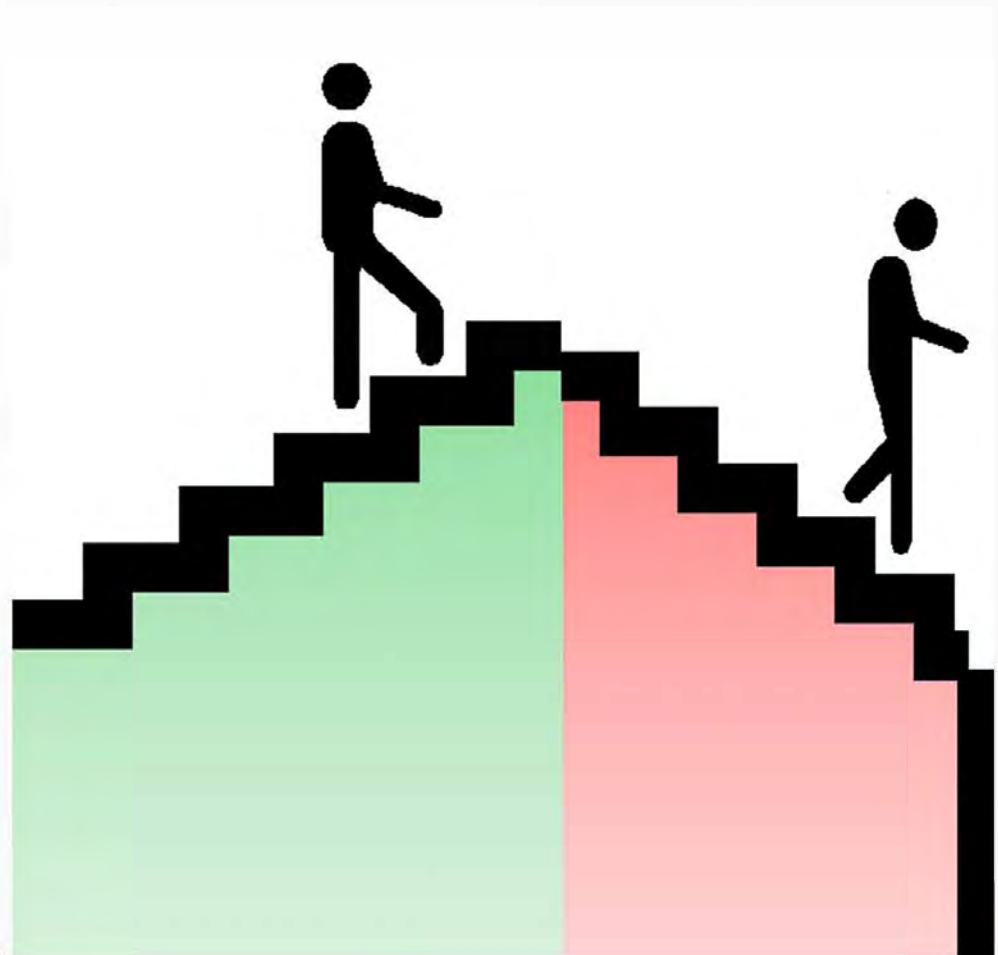


# Understanding the Steps to Relapse

## Spelling **Recovery** Backwards

By David Batty

Edition 2.4



Teacher Manual

# Understanding the Steps to Relapse

Spelling Recovery Backwards

**Teacher Manual with ANSWERS**

Edition 2.4

By

**David Batty**

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Go to the Staff Training section and then enter "Relapse" in the Search tool at the top right corner.

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## Personal application ideas

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11. \_\_\_\_\_

# Chapter 1

## Introduction to Relapse

One young man went back to using drugs the day he graduated from a one year residential drug treatment program. So when did his relapse begin?

Another man relapsed six years after completing a residential drug treatment program. Within a few weeks of his relapse to drug use, he re-entered a drug treatment program for a restoration period. He stated that all six years of being drug free, he felt uncomfortable. Only when he was high did he feel normal. So is “white knuckle recovery” as good as it gets?

### Quick overview of what we will talk about today

There are 4 major parts to understanding relapse.  
Each part has several components.

Puzzle Illustration:

Relapse and recovery is like trying to put a puzzle together. What we are going to do today is take this pile of pieces, and try to begin to put them in proper place.

Relapse is more complicated than this puzzle—because in real life, some of the pieces are broken. Some have been destroyed. Other pieces have never been here from the beginning of your life.

We need help to put the pieces together so we can have a complete life. We need God’s help, and we need the help of other people.

Relapse will not be the same for each person, because the addictions and family backgrounds are very different.

But there are many principles that are the same, and the basic steps are very similar. Some of the details will be very different.

### Four major issues in understanding relapse

#### 1. Relapse—what it is

What are the early warning signs of relapse?

How can you prevent relapse?

What should you do if relapse occurs?

To understand relapse, you must also understand what is recovery.

**2. Recovery**

You can't relapse if you have never been in recovery.  
What are the steps to recovery?

To understand recovery you need to understand 2 more major issues: Addiction and healthy living

**3. Addiction/life controlling problems**

What is the path to addiction?  
Why do people get caught up in life controlling problems?  
Family patterns of addictions  
Any temptation or bad habit—principles are very similar

**4. Healthy living**

What is the path to maturity?  
What is God's plan for "normal" living?

**Relapse has 2 major stages****1. Dry relapse**

I am on the path to relapse, but I have not yet returned to physical use of the substance of my addiction—alcohol, drugs, or whatever

The term "dry relapse" comes out of alcohol addiction field.  
"Dry" meaning that they are not currently using alcohol.

**2. Wet Relapse**

I am back to using the substance of my addiction—alcohol, drugs, or whatever.  
The physical use has returned.

The steps in the dry relapse stage can be identified—later we will look at 37 steps to relapse. Each one is a signal that you are on a path that is headed for trouble.

A person can be on the path to relapse for a long time, and yet say, "I'm doing OK." They can even return to "responsible use" of their addictive substance, and yet say, "I'm doing OK."

But a crisis comes along, and pushes them over the edge, and they are back into their addiction in a full-blown way.

## Seven reasons why recovery quickly turns into relapse

1. Magical thinking—My problems are all fixed. I'm fine. I can handle this on my own. I've been delivered.
2. Environmental abstinence vs. real change on the inside.
3. My old friends are still my friends today.
4. When facing new problems, I'm still using my old strategies for "problem solving."  
--letter from high school student.  
"drugs help me. If I didn't take drugs, I couldn't cope"
5. I fail to take hold of God's power and use it appropriately in my daily living.
6. Unresolved problems of my past are still affecting me.
7. Compartmentalizing my life.

## Does all relapse cause the same damage?

Relapse can be small.

Relapse can catastrophic—we can end up in a worse place than we were before.

Relapse like a burning building.

Relapse is having a fire in your house.

If you put it out quickly, limited damage—but it's real damage.

The longer you let it burn, the greater the destruction—not only in your life, but in the lives of those around you.

Some families are in despair.

Their loved one is caught up in an addiction.

They have been through treatment programs.

They have come out and returned to society—have a job—success.

Then 1 or 2 years later, they are relapsing.

This cycle has repeated several times.

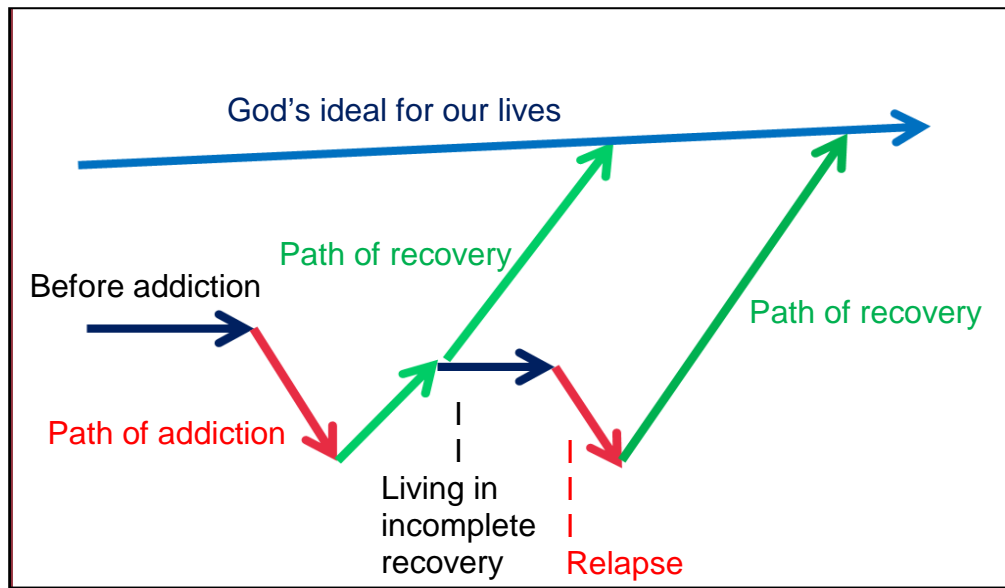
Family has lost hope. "They will always be this way."

There is hope. Recovery can be complete. Healthy living can become the norm.

Now let's take a closer look at these four major issues identified:

Relapse—and how do we get back on the path to recovery?  
 The path to addiction or life-controlling problems  
 Recovery  
 Healthy living

Recovery is growing in the Lord—reaching the full potential God has for us. The absence of these is “relapse”.





## Chapter 2

# Relapse

The damage of relapse is proportional to the level of recovery

Many drug addicts have been in and out of detox centers—never really experienced true recovery.

Relapse is very serious: now is opening self up to deeper damage.

Review the quick relapse list in chapter one—see pages 3-4.

One of the most common patterns in relapse is the person failed to deal with issues that were not the primary addiction. But these often were related to the addiction.

Could even be parallel addictions.

Person could have dealt with surface issues, not root problems.

Iceberg illustration



The importance of facing our fears

The importance of facing our pain

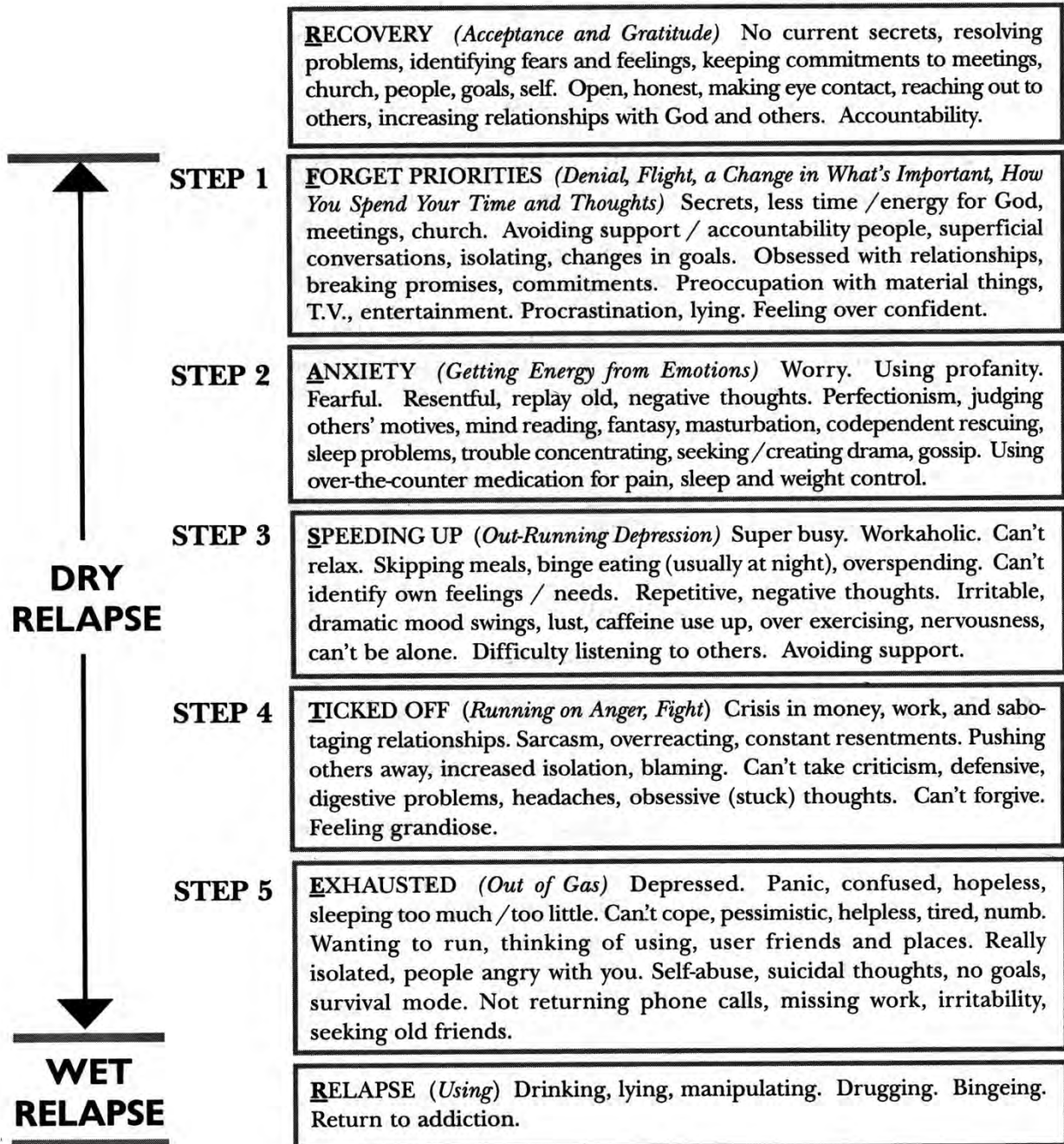
The myth of Leprosy

The Truth of Leprosy

**THE GENESIS PROCESS**

**INSTRUCTIONS:** Check your thinking by referring to this scale. You may be experiencing an incident rather than a pattern. Having Dry Relapse symptoms doesn't mean you're in a Relapse Pattern. Circle behaviors with which you can identify with either now or in the past. Reoccurring symptoms indicate a Dry Relapse Pattern.

**FASTER RELAPSE AWARENESS SCALE**



## A closer look at relapse

A person must have experienced recovery to some degree to be able to relapse.

Three dimensions of relapse

1. Physical
2. Mental
3. Spiritual

### What are your triggers?

For more study on this issue, check out this resource on [www.iTeenChallenge.org](http://www.iTeenChallenge.org) in the Ministry Tools (Resources) section: *What are your triggers?* By Dave Batty

“Relapse does not begin with the first drink. Relapse begins when a person reactivates patterns of denial, isolation, elevated stress, and impaired judgment.” --quote from *Counseling for Relapse Prevention* by Terence T. Gorski & Merlene Miller (Herald House—Independence Press).

Gorski & Miller researched the symptoms of relapse listed below.

With each symptom of relapse, we need to identify response strategies that can stop the relapse and move the person toward recovery.

#### Relapse Symptom

#### Recovery strategies

- |                                   |  |
|-----------------------------------|--|
| 1. Apprehension about well-being  | 1. See myself as a child of God.<br>Accept the way God made me.<br>Develop attitude of gratefulness.<br>Thank God for daily provision. |
| 2. Denial                         | 2. Live in the truth.<br>Memorize scripture<br>Self inventory of false beliefs.<br>Accountability person who will speak the truth.     |
| 3. Adamant commitment to sobriety | 3. Healthy commitment to sobriety.<br>Honesty about potential to relapse.<br>Need for boundaries.<br>Understand triggers in my life.   |

<b>Relapse Symptom</b>	<b>Recovery strategies</b>
4. Compulsive attempts to impose sobriety on others	4.
5. Defensiveness	5.
6. Compulsive behavior	6.
7. Impulsive behavior	7.
8. Tendencies toward loneliness	8.
9. Tunnel vision	9.
10. Minor depression	10.
11. Loss of constructive planning	11.
12. Plans begin to fail	12.

**Relapse Symptom****Recovery strategies**

13. Idle daydreaming and wishful  
Thinking

13.

14. Feeling that nothing can be  
Solved

14.

15. Immature wish to be happy

15.

16. Periods of confusion

16.

17. Irritation with friends

17.

18. Easily angered

18.

19. Irregular eating habits

19.

20. Listlessness

20.

21. Irregular sleeping habits

21.

<b>Relapse Symptom</b>	<b>Recovery strategies</b>
22. Progressive loss of daily structure	22.
23. Periods of deep depression	23.
24. Irregular attendance at treatment meetings (or church— <i>my insert</i> )	24.
25. Development of an “I don’t care” attitude	25.
26. Open rejection of help	26.
27. Dissatisfaction with life	27.
28. Feelings of powerlessness and helplessness	28.
29. Self-pity	29.

<b>Relapse Symptom</b>	<b>Recovery strategies</b>
30. Thoughts of social drinking	30.
31. Conscious lying	31.
32. Complete loss of self-confidence	32.
33. Unreasonable resentments	33.
34. Discontinuing all treatment	34.
35. Overwhelming loneliness, frustration, anger, and tension	35.
36. Start of controlled drinking	36.
37. Loss of control	37.

These are \_\_\_\_\_ **predictable** \_\_\_\_\_ symptoms or warning signs that precede return to alcohol (or other addictions)

We need to develop intervention strategies to address these symptoms immediately to prevent the slide toward relapse.

The **Relapse Assessment Tool** on the next 2 pages can be used with the material in this chapter.

## Relapse Assessment tool: If you have recently relapsed

If you have recently relapsed, and want to get back to track, there are several things you can do.

1. If possible, immediately stop whatever you have relapsed into.
2. Establish a relationship with a person who can hold you accountable, and check up on you, daily if needed.
3. Assess what are the areas of your life that contributed to your relapse. On the next page is one tool that you can use.
4. Begin to take specific recovery steps to address the areas that contributed to your relapse. These recovery steps are not just to get rid of problems in your life, but to also develop healthy living skills.

One way to do this is to go over the assessment tool after you have filled it out, and choose the top 3 issues that you want to address in your steps to recovery. The important thing is not to try to address all of the symptoms at once, but begin to address them one at a time.

The course ***Understanding Steps to Relapse***, by Dave Batty is available as a free download at [www.iteenchallenge.org](http://www.iteenchallenge.org)

5. Join a support group.



**Relapse Assessment tool: If you have recently relapsed**

Below are 37 symptoms of relapse. Please circle the number of any symptom that you see in your life, both right now and in the weeks (or months) leading up to your relapse.

**Relapse Symptoms\***

1. Apprehension about well-being
2. Denial
3. Adamant commitment to sobriety
4. Compulsive attempts to impose sobriety on others
5. Defensiveness
6. Compulsive behavior
7. Impulsive behavior
8. Tendencies toward loneliness
9. Tunnel vision
10. Minor depression
11. Loss of constructive planning
12. Plans begin to fail
13. Idle daydreaming and wishful thinking
14. Feeling that nothing can be solved
15. Immature wish to be happy
16. Periods of confusion
17. Irritation with friends
18. Easily angered
19. Irregular eating habits
20. Listlessness
21. Irregular sleeping habits
22. Progressive loss of daily structure
23. Periods of deep depression
24. Irregular attendance at treatment meetings (or church)
25. Development of an “I don’t care” attitude
26. Open rejection of help
27. Dissatisfaction with life
28. Feelings of powerlessness and helplessness
29. Self-pity
30. Thoughts of social drinking\*\*
31. Conscious lying
32. Complete loss of self-confidence
33. Unreasonable resentments
34. Discontinuing all treatment
35. Overwhelming loneliness, frustration, anger, and tension
36. Start of controlled drinking\*\*
37. Loss of control

**Add any other symptoms that you have observed in your life not included in this list.**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

These are predictable symptoms or warning signs that precede return to alcohol (or other addictions)

\* This list of symptoms is taken from the book, *Counseling for Relapse Prevention* by Terence T. Gorski & Merlene Miller

\*\*This list of symptoms was originally developed for those addicted to alcohol. So if your relapse was something other than alcohol, just substitute that “label” in place of “drinking” when considering that symptom.

## Chapter 3

# The path to addictions and life-controlling problems

Many who end up trapped in addictions are born into a dysfunctional family. Damage begins in their lives even before they were born.

### 3 major characteristics of those on the path to addictions

1. They are living with false beliefs

Living in denial

May be ignorant of the truth, or may choose to reject the truth.

There are always false beliefs in the mind of the person living with addictions

The same is true for anyone who gives in to any temptation.

2. They are not handling problems the way God wants them to.

Often their use of drugs or other life-controlling problems become the escape from the pressures and problems of life.

Their perception is that drugs help them cope with the stress of their problems. In reality, their drug use is part of the problem, and only makes things worse

3. They are living with dysfunctional relationships

Unsafe relationships

Destructive relationships

No relationships

False intimacy—pornography, TV, movies, computer games

### What is an addiction?

The term “dependency” is basically the same as “addiction.”

Jeff Van Vonderan

**Chemical dependency is the state that results from the process of increasingly turning to chemical use to meet life’s needs.**

Put anything in this statement and it describes an addiction: Gambling, smoking, lust, money, power, food, sex, TV, movies, work, relationships, etc.

All of these dependencies are dead end streets that cause damage and leave you unfulfilled. None of these can meet your life’s needs.

Only one way to make this statement really work:

**\_\_\_\_\_ God \_\_\_\_\_ dependency is the state that results from the process of increasingly turning to \_\_\_\_\_ God \_\_\_\_\_ to meet life’s needs.**

### Personal Reflection

What behaviors, substances, or relationships have you pursued, seeking to use that to meet your needs?

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

## How does one get caught in an addiction?



Not one slip of the brush.

Addiction is a process—much as relapse is a process.

### Four stages of an addiction

1. **Experimentation**
2. **Social use**
3. **Harmful Abuse (Daily Preoccupation)**
4. **Uses to feel normal**

They are physically and psychologically addicted to this substance or behavior. They only feel normal when they are high. When they are not high they feel sick—physically or emotionally they feel out of place unless they are high. They only feel peace when they are high.

They turn to these false paths in increasing frequency, seeking to fulfill the needs in their lives, but the more they use, the deeper the emptiness because it's a false path with no real fulfillment.

### **Additional characteristics of addiction**

1. Great fear of pain—use drugs or other behavior to escape the pain.
2. Looking for immediate gratification—the quick fix.
3. Living only for the immediate moment

### **Two types of damage that can set up a person to go down the path of addiction**

1. **Damage from** neglect  
--your family did not give you the healthy things you needed as a child.  
Love, protection, the truth, healthy relationships, good problem solving skills.
2. **Damage from** bad **things happening to you**  
--sexual abuse, rape  
--injury in car accident

The person goes down the path of addiction as a path of “self-medication.” To numb the pain of the hurt in their life.

Jump ahead to the issue of recovery—the person who has experienced the 2<sup>nd</sup> category of damage often has an easier process to recovery than the one who has experienced damage from 1<sup>st</sup> category—damage from neglect.

Why?

Damage from neglect is often far deeper than the second kind of trauma.

From an early age they have been damaged, and never had the healthy influence of a healthy family.

There are some who have experienced both kinds of damage. There are exceptions to this as well. This is simply a general overview of the majority of those who have experienced these 2 types of damage in their lives.

At Teen Challenge, a large number had a parent die when they were young.

A large percentage came from broken homes, or single parent homes.

## Personal Assessment

In your life, have you experienced these two types of trauma?

1. What kinds of damage by neglect in your family did you experience in your childhood?
  
  
  
  
  
  
  
  
  
  
  
  
  
  
2. What kind of external damage did you experience in your life that caused great pain in your life? (Example—loss of parent, accident, rape, etc.)

### **The issue of taking responsibility for your actions**

Those who end up on the path to addictions or life-controlling problems often fail to take responsibility for their actions.

Many have family members who have enabled them—offered the wrong kind of help. The family has rescued them when they got in trouble. They have not been forced to live with the consequences of their irresponsible actions.

What will make recovery a challenge is that this person will have to begin to take responsibility for their actions. If they have never done this, it may be a very difficult change in their way of living.

## Chapter 4

# Recovery

Often the family sees the need for help, long before the person with the problem sees the need for help.

Why?

The person with the problem is living with false beliefs.

### The foundation for Recovery

1. Stop addictive behavior
2. Communicate hope for real change
3. Establish a personal relationship with Jesus
4. What is God's attitude toward hurting people?

### Four Keys to Recovery

1. Commitment to change
2. Commitment to accountability
3. Commitment to the promises of God
4. Key to recovery—gratefulness

### Recovery often involves 4 phases

1. Intervention
2. Detox
3. Learning steps to healthy living
4. Transition back into society—healthy living becomes the norm

Let's take a closer look at each.

## 1. Intervention

Family meets with the person to motivate them to get help.

They stop enabling the person with the problem. (offering the wrong kind of help)

Instead of waiting for the person to “hit bottom,” they “raise the bottom.”

Another seminar, “*How to Help a Loved One Who Doesn’t Want Help*,” deals with this in much greater detail. See also the Resource online at [www.iTeenChallenge.org](http://www.iTeenChallenge.org) entitled, *When they don’t want help*, by Dave Batty.

## 2. Detox

Detox is not recovery. It is only one of the first steps to recovery. It simply gets the person past the major physical sickness of withdrawing from the physical addiction.

It does not remove all of the drugs from a person’s body. There may be residual effects for several weeks or months before the person is free of the physical effects of the drug in their body.

Detox often takes 3-5 days in a medical detox facility.

A person coming through detox often feels much better physically and concludes they don’t need any further treatment, because they feel fine.

The reality—they are still an addict, and think like an addict, and are still living with a lot of false beliefs and delusion.

## 3. Learning steps to healthy living

Recovery is more than living drug free (addiction free)

This part—learning steps to healthy living—is the major part of recovery.

### **Recovery involves the 3 basics of healthy living**

1. Living in truth
2. Learning healthy problem solving skills
3. Developing healthy relationships with healthy people

*These issues are covered in Chapter 5.*

The focus of recovery needs to be more than resolving problems of the past.

### **A. Do you want help?**

### **B. Are you willing to change?**



**C. Spiritual foundation & process for change 2 Peter 1:3-11**

God’s power and promises:

**2 Peter 1:3-4 New International Version**

<sup>3</sup>His divine power has given us everything we need for life and godliness through our knowledge of him who called us by his own glory and goodness. <sup>4</sup>Through these he has given us his very great and precious promises, so that through them you may participate in the divine nature and escape the corruption in the world caused by evil desires.

2 Peter 1:5-7: These Biblical changes refer to “recovery” through a transformation process.

- |                           |                       |
|---------------------------|-----------------------|
| A. Add to your Faith .... | E. Perseverance       |
| B. Goodness               | F. Godliness          |
| C. Knowledge              | G. Brotherly kindness |
| D. Self-control           | H. Love               |

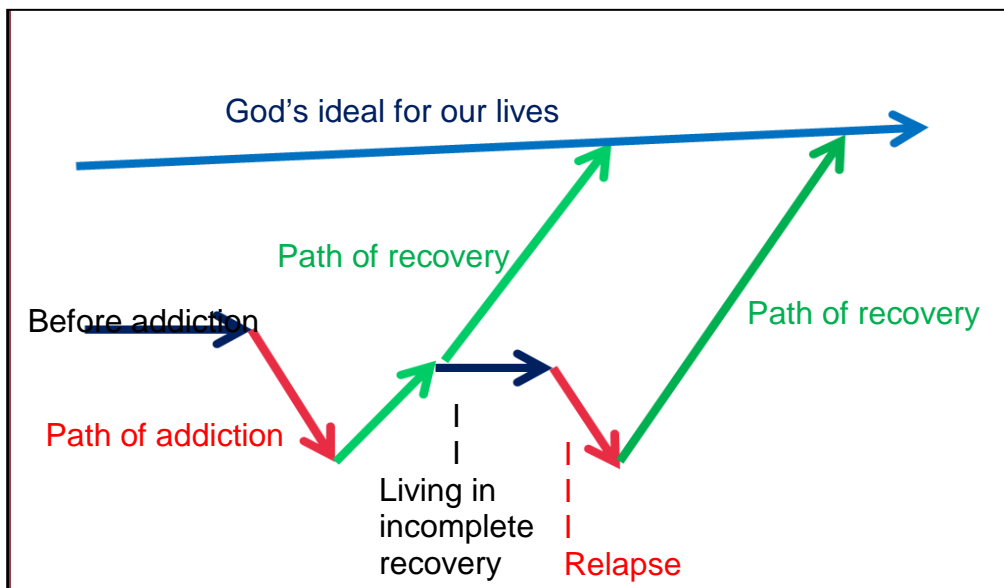
The challenge of application and growth:

**2 Peter 1:8-11 New International Version**

<sup>8</sup>For if you possess these qualities **in increasing measure**, they will keep you from being ineffective and unproductive in your knowledge of our Lord Jesus Christ. <sup>9</sup>But if anyone does not have them, he is nearsighted and blind, and has forgotten that he has been cleansed from his past sins.

<sup>10</sup>Therefore, my brothers, be all the more eager to make your calling and election sure. **For if you do these things, you will never fall**, <sup>11</sup>and you will receive a rich welcome into the eternal kingdom of our Lord and Savior Jesus Christ.  
(*Emphasis added*)

Recovery is growing in the Lord—reaching the full potential God has for us. The absence of these is “relapse”



## D. Teen Challenge uses the “Christian Discipleship” treatment model.

Develop a personal relationship with Jesus.

Back to definition of an addiction by Jeff Van Vonderan

“God dependency is the state that results from the process of increasingly turning to God to meet life’s needs.

This relationship with Jesus provides:

The \_\_\_\_ path \_\_\_\_ to change

The \_\_\_\_ motivation \_\_\_\_ to change and

The \_\_\_\_ power \_\_\_\_ to change

At Teen Challenge and in every local church, we need to provide clear teachings on what are the basics of successful Christian living.

### Group Studies for New Life

- How Can I Know I’m a Christian
- A Quick Look At the Bible
- Attitudes
- Temptation
- Successful Christian Living
- Growing through Failure
- Christian Practices
- Obedience to God
- Obedience to Man
- Anger and Personal Rights
- How to Study the Bible
- Love and Accepting Myself
- Personal Relationships with Others
- Spiritual Power and the Supernatural

For more information on the Teen Challenge curriculum, go to [www.TeenChallengeUSA.com/gsnc/](http://www.TeenChallengeUSA.com/gsnc/) if you are in the USA.

If you are outside the USA, email [gtc@globaltc.org](mailto:gtc@globaltc.org)

With each of these courses, the goal is not content mastery. Our primary goal is to help them learn how to find practical truth in the Bible, and begin to put that into action in their lives beginning today.

Personal application is the heart of Christian discipleship.

New habits and attitudes often take 90 days to establish.

We need to see each of these basic life disciplines as steps in the recovery process.

### **Biblical concept of putting off the old way of living and putting on the new way of living**

Colossians 3:1-17

Vs 5 put to death>>>>>>>>

Vs. 8 rid yourself of all such things as these>>>>>>>>

Vs. 12 Therefore as God's chosen people, holy and dearly loved, clothe yourselves with  
>>>>>>>>

Vs. 14 Over all these virtues put on love, which binds them all together in perfect unity.

Vs. 15 peace

Vs. 15 and be thankful

Vs. 17 Whatever you do, whether in word or deed, do it all in the name of the Lord Jesus, giving thanks to God the Father through him.

### **What does recovery mean?**

#### **1. Recovery means learning how to live in God's truth—mastering the steps to maturity**

This is covered in more detail in chapters 5&6.

#### **2. Recovery means resolving \_\_\_\_\_ hurts \_\_\_\_\_ of the past.**

#### **3. Recovery means rebuilding \_\_\_\_\_ healthy \_\_\_\_\_ relationships in the family.**

This person may need to focus on new spiritual family.

**Recovery often involves 4 stages**

1. Intervention
2. Detox
3. Learning steps to healthy living
4. Transition back into society—healthy living becomes the norm

**4. Transition back into society—healthy living becomes the norm**

The need for accountability relationships.

It's good to have a contract to spell out the details of this accountability relationship.

What does a healthy transition look like?

1. Person of accountability
2. Local church connection
3. Work or educational plans
4. Support group
5. Personal devotions—prayer and Bible study time.
6. Family relationships

**What does recovery look like?**

Definition of recovery from the Faster Relapse Awareness Scale, from *The Genesis Process*.

**Recovery** (Acceptance & Gratitude) No current secrets, resolving problems, identifying fears and feelings, keeping commitments to meetings, church, people, goals, self. Open, honest, making eye contact, reaching out to others, increasing relationships with God and others. Accountability.

Recovery is hard work.

Recovery is like walking a tight rope across a deep pit.

Person in recovery may feel very uncomfortable in feelings and behavior patterns. Why?

Because you never lived this way before. It is new territory—out of your comfort zone.

The tight rope walk will take you to solid ground where you can feel comfortable.

We feel disoriented because we are not familiar with the territory. It feels scary.

## **What's in your toolbox for recovery?**

1. Write down where you will be 5 years from now if you don't change.

2. List 30 reasons why you never want to go back to that old way.

3. \_\_\_\_\_

4. \_\_\_\_\_

5. \_\_\_\_\_

6. \_\_\_\_\_

7. \_\_\_\_\_

8. \_\_\_\_\_

9. \_\_\_\_\_

10. \_\_\_\_\_

11. \_\_\_\_\_

# Chapter 5

## Healthy living

Also see this as the path to maturity

- path to freedom
- path to fullness
- path to meaning in life
- path to fulfillment
- path to real life—goals beyond myself

Real life is more than meeting my needs and my desire.

### Path to maturity has 3 characteristics

1. The path to maturity starts with living in the truth

John 14:6 Jesus—"I am the way, the truth and the life"

We need to learn to live the life Jesus gave us.

Jesus—"I tell you the truth....."

Contrast—living with false beliefs

John 8:32 "You will know the truth and the truth will set you free."

2 Greek words for "know"

A. Know information

B. Know through personal experience

James 1: 22

If you have been told false beliefs, and lived with those false beliefs,

then the truth may feel like a lie, and the lie feels like the truth.

2. The path to maturity goes through problems

John 16:33 New International Version

"I have told you these things, so that in me you may have peace. In this world you will have trouble. But take heart! I have **overcome** the world."

Every problem is an opportunity to live in the truth.

Every problem offers a choice—to follow God or to follow Satan’s way—our way.

How does God want us to respond to problems?

James 1:2-5

Consider it pure joy when you face trials of many kinds.

God is there to help you.

Problems are the testing ground for faith—God’s power to help us with problems that are bigger than what we can overcome in our own strength.  
2 Corinthians 12:7-10

**3. Path to maturity is through relationships**

God’s path to maturity requires relationships.

Healthy living is not possible all by yourself.  
Healthy living requires healthy relationships with other people.  
There is no substitute for healthy relationships.  
Relationships are an **absolute** requirement for healthy living.

God’s response—2 greatest commands—both deal with relationships.

1. Greatest Love God with all your heart
2. 2<sup>nd</sup> greatest Love other people

We need to develop relationships with safe people.

We all need accountability.

It’s God’s desire for each one of us to be born into a healthy family, where in the safe and loving setting, we learn how to live a healthy life and move toward maturity.

So what are the steps to maturity?

## Chapter 6

# A second look at Healthy living—Steps to maturity

Let's take a closer look at what are the **steps to maturity** for a healthy person.

With each step to maturity, you will see what the person needs to master to achieve maturity at that stage in life. With each stage, the rest of the family members need to be helping this person along. If the family does not provide the right kind of help, then it will be much harder for that child to achieve maturity. Failing to master each step to maturity creates problems. These will look very familiar to the issues we have just looked at on the path to addiction.

These stages of maturity are taken from the book: The Life Model: Living from the Heart Jesus Gave You: The Essentials of Christian Living by James Friesen, E. James Wilder, Anne M. Bierling, Rick Koepcke, and Maribeth Poole.

### Stages of life

1. The Infant Stage      Birth to 3
2. The Child Stage      Age 4 - 12
3. The Adult Stage      Age 13 – to birth of 1<sup>st</sup> child
4. The Parent Stage      Birth of 1<sup>st</sup> child until youngest child has become an adult
5. The Elder Stage      Beginning when youngest child has become an adult



### The Life Model: MATURITY INDICATORS

#### The Infant Stage: Birth through Age 3

(Newborns and toddlers are included here, up to the age where they can effectively say what their needs are.)

**Primary Task** to be completed during this stage. Learning to Receive

**Primary Resulting Problem** in adult life when this task is not completed: weak or stormy relationships.

PERSONAL TASKS	COMMUNITY AND FAMILY TASKS	WHEN THE TASKS FAIL
1. Lives in joy. Expands capacity for joy, learns that joy is one's normal state, and builds joy strength.	Parents delight in the infant's wonderful and unique existence.	Weak identity; fear and coldness dominate bonds with others.
2. Develops trust.	Parents build strong, loving, bonds with the infant – bonds of unconditional love.	Has difficulty bonding – which often leads to manipulative, self-centered, isolated, or discontented personality.
3. Learns how to receive.	Gives care that matches the infant's needs, without the infant asking.	Is withdrawn, disengaged, self-stimulating, and unresponsive.
4. Begins to organize self into a person through relationships.	Discovers the true characteristics of the infant's unique identity, through attention to the child's behavior and character.	Has an inability to regulate emotions.
5. Learns how to return to joy from every unpleasant emotion.	Provides enough safety and companionship during difficulties, so the infant can return to joy from any other emotion.	Has uncontrollable emotional outbursts, excessive worry and depression. Avoids, escapes or gets stuck in certain emotions.

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**Personal Assessment**

1. Go through each of the 5 personal tasks in column 1 and assess yourself. How effectively are you living out each of these tasks today?
  
2. Reflecting back on your childhood, how effective were you at living out each of these tasks as a child? As a teen?
  
3. Look at the community and family tasks in column 2. Rate your family on a scale of 0-10 where 0 is no help to 10 is excellent help provided by your parents and others close to you during your childhood years.
  
4. Look at the problems listed in column 3 and do a personal self-assessment. Which of these problems do you struggle with today?
  
5. A. Which of all the problems listed in column 3 is your greatest challenge today?  
  
B. Look at the corresponding personal task in column 1. Do you see the connection between your problem and the personal task not mastered in your life? What steps can you take to master that personal task in your life today? Remember that those close to you have a key part in helping you master that task—column 2.

### The Life Model: MATURITY INDICATORS

#### The Child Stage: Age 4 through 12

(Age 12 is the earliest age this stage can be completed.)

**Primary Task** to be completed during this stage. **Taking care of self**

**Primary Resulting Problem** in adult life when this task is not completed: Not taking responsibility for self.

PERSONAL TASKS	COMMUNITY AND FAMILY TASKS	WHEN THE TASKS FAIL
1. Asks for what is needed – can say what one thinks and feels	Teaches and allows child to appropriately articulate needs.	Experiences continual frustration and disappointment because needs are not met; is often passive-aggressive.
2. Learns what brings personal satisfaction.	Helps child to evaluate the consequences of own behaviors, and to identify what satisfies him or her.	Is obsessed with or addicted to food, drugs, sex, money, or power, in a desperate chase to find satisfaction.
3. Develops enough persistence to do hard things.	Challenges and encourages child to do difficult tasks the child does not feel like doing.	Experiences failure, remains stuck and undependable, is consumed with comfort and fantasy life.
4. Develops personal resources and talents.	Provides opportunities to develop the child’s unique talents and interests	Fills life with unproductive activities despite God-given abilities.
5. Knows self and takes responsibility to make self understandable to others.	Guides in discovering the unique characteristics of the child’s heart	Fails to develop true identity, conforms to outside influences that misshape identity.
6. Understands how he or she fits into history as well as the “big picture” of what life is about.	Educates the child about the family history as well as the history of the family of God.	Feels disconnected from history and unable to protect self from family lies or dysfunctions that are passed on.

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**Personal Assessment**

1. Go through each of the 6 personal tasks in column 1 and assess yourself. How effectively are you living out each of these tasks today?
  
  
  
  
  
  
  
  
  
  
2. Reflecting back on your childhood, how effective were you at living out each of these tasks as a child? As a teen?
  
  
  
  
  
  
  
  
  
  
3. Look at the community and family tasks in column 2. Rate your family on a scale of 0-10 where 0 is no help to 10 is excellent help provided by your parents and others close to you during your childhood years.
  
  
  
  
  
  
  
  
  
  
4. Look at the problems listed in column 3 and do a personal self-assessment. Which of these problems do you struggle with today?
  
  
  
  
  
  
  
  
  
  
5. A. Which of all the problems listed in column 3 is your greatest challenge today?  
  
  
  
  
  
  
  
  
  
  
B. Look at the corresponding personal task in column 1. Do you see the connection between your problem and the personal task not mastered in your life? What steps can you take to master that personal task in your life today? Remember that those close to you have a key part in helping you master that task—column 2.

### The Life Model: MATURITY INDICATORS

**The Adult Stage: Age 13 through Birth of first child**

(Age 13 is about the earliest age at which adult-level tasks may be accomplished.)

**Primary Task** to be completed during this stage. **Taking care of two people simultaneously.**

**Primary Resulting Problem** when this task is not completed: Lacks the capacity to be in mutually satisfying relationships.

PERSONAL TASKS	COMMUNITY AND FAMILY TASKS	WHEN THE TASKS FAIL
1. Cares for self and others simultaneously in mutually satisfying relationships.	Provides the opportunity to participate in group life.	Is self-centered, leaves other people dissatisfied and frustrated.
2. Remains stable in difficult situations, and knows how to return self and others to joy.	Affirms that the young adult will make it through difficult times.	Conforms to peer pressure, and participates in negative and destructive group activities.
3. Bonds with peers; develops group identity.	Provides positive environment and activities where peers can bond.	Is a loner, with tendencies to isolate; shows excessive self-importance.
4. Takes responsibility for how personal actions affect others, including protecting others from self.	Teaches young adults that their behaviors impact others and impact history.	Is controlling, harmful, blaming, and unprotective to others.
5. Contributes to the community; articulates “who we are” as part of belonging to the community.	Provides opportunities to be involved in important community tasks.	Does not become a life-giving contributor to the community, is self-absorbed and uses others – drains society.
6. Expresses the characteristics of his or her heart in a deepening personal style.	Holds the person accountable, while still accepting and affirming the aspects of his or her true self.	Is driven to “play roles” to prove self to the world, get results, and seek approval.

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**Personal Assessment—Adult Stage**

1. Go through each of the 6 personal tasks in column 1 and assess yourself. How effectively are you living out each of these tasks today?
  
2. Reflecting back on your life (age 13-birth of first child), how effective were you at living out each of these tasks?
  
3. Look at the community and family tasks in column 2. Rate your family on a scale of 0-10 where 0 is no help to 10 is excellent help provided by your parents and others close to you during your adult years.
  
4. Look at the problems listed in column 3 and do a personal self-assessment. Which of these problems do you struggle with today?
  
5.
  - A. Which of all the problems listed in column 3 is your greatest challenge today?
  
  - B. Look at the corresponding personal task in column 1. Do you see the connection between your problem and the personal task not mastered in your life? What steps can you take to master that personal task in your life today? Remember that those close to you have a key part in helping you master that task—column 2.

### The Life Model: MATURITY INDICATORS

The **Parent Stage**: Birth of first child until youngest child has become an adult

**Primary Task** to be completed during this stage. Sacrificially taking care of children.

**Primary Resulting Problem** when this task is not accomplished: Distant or conflicted family relationships.

PERSONAL TASKS	COMMUNITY AND FAMILY TASKS	WHEN THE TASKS FAIL
1. Protects, serves, and enjoys one’s family.	The community gives the opportunity for both parents to sacrificially contribute to their family.	Family members are (1) at risk, (2) deprived, and (3) feel worthless or unimportant.
2. Is devoted to taking care of children without expecting to be taken care of by the children in return.	The community promotes devoted parenting.	Children have to take care of parents, which is impossible, and often leads to (1) child abuse/neglect and/or (2) “parentified” children – which actually <i>blocks</i> their maturity instead of <i>facilitating</i> it.
3. Allows and provides spiritual parents and siblings for their children.	The community encourages relationships between children and extended spiritual family members.	Children are vulnerable to peer pressure, to cults, to any misfortune, and are less likely to succeed in life’s goals. Parents get overwhelmed without extended family support.
4. Learns how to bring children through difficult times, and return to joy from other emotions.	The community supports parents by giving them encouragement, guidance, breaks, and opportunities to recharge.	Hopeless, depressed, disintegrating family units develop.

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**Personal Assessment—Parent Stage**

1. Go through each of the 4 personal tasks in column 1 and assess yourself. How effectively are you living out each of these tasks today?
  
2. Reflecting back on your years as a parent, how effective were you at living out each of these tasks at this stage in your life?
  
3. Look at the community and family tasks in column 2. Rate your family on a scale of 0-10 where 0 is no help to 10 is excellent help provided by your parents and others close to you during your parenting years.
  
4. Look at the problems listed in column 3 and do a personal self-assessment. Which of these problems do you struggle with today?
  
5.
  - A. Which of all the problems listed in column 3 is your greatest challenge today?
  
  - B. Look at the corresponding personal task in column 1. Do you see the connection between your problem and the personal task not mastered in your life? What steps can you take to master that personal task in your life today? Remember that those close to you have a key part in helping you master that task—column 2.



### The Life Model: MATURITY INDICATORS

The **Elder Stage**: Beginning when youngest child has become an adult

**Primary Task** to be completed during this stage. Sacrificially taking care of the community.

**Primary Resulting Problem** when this task is not accomplished: The overall maturity of the community declines.

PERSONAL TASKS	COMMUNITY AND FAMILY TASKS	WHEN THE TASKS FAIL
1. Establishes an accurate community identity, and acts like self in the midst of difficulty.	The community recognizes elders in the community.	There is meaninglessness, disorder, loss of direction, and disintegration of all social structures from government to family.
2. Prizes each community member, and enjoys the true self in each individual.	The community provides opportunities for elders to be involved with those in all of the other maturity stages.	Life-giving interactions diminish, along with life-giving interdependence, stunting the community's growth. Fragile, at-risk people fail to heal or survive.
3. Parents and matures the community.	The community creates a structure to help the elders do their job, which allows people at every stage of maturity to interact properly with those in other stages, and listen to the wisdom of maturity.	When elders do not lead, unqualified people do, resulting in immature interactions at every level of the community.
4. Gives life to those without a family through spiritual adoption.	Places a high value on being a spiritual family to those with no family.	When those without a family are not individually taken care of, poverty, violence, crisis, crime, and mental disorders increase.

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**Personal Assessment—Elder Stage**

1. Go through each of the 4 personal tasks in column 1 and assess yourself. How effectively are you living out each of these tasks today?
  
2. Reflecting back on your life since your last child became an adult, how effective were you at living out each of these tasks at this elder stage in your life?
  
3. Look at the community and family tasks in column 2. Rate your family on a scale of 0-10 where 0 is no help to 10 is excellent help provided by your parents and others close to you during your elder years.
  
4. Look at the problems listed in column 3 and do a personal self-assessment. Which of these problems do you struggle with today?
  
5.
  - A. Which of all the problems listed in column 3 is your greatest challenge today?
  
  - B. Look at the corresponding personal task in column 1. Do you see the connection between your problem and the personal task not mastered in your life? What steps can you take to master that personal task in your life today? Remember that those close to you have a key part in helping you master that task—column 2.

### **Additional Notes on the Life Model**

Looking at each stage, three columns.

First: let's look at columns one and two.

A child can learn these without the help of adults, but it rarely happens.

Children have a great capacity for joy—easily damaged if adults are not living in joy.

As we look at each of these personal tasks, see how they connect to an addiction.

If the child fails to achieve mastery of these personal tasks, they will develop problems in their lives. These problems will carry into their teen and adult years, and for the rest of their lives.

The good news is you can reverse this damage, and move toward maturity at any age in life.

Look at the damage of each task.

When healthy living does not occur, damage comes into your life.

Damage occurs when you are living with false beliefs, inadequate or inappropriate problem solving skills and failure to function with healthy relationships.

These drive us down the path to addictions and life-controlling problems. The faster we go, the deeper the damage.

Like a snowball going down a hill—gathering size and momentum as it goes.

The person in an addiction often feels most comfortable when associating with people who share the same values, beliefs, and experiences.

# Appendix

## Additional keys to effective aftercare

1. Regular church attendance
2. Daily personal devotions—reading Bible and personal prayer
3. Living with Christian family or friends
4. Have a person of accountability  
  
Have a written contract to spell out details of accountability. See sample on next page.
5. A personal ministry—personal evangelism, teaching a class at church, care for the homeless, etc.
6. Have an emergency “tool box” to respond to temptations
7. Have a vision, dream, and a calling for your life
8. Learn how to “return to joy” in daily living

Based on book, *The Life Model: Living from the Heart Jesus Gave You: The Essentials of Christian Living*, by James G. Friesen, E. James Wilder, Anne M. Bierling, Rick Koepcke, and Maribeth Poole. Workbook also available.

# Recovery Contract

(example)

I \_\_\_\_\_, in recognition of my need for help with my chemical dependency, agree to the following program of activities.

Because chemical dependency has a **Physical Component**, I agree to remain totally abstinent from alcohol, nicotine and all other drugs.

Because chemical dependency has a **Mental/Emotional component**, I agree to attend twelve step recovery support groups for chemical dependency. I also agree to meet with Pastor Jim Isom weekly for counseling and complete homework.

- Thursday AA – Have slip signed at the meeting
- Monday “Happy Hour” 7 PM Reston Christian Fellowship Church -- Have slip signed at the meeting

Because chemical dependency has a **Spiritual component**, I agree to the following activities.

- Attend Church of the Redeemer at least two times/week
- Participate in the monthly fellowship meals of C.O.R.
- Spend ten minutes in the AM and ten minutes in the PM in personal devotions. Read one chapter of Scripture in the AM and do “Daily Moral Inventory” in the evening.
- Have a short devotional time with your wife and children each day.

This agreement will be reviewed for revision after one month from today: April 22, 20xx.

Incompletion of any of these agreements will violate this **AGREEMENT**.

Client signature \_\_\_\_\_

Accountability signature \_\_\_\_\_

## **Insights into requesting a change in another's behavior**

1. *Jesus says that I should let others know that their behavior bothers me. If I care about the relationship, I will ask for a change of behavior. This is a transparent aspect of practical intimacy and love.*

**Matthew 18:15** New International Version

“If your brother sins against you, go and show him his fault, just between the two of you. If he listens to you, you have won your brother over.”

2. *When I do not do this, I deny the importance of the relationship to me and also do not respect myself or the other person.*
3. *Follow this important four step process:*
  - Describe the behavior you see and/or hear in the other person. It is important that I use “descriptive” words, rather than “labeling”. (“I notice you have been leaving your dirty laundry all over the room”...rather than “you are an inconsiderate slob!”)
  - Express the feelings you experience as a result of the other person’s behavior. (“I feel angry and resentful when you leave your dirty laundry all over the room.”)
  - Ask for a specific change in behavior. (“I would like you to keep your dirty laundry in the closet. Are you willing to do this?”)
  - It may be necessary to spell out specific and reasonable consequences, should the person not comply with your request. (“If you continue to scatter your dirty laundry all over the room, I will simply sweep it all underneath your bed.”)
4. *Remember to demonstrate assertive body language:*
  - Maintain direct eye contact
  - Maintain an erect body posture
  - Speak clearly and audibly
  - Do not whine
  - Make use of gestures and facial expression for emphasis
5. *Giving other people direct messages about how their behavior affects you is a skill that you can learn.*

(Modified from Bower, 1973 and Manderino, 1974)

## Sources for further study

*Counseling for Relapse Prevention* by Terence T. Gorski & Merlene Miller (Herald House—Independence Press, Independence, MO, 1982).

*The Genesis Process: A Relapse Prevention Workbook for Addictive/Compulsive Behaviors*, by Michael Dye and Patricia Fancher. (Genesis Addiction Process & Programs, 25363 Rodeo Flat Rd., Auburn, CA 95602 Phone: 530-269-1072, web: [www.genesisprocess.org](http://www.genesisprocess.org))

*The Life Model: Living from the Heart Jesus Gave You: The Essentials of Christian Living*, by James G. Friesen, E. James Wiler, Anne M. Bierling, Rick Koepcke, and Maribeth Poole. Workbook also available. These can be ordered online at [www.lifemodel.org](http://www.lifemodel.org)

Teen Challenge curriculum for training new Christians—*Group Studies for New Christians* and *Personal Studies for New Christians*. Contact Teen Challenge USA, PO Box 1015, Springfield, MO 65802 or call 417-581-2181, web: [www.teenchallengeusa.com/gsnc/](http://www.teenchallengeusa.com/gsnc/) If outside the USA, contact Global Teen Challenge: Email: [gtc@globaltc.org](mailto:gtc@globaltc.org)

Trying Hard to Measure Up. Jeff Van Vonderan

Shame and Grace. Lewis Smedes

Forgiving Our Parents, Forgiving Ourselves. David Stoop

Moving Beyond the Pain of the Past. Sandra Wilson

Recovery for Adult Children of Alcoholics and Dysfunctional Families. Sandra Wilson

Released from Shame. Sandra Wilson

Families where Grace is in Place. Jeff Van Vonderan

Forgive and Forget. Lewis Smedes

The Art of Forgiveness. Lewis Smedes

The Lies we Believe. Chris Thurman

Compelled to Control: Recovering intimacy in broken relationships. J. Keith Miller. Health Communications, Inc.

Changes that Heal: How to understand your past to ensure a healthier future. Dr. Henry Cloud. Zondervan.

Caring Enough to Confront. David Augsburger

**Boundaries:** When to say “Yes,” when to say “No,” to take control of your life. Dr. Henry Cloud and Dr. John Townsend. Zondervan. A separate workbook is also available for this book.

**Boundaries in Marriage.** Dr. Henry Cloud and Dr. John Townsend. Zondervan. A separate workbook is also available for this book.

**Boundaries with Kids.** Dr. Henry Cloud and Dr. John Townsend. Zondervan. A separate workbook is also available for this book.

**Boundaries Face to Face:** How to have that difficult conversation you’ve been avoiding. Dr. Henry Cloud and Dr. John Townsend. Zondervan.

**Another Chance.** Sharon Wegscheider

**Anger is a Choice.** Tim LaHaye and Bob Phillips. Zondervan.

**Safe People:** How to find relationships that are good for you and avoid those that aren’t. Dr. Henry Cloud and Dr. John Townsend. Zondervan. A separate workbook is also available for this book.

**Healing for Damaged Emotions.** (Study guide included). David Seamonds & Beth Funk. Life Journey.

**Looking Good Outside, Feeling Bad Inside.** Curtis Levang. (YWAM)

The following resources by Dave Batty are available at the website: [www.iTeenChallenge.org](http://www.iTeenChallenge.org) in the **Resources** Section under Track R01: Helping Family Members with Problems.

### **Boundaries in Your Mind**

**Dealing With Shame:** How do I know if it is from God?

**Delusion, Denial, Deception:** Overcoming the trap of delusion, denial, and deception.

**Enabling:** Are you offering the wrong kind of help to your loved ones?

**Facing Your Problems:** The path to pure joy.

**Finding Hope:** Finding hope in the midst of life’s problems.

**God’s School of Life Training:** How good a student are you in God’s school of life training?

**Living with Guilt:** Are you living with guilt that doesn’t belong to you?



**Mending a Broken Heart:** What are the steps to mending a broken heart?

**Raise the Bottom:** You've heard, "They have to hit bottom before they get help." Why not raise the bottom?

**Renewing Your Mind:** How can a person get rid of inappropriate thoughts? How can you change the way you think?

**Returning to Joy:** Training your brain for the life skill of returning to joy.

**They Don't Want Help:** What can you do for your loved one when they don't want help?

**What are Your Triggers?** What are those things that trigger a response in your life? Do you let these triggers pull you down a destructive path?

**When People Hurt You:** How can you respond to those who betray or hurt you? Where does revenge fit in?

**When Will Your Miracle Come?** How can I receive a miracle from God?



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Websites: Teen Challenge Training resources: [iTeenChallenge.org](http://iTeenChallenge.org)  
Global Teen Challenge: [Globaltc.org](http://Globaltc.org)

