

I had made false idols out of drugs and alcohol

a. What was your hurt, habit, or hang-up when you started CR?

I was a chemical abuser for 44 years. It started in High School with social anxiety. I learned that drinking and drugs would help me regain control or empower myself over social circumstances that made me feel helpless, trapped and lacking control. I would regain control, empower myself with a quick fix or mood changer of alcohol.

b. What tough times did you go through while working the 12 steps to recovery?

My son became a heroin addict and my wife left me when I continued to get high every weekend. I could not control either one of them! Worse yet, I did not want to control myself as I felt I deserved to get high. I had made false idols out of drugs and alcohol. With CR and 12 Steps, I learned to humble myself and understand my emotions and thinking.

c. What progress or victories have you experienced today?

I turned to God, I chose to intelligently delegate control to God. What I learned was that if I am willing to give God control, God returns that control to me through the Holy Spirit. Now I regain control with Christ driven behavior that reverses feelings of helplessness and empowers me with new thinking, new values (fruits) which include self-control. Now, I get my feelings from values and new purpose found in scripture!

d. What advice would you give someone new coming into Celebrate Recovery?

God's grace is sufficient for you. Humble yourself and find power in weakness by delegating control to Christ. (2 Cor. 12:9-10)