

Discussion Questions # 8

Do You Want to get Well?

1. Why is the question, “do you want to get well” such an important question?
2. Why do you think Jesus asked the question of the lame man in John 5?
3. What is the significance of the lame man coming to the pool, apparently, for 38 years?
4. How long have you been coming to your “pool” while remaining in your addiction?
5. Give your honest answer? Do you want to get well?
6. Can you remember a time when your honest answer would have been, no?
7. What was going on then?
8. What was standing in your way of getting well?
9. Explain, the disadvantage of change.
10. If your answer is no, “I don’t want to get well,” what’s keeping you from being ready?
11. What happens if things don’t change?
12. If the answer is yes, “I want to get well,” what have you experienced that has you to this point?
13. What do you anticipate being the hardest part/s of the recovery process?
14. What makes it worth the struggle?
15. Why doesn’t instantaneous, miraculous, complete healing occur with addiction?
16. What is the easiest part of recovery?
17. Does stopping acting out behaviors constitute recovery?
18. How can the recovery process be compared to a horse race?
19. When in recovery and reengaging in “life” what are some major pitfalls to be aware of?
20. What help do you need to successfully run the race of sobriety?