

Things We Are:

- A safe place to share
- A refuge
- A place of belonging
- A place to care for others and be cared for
- A place where respect is given to each other
- A place where confidentiality is highly regarded
- A place to learn
- A place to grow and become strong again
- A place where you can take off your mask
- A place for healthy challenges and healthy risks
- A possible turning point in your life

Things We Are Not:

- A place for selfish control
- A place for therapy
- A place for secrets
- A place to look for dating relationships
- A place to rescue or be rescued by others
- A place for perfection
- A place to judge others
- A quick fix

Serenity Prayer

God, grant me the serenity to accept the things I cannot change, the 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 a 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. Amen.

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A CHRIST-CENTERED Recovery Program

Definition of Sobriety

Faith in CR



*FREEDOM FROM OUR HURTS,
HABITS, & HANG-UPS*

Faith Walk

C H U R C H

1480 Pearl Rd. Brunswick, OH 44212 Tuesdays @ 7:00

Sobriety for Co-Dependency

The key to co-dependent sobriety is learning how to have healthy relationships and how to establish and enforce appropriate boundaries that we may accurately establish where we end and another person begins.

I can recognize co-dependent sobriety when I have not actively sought to control or manipulate others, given unsolicited advice, or based my self-concept on the well-being or approval of others.

While working toward co-dependent sobriety I'll make a faithful commitment to consistently work the program, which includes working or having worked through the CR Step Study Group, steady attendance at the Friday night meetings, service, and accountability to a Sponsor and Accountability Partners. We advocate journaling, daily inventory, transparency, and rigorous honesty.

Sobriety for Sexual Addiction

For the unmarried Christian, sexual sobriety means having no form of sex with self or with anyone else.

For the married Christian, sexual sobriety means having no form of sex with self or with anyone other than his or her spouse. The married person may need to consider a "season" of abstinence from sex with his or her spouse, especially early in the recovery process.

And for everyone, sexual sobriety means seeking and achieving progressive inner sobriety.

Sobriety for Co-Dependency in a Relationship With a Sexually Addicted Person

- A state of confidence resulting from a reliance and trust in God
- Focusing on God and relying on Him to meet my needs
- Letting go of control and trusting God for the outcome
- Not taking responsibility for the addict's behavior or recovery
- Allowing the sex addict to be responsible for his own actions and recovery — no rescuing
- Being honest with myself about my need to be in recovery
- Minding my own business; no checking up on or spying on the addict, trusting that God will reveal any necessary information
- A commitment to growth through prayer, educational reading, and accountability

Sobriety for Physical/Sexual/Emotional Abuse

Our definition of sobriety is to discover our purpose, to build our self-esteem, and to repair any damage done. We will allow ourselves to feel our feelings, to accept them, and learn to express them appropriately.

We will not partake in any addictive or self-destructive behaviors that so easily entangle us. We will not allow the pains of our past to keep us as victims but grow from God's healing. In order to change, we as survivors of physical, sexual, and/or emotional abuse cannot use history as an excuse for continuing our destructive behaviors.

Sobriety for Food Issues

Sobriety means I have not overeaten compulsively, binged/purged, starved myself/over-exercised, or engaged in any ritualistic eating pattern. Rather, I have released control of my food and way of eating to the control of God and sought to eat in a sane and healthy manner.

Sobriety for Anger

Sobriety means I have not lashed out at others or harbored ill will toward others but have taken appropriate steps to forgive others and resolve conflicts. I have also not shut down emotionally, giving in to depression, which is anger turned inward.

Sobriety also means working or having worked through a CR Step Study Group, steady attendance at the Friday night meetings, serving, and accountability to a Sponsor and Accountability Partners.

Sobriety for Chemical Dependency

In order to attain sobriety from chemical addiction I need to abstain from alcohol and all drugs one day at a time and continue to apply the recovery steps and principles in my life.

Sobriety for Financial Issues

Living by God's Financial Guidelines: Tithe 10% - Save 10% - Living on 80%

Sobriety for the Gambling

Sobriety for the compulsive gambler is defined as follows: complete abstinence of any betting or wagering, for self or others, whether for money or not, no matter how slight or insignificant, where the outcome is uncertain or depends upon chance or "skill" and constitutes gambling.