

401 - Addiction

I. Introduction

A. Desire for _____

1. Our Deepest _____

“O Lord, Thou hast created us for thyself, and our souls shall never find rest until it finds its rest in Thee” - **St. Augustine**

2. To Give Us _____

3. To Give Us _____

B. Detour

1. Trauma
2. Emotional Arrest
3. Self-deception
4. Focus on Safer Things

C. Addiction Process

1. Attachment
2. Mind Tricks
3. Loss of Freedom

D. Desire Restored

1. Detachment
2. Freedom
3. Grace

II. The Journey of Addiction

A. Addiction

B. The Addiction _____

1. Tolerance
2. Withdrawal Symptoms
 - a. Stress reaction
 - b. Backlash reaction
3. Self-Deception
4. Loss of Willpower
5. Distortion of Attention

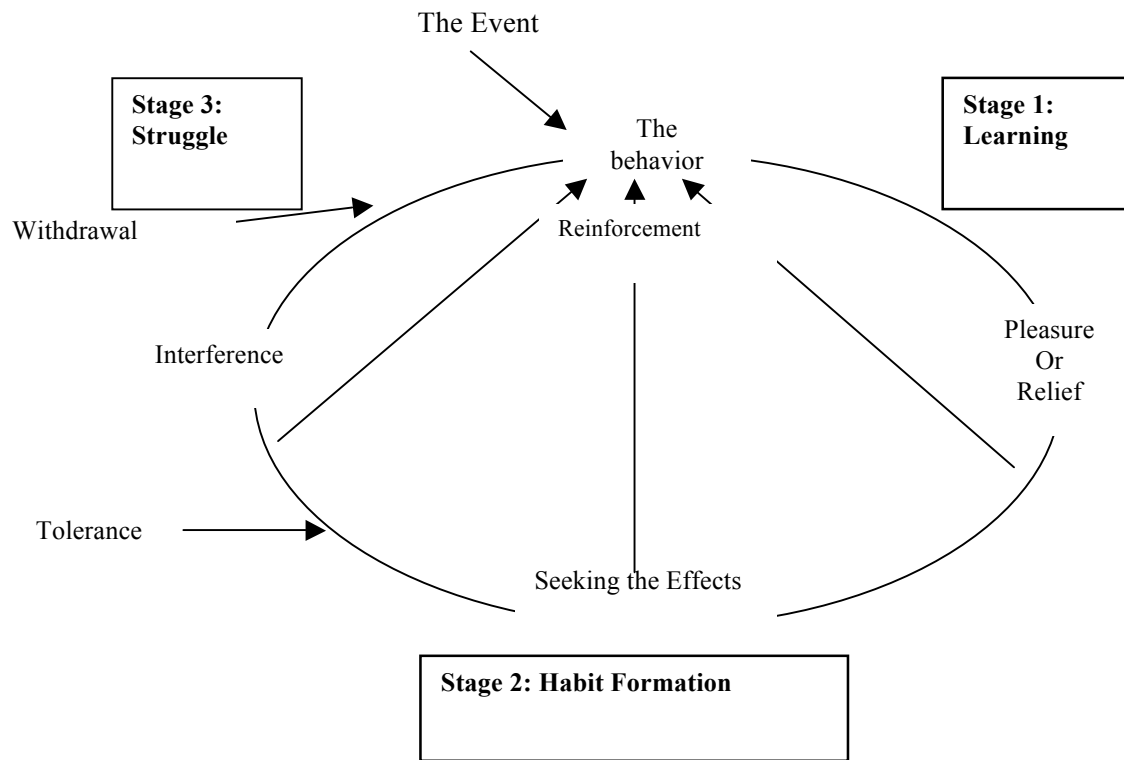
III. Mental Aspects of Addiction

A. Mind Tricks

B. Irrational Tactics

C. Distortion of _____

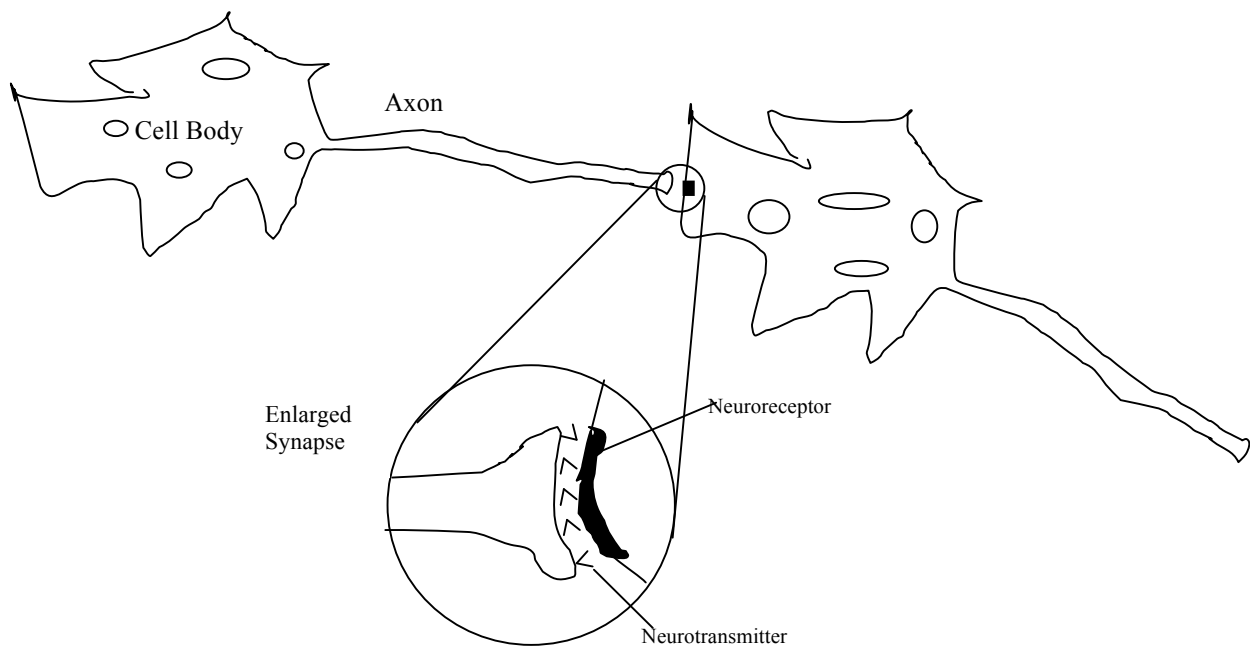
D. How It Happens



IV. How Addiction Affects the Body

A. Brain Cell _____

1. Neurons
2. Parts of a cell



B. Communication between _____

1. Equilibrium and Stress
2. Feedback
3. Habituation
4. Adaptation

C. Nerve Cells and _____

1. _____ problems
2. Unnatural _____ taken

D. Substance and _____ Addiction

1. Chemicals
2. _____ Addictions
3. _____ Addiction

V. Spiritual Freedom

A. _____ of Spiritual Desire

B. _____ Of Desire

C. _____ Happens

VI. Empowered By Grace

A. Grace

B. Grace is _____

1. To experience grace, I must surrender my _____
2. Grace threatens the _____
3. Grace happens out of _____
4. Freedom feels like _____

“True freedom comes when our addictions have so confused and defeated us that we sense no choice left at all. Here, where we feel absolutely powerless, we have the most real power.” - May

5. Pure acts of faith are free from _____

C. The Desert and the Garden

1. The journey to the garden of _____, goes through the _____.
2. Trials, temptations, and failures cause _____.
3. Attachments lose their grip in the _____.
4. Transformation of Desire occurs in the _____.

“Not my will, but Thine be done”

Strongholds of Addiction The Lies That Keep Us in Bondage

Stronghold	Description	The Lie	The Truth
Hopelessness	Loss of self-esteem No Purpose or direction Total loss of hope that things will ever change Sense of inadequacy	I am a victim and Helpless I will never change - it's hopeless I am different and so is my problem, so it won't work for me.	I am a victor in Christ I am the righteousness of God in Christ The truth sets you free regardless of the problem or person
Guilt	Depressed and bitter Discontented and grieved Sense of worthlessness Denial and dishonesty	I deserve to be punished and condemned I cannot face the awful truth about myself. I am a product of my past	There is no judgment in Christ In Christ, I am a new creation I am a product of the cross
Self-Help	Behavior oriented Judgmental Weary and tired Trying to earn acceptance through performance	If it is going to be, it is up to me God helps those who help themselves If I change my behavior, it will change me as a person	Only God can change me. God helps those who give up and trust Him If I change my beliefs, it will change my behavior
Insecurity	Worried and anxious Feels forsaken and without support Absence of meaningful relationships Unable to receive love avoids intimacy	I am unworthy to be loved and accepted I need someone to validate me as a person I need someone or something to be secure	I am loved and accepted by God I am one with Christ. He is in me and I am in Him I am eternally secure in Christ who will never forsake me

Attraction addictions

Anger	Approval	Art	Attractiveness
Being good	Being helpful	Being loved	Being nice
Being right	Being taken care of	Calendars	Candy
Cars	Causes	Chewing gum	Children
Chocolate	Cleanliness	Coffee	Computers
Contests	Death	Depression	Dreams
Drinking	Drugs	Eating	Envy
Exercise	Family	Fantasies	Fishing
Food	Friends	Furniture	Gambling
Gardening	Golf	Gossip	Groups
Guilt	Hobbies	Humor	Hunting
Ice cream	Knowledge	Lying	Memories
Money	Movies	Music	Nail biting
Neatness	Pets	Pistachio nuts	Pizza
Politics	Popcorn	Potato chips	Power
Punctuality	Reading	Relationships	Self-image
Sex	Shoplifting	Soft drinks	Sports
Stock market	Stress	Talking	Television
Tobacco	Winning	Work	Worthiness

Aversion addictions

Airplanes	Anger	Animals	Being fat
Being alone	Birds	Blood	Bridges
Bugs	Cats	Closed-in spaces	Conflict
Crowds	Darkness	Death	Dentists
Dirt	Doctors	Failure	Fire
Germes	High places	Illness	Intimacy
Mice	Needles	Open spaces	Pain
Different Races	Different Sex	Fat/thin people	Ignorant people
Rich/poor people	Public speaking	Responsibility	Sex
Slimy creatures	Snakes	Spiders	Storms
Strangers	Tests	Traffic	Tunnels
Water	Writing		

Autobiography in Five Short Chapters

by Portia Nelson

Chapter I

I walk down the street.
 There is a deep hole in the sidewalk,
 I fall in.
 I am lost. . . I am hopeless
 It isn't my fault.
It takes forever to find a way out.

Chapter II

I walk down the same street.
 There is a deep hole in the sidewalk,
 I pretend I don't see it.
I fall in again.
 I can't believe I'm in the same place ,
But, it isn't my fault.
It still takes a long time to get out.

Chapter III

I walk down the street.
 There is a deep hole in the sidewalk,
 I see it is there.
 I still fall in. . . It's a habit.
 My eyes are wide open.
I know where I am.
It is my fault.
I get out immediately.

Chapter IV

I walk down the same street.
 There is a deep hole in the sidewalk,
 I walk around it.

Chapter V

I walk down another street.

Bibliography

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