

A "*Blessed moment of Truth*" from a *Divine Power* greater than ourselves leads to rigorous honesty, open-mindedness and willingness to ... **CHANGE !!**

The catalog of addictions includes: Agents Behaviors Choices = unmanageable life ?

- 1) Alcohol or drugs
- 2) Work, achievement, and success
- 3) Money addictions, such as overspending, gambling, hoarding.
- 4) Control addictions, especially if they surface in personal, sexual, family and business relations.
- 5) Food addictions
- 6) Sexual addictions
- 7) Approval dependency (the need to please people)
- 8) Rescuing patterns toward other persons
- 9) Dependency on toxic relationships (relationships that are damaging and hurtful)
- 10) Physical illness (hypochondria)
- 11) Exercise and physical conditioning
 - 12) 12. Cosmetics, clothes, cosmetics surgery, trying to look good on the outside
 - 13) Academic pursuits and excessive intellectualizing.
- 14) Religiosity or religious legalism (preoccupation with the form and the rules and regulations of religions, rather than benefiting from the real spiritual message)
- 15) General perfectionism
- 16) Cleaning and avoiding contamination and other obsessive-compulsive symptoms
- 17) Organizing, structuring (the need always to have everything in its place).
- 18)) Materialism
- 19) Fowler, Dr. Robert and Dr. Richard Hemfelt Eds. Serenity: A Companion for 12 Step Recovery. Nashville; Thomas Nelson, Inc., 1990. Pages 13-14.
- 20) **Codependency is a type of dysfunctional behavior prevalent in society as a whole, as well as in Christian families. There are four basic dysfunctional situations, which may cause a person to exhibit codependent behavior:**
 - 1) Persons who are currently in a close relationship with an addict or alcoholic
 - 2) Persons with an addictive parent or grandparent. This includes addictive disorders such as chemical dependency, workaholism, compulsive overspending, sexaholism, and child abuse.
 - 3) Persons suffering significant childhood loss due to reasons other than addictions, death, divorce, physical or mental deprivation,
 - 4) Persons from an emotionally out of touch or extremely repressive family background.**Codependency, like chemical dependency, is a disease that is chronic, progressive and fatal.**