

### **This is a process at work**

My hurt was Anger. It took me working through a 12 Step-Study and a half to start coming out of denial. After the second 12 Step-Study; my wife and I separated for 3 months due to my criticizing and not wanting to let go of the control.

My progress and victory has been to control my tongue (not perfectly) to not pick apart everything and to pray the Holy Spirit would continue to intercede. This is a "process" at work. It took many years to get to this place.

This is not a hit & run issue. Celebrate Recovery is a new lifestyle of humbling one's self and understanding the Grace and Mercy you've been given and to return the favor.

Boyd E.