

Addiction is a persistent dependence on a harmful behavior or substance. It can disrupt the ability to listen to the Spirit and limit the use of agency. Many who struggle with an addiction suffer from shame and may feel that recovery is not possible. Yet with God, nothing is impossible (see Luke 1:37). All can be healed, restored, and protected through Jesus Christ and His Atonement.

Addictions can include the use or abuse of substances such as tobacco, alcohol, illegal drugs and prescriptions drugs, as well as behaviors such as pornography use, food disorders, compulsive spending and gambling.

Not every relationship someone has with such a substance is severe enough to be called an addiction, but these behaviors can grow into addictive behavior. Dependence upon or misuse of such things can be debilitating to daily life and must be taken seriously. These trials may feel overwhelming and take time to overcome, but if individuals are accountable, have faith in Jesus Christ, and receive loving support from others, they can change.



A recovery meeting is a safe place.

The goal of the facilitator and the group leaders is to make all attendees feel comfortable and safe.

To help create a safe environment:

- All participants are encouraged to introduce themselves by their first name only to help protect anonymity.
- General recovery meetings are held for men and women combined, men only, or women only. Pornography use recovery meetings are held for men only or women only.
- You can choose to listen only if you don't feel comfortable participating or sharing. If you prefer only to listen, simply say "pass" when it is your turn to read or speak. You are welcome to participate to whatever extent you feel comfortable.
- We follow the rule of Alcoholics Anonymous: "Who you see here, what you hear here, when you leave here, let it stay here."

Spouse and family support groups sponsored by The Church of Jesus Christ of Latter-day Saints help spouses and family members of those struggling with addiction or compulsive behaviors. Support groups use gospel principles that help participants find healing, happiness, and peace through Jesus Christ. These principles can provide comfort, strength, and healing along with practical guidance on how to set boundaries, deal with relapses, and provide appropriate support to a loved one struggling with addiction. No matter how lost or hopeless you feel, you are a child of loving Heavenly Parents. Change and recovery are possible through Jesus Christ and His Atonement. As you reach out to Him, you can find recovery, peace, and hope.