

SOME AREAS OF ADDICTION AND DEPENDENCY*

For a variety of reasons, many of us have an underlying structure of disorder that is damaging us and others. On a regular basis we review the items in each category, thanking God for growth and admitting those areas where problems still exist.

SUBSTANCE ADDICTIONS:	BEHAVIOUR ADDICTIONS:	SOFT ADDICTIONS:	RELATIONSHIP ADDICTIONS:
Alcohol	Anger/Rage/Bullying	Digital Use: (Time or Content)	Abusive Relationships:
Caffeine	Cutting	TV/Phone/Tablet; video games, Social	Includes: Intimidation, Isolation,
Injected or smoked	Crime	Networking; Cyber-bullying; Online	Domination, Blaming, Humiliation,
substances such as:	Eating Disorders:	shopping; Gambling, Pornography	Withholding, Forcing acts against
Crack, Crystal Meth, Heroin, etc.	Bulimia, Anorexia,	Exercise	one's will
Marijuana	Binging, Obesity	Food (See Eating Disorders)	Approval dependency
Prescription Medications	Gambling	Isolating/Sleep	Attention Seeking
Sugar	Hoarding	Money: Debt/Fraud	Codependence/Rescuing
Tobacco	Sex/Pornography	Religion	Power/Control
	Verbal Abuse:	Shopping	
	Gossip, Lying, Accusing	Sports	
	Blaming, Condemning	Work/Achievement	
	Violence (Physical, Verbal, Cyber)		

**(Persistent compulsive use of a substance or habit in a manner or to a degree that is harmful.)*

PRAYER FOR HEALING AND RESTORATION

Loving God, Thank You for rescuing us from the dark power of Satan and bringing us into loving relationship with Your Son, Jesus. We ask for wisdom and understanding from Your Spirit in order to live as people who honour You. Heal us. Make us new. Make us strong followers of Christ. Root us deeply in Your love. We place our trust in Your power that can do far more in us than we dare ask or imagine. Amen.