

## Trip-ups to Recovery:

- 1) Continued use of denial.
  - flaws, unresolved issues, open sin, need for God in all areas
  - unwilling to apply info to self.
- 2) Pride -
  - I can do it.
  - I'm still running the show
  - Reliance on self power
  - Won't submit to program work/commit.
  - They have the problem.
  - My smarts will get me through quick!
- 3) Dishonesty - selective honesty
  - w/ self.
  - w/ others.
  - w/ God.
  - @ program. > Brutal
- 4) NOT dealing w/ dependency:
  - cont. reliance on others for confid, faith, leadership, motivation, commitment, morality, feelings
- 5) Remaining a victim - Not taking Xtreme Ownership!  
Blaming anyone for anything that's yours!

## 6) Getting angry vs. Acceptance

- upsets
  - disappointments
  - changes
  - losses
- pam

7) Unwillingness to face your personality w/ ~~an~~ an eye for change.

- so what?
  - Yeh, I know!
  - Ambivalence.
- > motivation?

8) Not acknowledging the spiritual battle over your life.

9) The, "if I just do this!" syndrome!  
- short sighted / double-minded  
- magically fixed.

10) Not making amends

11) Staying "different" - not facing fear of intimacy  
blame + bitterness

- program not personality
- find commonalities
- lonely. Isolated. sick.

12) Making excuses for unhealthy relationships  
- not dealing w/ sexual problems

13) EASY! FUN!

- Nope. Maturity needed

14) Only Alcohol is the problem.

- No. my obsession w/ me is the problem. my unwillingness to let God run my life is problem.

- addiction shaving & switching

15) Its just so hard! - Self-Pity!

- emotions justify continued sick patterns.

- self-pity

16) Ignoring craving / Pretending no big deal.

- its growing in power & dominion behind you!

17) Fear - Ignoring, denying,  
- sabotaging.

18) Having an inside/outside self.

- a pressure bust.

19) Half-measures - some not all

outward showing - just enough to say <sup>Eded</sup> 17.

20) The dry drunk - keeping the personality, tossing the booze.