

# The Teen Challenge approach to Addiction

By Dave Batty

## 1. Teen Challenge history on dealing with addictions

- a. Drug treatment 50 years ago when TC started—not much hope for a cure
- b. Faith-based solution not widely accepted by treatment professionals

## 2. Definition of addiction

- a. \_\_\_\_\_ (addiction) is the process of increasingly turning to \_\_\_\_\_ to meet life's needs. —Jeffrey VanVonderan

Other addictions:

- b. "I will not be mastered by anything." 1 Corinthians 6:12

## 3. Life-controlling problems, not just drug addiction causes \_\_\_\_\_

- a. False beliefs/delusion/denial
- b. Parallel addictions
- c. Symptoms vs root problems
- d. \_\_\_\_\_ from abuse and neglect

## 4. Four stages of addiction

- a. \_\_\_\_\_
- b. \_\_\_\_\_ Use
- c. \_\_\_\_\_ Abuse (Daily Preoccupation)
- d. Uses to feel \_\_\_\_\_

## 2, The Teen Challenge approach to addiction

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### 5. Addiction is death on the installment plan

### 6. What is the process of real change?

addict >> ex-addict >> non-addict

Real change involves transformation of your whole life, not just to get off drugs.

### 7. What are the keys to overcoming addiction?

a. \_\_\_\_\_ with Jesus

b. \_\_\_\_\_ your mind

c. "Put off" \_\_\_\_\_ way of living and "put on" \_\_\_\_\_ way of living

d. Come back to Jeff VanVonderan's definition of addiction

\_\_\_\_\_ is the process of increasingly turning to \_\_\_\_\_  
to meet life's needs.

### 8. Questions for discussion

**Contact Information: [www.Globaltc.org](http://www.Globaltc.org)    [www.iTeenChallenge.org](http://www.iTeenChallenge.org)**