintained, a crucial requirement for maintaining sobriety. As this "one day at a time" program is lived, power is drawn from feeding the spiritual self through improving conscious contact with God.
11. We sought, through prayer and meditation to improve our conscious contact with God as we understood Him, praying only for knowledge of His will for us and the power to carry that out.	May the words of my mouth and the meditation of my heart be pleasing in your sight, O Lord, my Rock, and my Redeemer. Psalm 19:14	
12. Having had a spiritual experience as the result of these steps, we tried to carry this message to others, 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	<p style="text-align: center;">Sharing and Serving (12)</p> As a result of the spiritual awakening occurring in steps 1-11, the addict seeks to share what has been learned with others.

Serenity Prayer

God, grant me the Serenity to accept the things I cannot change,

Courage to change the things I can,

And the Wisdom to know the difference.

Living one day at a time,

Enjoying one moment at a time,

Accepting hardship as the pathway to peace,

Taking, as Jesus did, this sinful world as it is,

Not as I would have it.

Trusting that You will make all things right if I surrender to Your will.

So that I may be reasonably happy in this life,

And supremely happy with You forever in the next.

Niebuhr