

LEAVES: Symptoms / Coping Mechanisms

[PHYSICAL]

- Alcohol or drugs
- Work, achievement, and success
- Money addictions, such as overspending, gambling, hoarding
- Control addictions, especially if they surface in personal, sexual, family, and business relationship
- Food addictions
- Sexual addictions
- Approval dependency (the need to please people)
- Rescuing patterns toward other persons
- Dependency on toxic relationships (relationships that are damaging and hurtful)
- Physical illness (hypochondria)
- Exercise and physical conditioning
- Cosmetics, clothes, cosmetic surgery, trying to look good on the outside
- Academic pursuits and excessive intellectualizing
- Religiosity or religious legalism (preoccupation with the form and the rules and regulations of religion, rather than benefiting from the real spiritual message)
- General perfectionism
- Cleaning and avoiding contamination and other obsessive-compulsive symptoms
- Organizing, structuring (the need always to have everything in its place)
- Materialism

[From Serenity® A Companion for Twelve Step Recovery, Drs. Robert Hemfelt & Richard Fowler, Thomas Nelson Publishers, Nashville]

BRANCHES: Behavior / Thought Patterns

[MENTAL]

- Sin
- Guilt
- Anxiety
- Insecurity
- Obsessiveness
- Jealousy
- Hopelessness
- Abandonment
- Defeat
- Depression
- Anger
- Self-punishment
- Low self-worth
- Enabling behavior
- Bad choices
- Lack of trust/faith
- Lack of self-control
- Spiritual ineptitude
- Inability to release control of our lives
- Destructive patterns of thinking
- Self-defeating behaviors
- Unresolved conflict



ROOTS: Cause

[SPIRITUAL]

- Lack of relationship with God through Jesus Christ His Son (Romans 11:16)



Macomb Christian Church

...changed people reaching people for Christ

On Monday September 14th the leaders of my home congregation, Macomb Christian Church (MCC), in Shelby Township, Michigan, held a service to ordain me as a chaplain. I would like to express my thanks and gratitude to our Lead Minister, Andy, the Elders at MCC, and Jann and the rest of the staff who gave of themselves in order to make this possible. It is a huge honor to be used by God in a capacity such as this as well as to be recognized and supported by my church leaders and family.

My thanks go out as well to my wife and family and all those who attended or sent encouraging or congratulatory words. Keri and I are very grateful and blessed to have so many wonderful people in our lives that love God and support us in the ministry He has called us to. We are very excited for whatever He has in store for us and for Message of Hope jail and prison ministry.

