

## Self Evaluation

The following inventory can help you in the recognition process as you seek to determine whether your alcohol or drugs is reaching a destructive level in your life.

Check the boxes of the statements that apply to you:

- Have you ever decided to stop drinking and/or using for a week or so, but only lasted for a couple of days?
- Do you wish people would mind their own business about your drinking and/or using – stop telling you what to do?
- Have you ever switched from one kind of drink or drug to another in the hope that this would keep you from losing control?
- Have you had to have an "eye-opener" upon awakening during the past year? Do you need a drink or drug to get started, or stop shaking?
- Do you envy people who can drink or use drugs without getting into trouble?
- Have you had problems connected with drinking or using during the past year?
- Has your drinking or using caused trouble at home?
- Do you ever try to get "extra" drinks or drugs at a party because you did not get enough?
- Do you tell yourself you can stop drinking or using any time you want to, even though you keep getting inebriated when you don't mean to?
- Have you missed days of work or school because of drinking or using?
- Do you have "blackouts"?
- Have you ever felt that your life would be better if you did not drink or use?

If you checked 2 or more boxes, you are probably in trouble with alcohol or drugs.

But again, only you can decide whether you think Celebrate Recovery is for you. Try to keep an open mind on the subject. If the answer is YES, we will be glad to show you how we stopped drinking and using drugs ourselves.

Celebrate Recovery does not promise to solve your life's problems. But we can show you how we are learning to live without drinking or using one day at a time with the help of our Higher Power, Jesus Christ. We stay away from that first drink. If there is no first one, there cannot be a tenth one. And when we are free of alcohol, we found that life became much more manageable, with Christ's power.

## Eight Recovery Principles

Matthew 5:1-13 The Beatitudes

**R**ealize I'm not God; I admit that I am powerless to control my tendency to do the wrong thing and my life is unmanageable. *Happy are those who know they are spiritually poor.*

**E**arnestly believe that God exists, that I matter to him, and that he has the power to help me recover. *Happy are those who mourn. God will comfort them.*

**C**onsciously choose to commit all my life and will to Christ's care and control. *Happy are the humble.*

**O**penly examine and confess my faults to God, to myself, to God, and to someone I trust. *Happy are the pure in heart.*

**V**oluntarily submit to every change God wants to make in my life and humbly ask Him to remove my character defects. *Happy are those whose greatest desire is to do what God requires.*

**E**valuate all my relationships; Offer forgiveness to those who have hurt me and make amends for harm I've done to others except when to do so would harm them or others. *Happy are the merciful. Happy are the peacemakers.*

**R**eserve a daily time with God for self examination, Bible readings and prayer in order to know God and His will for my life and to gain the power to follow His will.

**Y**ield myself to God to be used to bring this Good News to others, both by my example and by my words. *Happy are those who are persecuted because they do what God requires.*

### GARDEN RIDGE CHURCH OF CHRIST

102 N Garden Ridge  
Lewisville, Texas 75067

Phone: (972) 221-3561  
Email: [pnichols@gardenridge.org](mailto:pnichols@gardenridge.org)  
Contact Philip Nichols

GARDEN RIDGE CHURCH OF CHRIST

# Chemical Dependency

Find Healing From Life's Hurts,  
Habits, and Hang-Ups



Phone (972) 221-3561

## The Problem

If, when you honestly want to, you find you cannot quit drinking or using entirely, or if you have little control over the amount you consume, you are probably an alcoholic and/or an addict. If that is the case, you may be suffering from a problem which only a spiritual solution will conquer.

If you are as seriously alcoholic or addicted as we were, we believe there is no middle-of-the-road solution. We were in a position where life was becoming impossible, and we had passed into the region from which there is no return through human resources, we had but two alternatives: One was to go on to the bitter end, blotting out the consciousness of our intolerable situation as best as we could; and the other was to accept Jesus Christ as our Higher Power.

Romans 7:15-25 points out—"I do not understand what I do. For what I want to do I do not do, but what I hate I do. And if I do what I do not want to do, I agree that the law is good. As it is, it is no longer I myself who do it, but it is sin living in me. I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out. For what I do is not the good I want to do; no, the evil I do not want to do-- this I keep on doing. Now if I do what I do not want to do, it is no longer I who do it, but it is sin living in me that does it. So I find this law at work: When I want to do good, evil is right there with me. For in my inner being I delight in God's law; but I see another law at work in the members of my body, waging war against the law of my mind and making me a prisoner of the law of sin at work within my members. What a wretched man I am!

Who will rescue me from this body of death? Thanks be to God-- through Jesus Christ our Lord! So then, I myself in my mind am a slave to God's law, but in the sinful nature a slave to the law of sin." (NIV)

## THE SOLUTION

By working through the Eight Recovery Principles found in the Beatitudes with Jesus

Christ as your Higher Power, you can and will change! You will begin to experience the true peace and serenity you have been seeking, and you will no longer have to rely on your dysfunctional, compulsive, and addictive behaviors as a temporary "fix" for your pain.

By applying the biblical principles of conviction, conversion, surrender, confession, restitution, prayer, quiet time, witnessing, and helping one another, which are found within the Eight Principles and the Christ-centered 12 Steps, you will restore and develop stronger relationships with others and with God.

## GARDEN RIDGE CHURCH OF CHRIST

102 N Garden Ridge  
Lewisville, Texas 75067

Phone: (972) 221-3561  
Email: [pnichols@gardenridge.org](mailto:pnichols@gardenridge.org)  
Contact Philip Nichols

Celebrate Recovery meetings are open to everyone. Come and join us in a time of worship, amazing stories of transformed lives, and small group discussions designed to provide the strength to overcome life's hurts, habits, and hang-ups.