



CELEBRATE RECOVERY

Recognizing the Problem:

Adult children of alcoholics may not have a problem with alcohol, but have trouble overcoming the childhood trauma inflicted by an alcoholic parent.

Identifying/Symptom Checklist:

Below are some of the characteristics that result in problems in our lives:

- We become isolated and afraid of people and authority figures.
- We become approval seekers and lose our identity.
- We are frightened by angry people and personal criticism.
- We often become alcoholics, marry alcoholics and/or find another compulsive personality, such as a workaholic, to fulfill our abandonment fears.
- We live life from the viewpoint of victims.
- We have an over-developed sense of responsibility.
- We feel guilty when we stand up for ourselves.
- We become addicted to excitement.
- We confuse love and pity and tend to love people we can "pity" and "rescue."
- We have lost the ability to feel or express our feelings because it hurts too much to do so.
- We judge ourselves harshly and have low self-esteem.

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.

- We are dependent personalities who are terrified of abandonment.
- Alcoholism is a family problem and we became para-alcoholics, taking on the characteristics of an alcoholic even though we may not even drink.

Para-alcoholics are reactors rather than actors.

The Solution

The Celebrate Recovery program is a safe place for you. In this atmosphere, you will find the freedom to express your hurts and fears become free from the shame and blame. You can also become an adult who is no longer imprisoned by childhood reactions. You will recover your inner child, learning to accept and love yourself.

Healing begins when you risk moving out of isolation. At first, the feelings and buried memories from the past will return, but by releasing the burden of your unexpressed grief, you will slowly move out of the past, learning to re-parent yourself with gentleness, humor, love and respect.

By attending the Celebrate Recovery meetings on a regular basis, you will come to see parental alcoholism for what it is, how it affected you as a child, and how it continues to affect you as an adult. You will learn to keep the focus on yourself, here and now. You will learn to take responsibility for your own life.

You will not do this alone, but in a community of others who know how you feel. They will love and encourage you, no matter what. They ask you to accept them just as they accept you.

Celebrate Recovery is a spiritual program rooted in love-based action. As the love grows inside you, you will see beautiful changes in all your relationships - especially your relationship with God, yourself, and your parents.

For more information, please contact:

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