



Leader Notes Addiction

Warning: This study contains mature subject matter. Whether your group is brand new or has been together for some time, members may not feel comfortable sharing at any real depth.

1. Remember that the purpose of the Connect question(s) is to loosen up the group. You could have a mix of answers for Question 1. Some very lighthearted. Others could be on the serious side.
2. It's a good idea to revisit the Group Agreement before continuing. Particularly the value of confidentiality is important to reinforce. You'll find a copy on the download page.

Watch the video after question 2.

3. A second category might include bulimia, pornography, etc. The question really is, "Should there be more than one category?"
4. Your answer to this question will model to the group both the length and depth you're looking for. Helping your group members engage here will pay off in the next questions.
5. The way you respond to shared answers in your group will determine the responsiveness of the others. "Thank you for sharing" may seem trite, but acknowledging these baby steps will help the rest of your group feel safe and valued.
6. Your answer will help establish what is appropriate for your members. If you're willing to share a genuine concern, others will follow your lead.
7. Although it may seem risky, your answer here is important. If you have taken this step, share what it felt like. When one of your group members shares, be sure you affirm them.
8. Sub-grouping will help this exercise. Your group may not want to do it. Don't feel like you have to do this tonight. Be sensitive to the feelings of your group members. You may want to prepare by asking someone else in your group to help guide a few. That will help smooth the way.
9. One way to help your group members connect in between meetings is to provide an index card or post-it for everyone and then have to exchange telephone numbers with one other person.
10. Celebrate Recovery is a Christ-centered recovery program offered at Adventure. You'll find more information about it on our website under Ministries/Adult/Celebrate Recovery.

