

## There is a Solution!

The purpose of Whitewater Crossing Christian Church's Celebrate Recovery is to fellowship and celebrate God's healing power in our lives. We open the door by sharing our experiences, strengths, and hopes with another. In addition, we become willing to accept God's grace in solving our life problems.

By working the Christ-centered steps and applying their biblical principles found in the Beatitudes, we begin to grow spiritually. We become free from our addictive, compulsive, and dysfunctional behaviors. This freedom creates peace, serenity, joy, and most importantly, a stronger personal relationship with God and others. As we progress through the principles and the steps, we discover our personal, loving, and forgiving Higher Power—Jesus Christ. We will no longer have to rely on our dysfunctional, compulsive, and addictive behaviors as a temporary "fix" for our pain.

## Hours and Contact

### Location:

Whitewater Life Center

Phone: 513-738-7500

5771 State Route 128,

Cleves, OH 45002

**whitewater crossing**  **christian church**

### Meeting Information:

Wednesday Evenings: 7-9pm

Large Group Worship: 7pm

Small Share Groups: 8pm

(Men's & Women's Groups)

Come early for fellowship and refreshments.

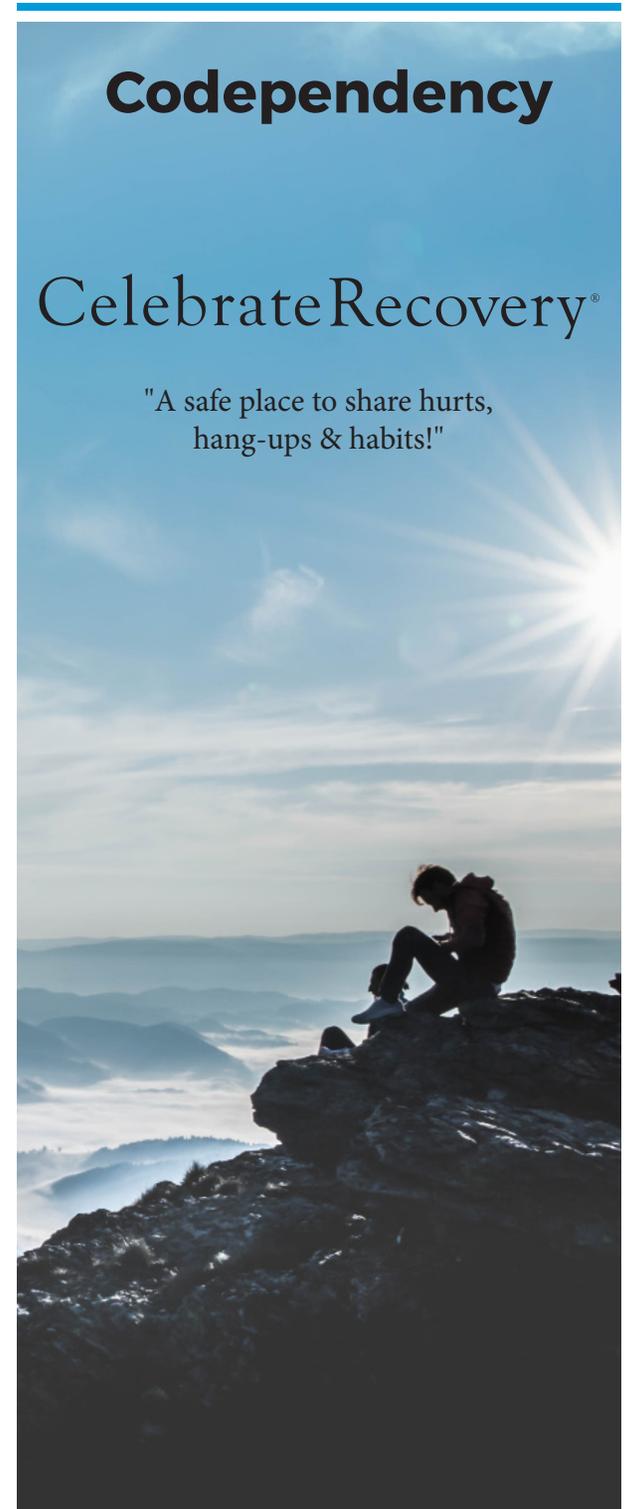
Doors open at 6:30pm



## Codependency

## Celebrate Recovery®

"A safe place to share hurts,  
hang-ups & habits!"



## The Problem

From the book: "Love Is A Choice"

"In its broadest sense, codependency can be defined as an addiction to people, behaviors, or things. Codependency is the fallacy of trying to control interior feelings by controlling people, things, and events on the outside. To the codependent, control or lack of it is central to every aspect of life.

The codependent may be addicted to another person. In this interpersonal codependency, the codependent has become so elaborately enmeshed in the other person that the sense of self—personal identity—is severely restricted, crowded out by that other person's identity and problems.

Additionally, codependents can be like vacuum cleaners gone wild, drawing to themselves not just another person, but also chemicals (alcohol or drugs, primarily) or things—money, food, sexuality, work.

They struggle relentlessly to fill the great emotional vacuum within themselves."

pg.11,12

The codependent may also be addicted to another person who is unfaithful to them. Their spouse may be having an affair or addicted to pornography, but the codependent relies on them anyway.

## Ask Yourself

Do you suffer from Codependency? Do four or more of these characteristics describe yourself? If so, you may be suffering from codependency.

- My good feelings about who I am stem from being loved by you.
- My good feelings about who I am stem from receiving approval from you.
- Your struggle affects my serenity. My mental attention focuses on solving your problems or relieving your pain.
- My mental attention is focused on pleasing you.
- My mental attention is focused on protecting you.
- My self-esteem is bolstered by solving your problems.
- My self-esteem is bolstered by relieving your pain.
- My own hobbies and interest are put aside. My time is spent sharing your interests and hobbies.
- Your clothing and personal appearance are dictated by my desires as I feel you are a reflection of me.
- I am not aware of how I feel. I am aware of how you feel.
- I am not aware of what I want—I ask what you want.
- My social circle diminishes as I involve myself with you.
- I value your opinion and way of doing things more than my own.
- The quality of my life is in direct relation to the quality of yours.

## The Solution

Only you can decide whether you think Celebrate Recovery is for you. Try to keep an open mind on the subject.

Celebrate Recovery does not promise to solve your life's problems. But we can show you how we are learning to live with the help of our Higher Power—Jesus Christ. When we are free from the past, we find that life is much more manageable with Christ's power.

Freedom from codependency begins when we surrender the illusion that our identity and value are established through the lenses of other people. Our identity is in how God views us and who He created us to be. As a result, we no longer need to see ourselves as a function of what we do, but who we already are.