



## CELEBRATE RECOVERY

### **Recognizing the Problem:**

The following comprise the cycle of love and relationship addiction:

#### Obsession

- Physical or emotional "trigger"
- Consumed by thoughts
- Plots, plans, schemes
- Loss of concentration
- Judgment impaired

#### The Hunt

- Driven to find relief
- Seeks out someone or something
- Point of no return

#### Recruitment

- Movement to resolve pain
- Enlistment, enticement, seduction
- Risk

#### Gratification

- Object of hunt is attained
- Other person steps into desired role
- Thrill of conquest
- Victimization of other party

#### Return to Normal

- Feel calm, peaceful
- "Switch" turned off
- Mood altered

#### Justification

- Pain resurfaces
- Rationalizations
- Depersonalization of victim

#### Blame

- Focus on own neglect
- Refuse to accept responsibility
- Assign problems to another

#### Shame

- Blaming seems inadequate
- Horror at own actions
- What sort of person must I be?
- Stuff feelings

#### Despair

- Elation / depression cycle
- Utter despair
- Resolve to fix what is broken

#### Promises

- "Never again mentality"
- List of promises
- Fear of breaking promises

Return to start of cycle

#### **Identifying/Symptom Checklist:**

- Lack of nurturing and attention when young
- Feeling isolated or detached from parents and family
- Outer façade of "having it all together" to hide internal disintegration
- Mistake intensity for intimacy
- Hidden pain
- Seek to avoid rejection and abandonment at all costs
- Afraid to trust anyone in a relationship
- Inner rage over lack of nurturing and early abandonment
- Depressed
- Highly manipulative and controlling
- Perceive attraction, attachment, and sex as basic human needs, on par with food and water
- Sense of worthlessness
- Escalating tolerance for high-risk behavior
- Intense need to control self, others, and outside circumstances
- Presence of other addictive or compulsive behaviors
- Insatiable appetite in area of difficulty
- Using others to alter one's mood or to relieve painful feelings
- Continual questioning of values and lifestyle
- Driven, desperate, frantic personality
- Existence of secret "double life"
- Refusal to acknowledge existence of problem
- Defining out of control behavior as normal
- Defining "wants" as "needs"

*Join us Tuesday and Friday nights at 7:00 pm to delve into these issues and begin to celebrate God's healing power through the Christ-centered 12 steps and the Eight Recovery Principles.*

### **The Solution**

Celebrate Recovery can help guide you to break free of the love and relationship addiction cycle and establish healthy relationships.

If you are willing to begin the process of recovery, you can start living the life God has planned for you. Celebrate Recovery provides a safe place to share fears, hurts, and or anger. It also is a place to find victory. Celebrate Recovery participants face our failings and work through them. They turn from the addiction and turn toward God.

### **For more information, please contact:**

#### **Smoky Hill Vineyard**

20050 East Smoky Hill Road  
Centennial, CO 80015  
Tel. 303.690.2520  
[www.SHVchurch.org](http://www.SHVchurch.org)

Celebrate Recovery® is a registered trademark of Purpose Driven  
[www.CelebrateRecovery.com](http://www.CelebrateRecovery.com)