



CELEBRATE RECOVERY

Recognizing the Problem:

Hurts, habits, and hang-ups of the past affect our present. Guilt and shame from the past may leave you feeling inadequate and unworthy of being loved. As a result, you may have learned to lie in order to cover up who you believe you really are, and act in ways that either prove or disprove your shame.

Shame believes you are: incompetent, not good enough, damaged goods, dirty, stupid, ugly, worthless, bad, disgusting, weak, unworthy, undeserving, inadequate.

Identifying/Symptom Checklist:

Unhealthy Shame

- You see inappropriate behavior or failings as a reflection of “who you are.” When you do something wrong or make a mistake, you see that as evidence that you are flawed.
- You perceive normal lapses, errors, and failings as the revelation of your true nature, which is flawed. When you experience such a lapse you may think it reveals something is terribly wrong with you.
- You accept part of the blame when others violate you. You see yourself as someone who deserves to be abused or treated poorly.
- You see avoidance of shame-producing behavior as futile since you attribute the behavior to the “kind of person” you consider yourself to be.
- Whenever you experience a normal human failing - make an honest mistake, suffer a disappointment, or have other boundary violations- it may trigger a downward spiral of depression or addictive behavior.
- You believe steps in a positive direction are phony and negate them instead of viewing them as evidence that you can change.

You may appear to others to be utterly shameless in some areas of your life. When you shut down healthy influences, you lose your strength of boundaries. You may even act out in ways that show no sense of healthy shame and no awareness of legitimate moral guilt.

You can disprove your shame by being:

- Driven to success
- Needing control
- A goody two shoes
- A perfectionist
- Responsible

You can prove your shame by being:

- A substance abuser
- Addicted
- Compulsive
- Promiscuous
- A law breaker

Healthy Shame

1. You see inappropriate behavior separate from “who you are.” You may do something wrong, but you don’t take that as evidence that you are a bad person.
2. You see normal lapses, errors, and failures as a part of being human. They may even act as catalysts, prompting you to make changes toward a more positive life direction.
3. If something bad happens to you or you are treated abusively, you don’t assume you deserve such treatment.
4. You see avoidance of shame-producing behavior as a way to protect yourself from pain and destruction.
5. You see “breaking the rules” – violation of your boundaries – as a problem that needs to be corrected.
6. You trust that shame is a temporary feeling of discomfort, which will dissipate when you move away from “breaking the rules.”
7. You try to live within the boundaries of socially acceptable behavior and take steps to fit into society. You act in ways that protect your privacy and you practice discretion in your relationships.

Paragraph taken from *The Emotional Freedom Workbook* by S. Arterburn & C. Neal

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

Accept responsibility for your actions and cease taking responsibility for the actions of others. Make Jesus Christ the Lord of your life and abide by His steps; you will find healing from your hurts, habits, and hang-ups and start living the abundant life God has planned for you.

Celebrate Recovery provides a safe place to share your feelings of shame, guilt, hurt, anger, anxiety, and frustration. You can also share your happiness and victories.

For more information, please contact:

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