

# Lesson 8:

## Freedom - Relationship

*"The only problem with isolation is, I'm the only one I get my solutions from."*

*"The only normal people are the one's you don't know very well."*

*Common 12 step sayings. Author unknown.*

### **One Is The Loneliest**

According to the band, Three Dog Night, *One Is The Loneliest Number*.

This seems to be true if you examine life experiences. How many young boys do you see enjoying a game of tag by themselves? How many girls dream of a date with a romantic view for one? It's widely known that it takes two to tango.

**It's true, God didn't create Eve  
because Adam was enjoying life  
too much as a bachelor!**

We are all made in the image of God. Therefore, relationship is at our core. We long for intimacy and the type of "oneness" found in the Trinity. When it comes to an addiction, which is in essence an intimacy disorder, it seems obvious that the essence of recovery would be genuine, intimate relationship.

All too often, shame prevents people from reaching out to others and experiencing the freedom and love that comes from being fully known, i.e., the good, the bad, and the ugly.

It is typically within recovery groups that those who "understand" can begin to attack the addict's shame that has fueled his or her addiction cycle.

It is within recovery groups that people can glean information on how others, who have been in their shoes, made the necessary changes to really change their life. It is in recovery groups that those who are struggling can find the accountability and encouragement they need to continue their progress. And it is in recovery groups that people begin to experience intimacy and are able to translate that to meaningful relationships in everyday life.

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**1. Describe a time when you felt negatively judged by someone.**

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**2. When you are feeling anxious, lonely, sad, etc. who do you talk to about it?**

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**3. What do you believe is meant by James 5:16, "Therefore confess your sins to each other and pray for each other so that you may be healed?"**

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**4. Describe an experience when you shared something you were ashamed of with a close friend.**

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**5. Describe the experiences you have had with recovery groups?**

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6. What is your opinion about 12 step groups?

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7. What do you think about someone who regularly attends 12 step or accountability meetings?

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8. How do you think a group of people who have dealt with similiar struggles could help one another?"

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9. What are some of the possible **pitfalls** of having a church organized accountability group?

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**10.** What are some of the possible **benefits** of having a church organized accountability group?

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**11.** What prevents people from attending a step group or accountability group?

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**12.** Why is it important to attend recovery meetings **and** begin therapy with a trained therapist?

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**13.** Have you had experience with an accountability group where no one (including yourself) seemed to make progress? If so, what were some of the issues hindering the group?

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**14.** Who in your life do you trust to be honest with you about your behavior?

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**15. Describe the last time someone confronted you about your behavior or attitude.**

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**16. Describe a time when you were unaware of negatively impacting someone.**

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**17. How did you come to realize that you were negatively impacting someone else?**

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**18. What things in your life do you need to change in order to live a life of recovery?**

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**19. What things are you unwilling to give up in order to live a life of recovery?**

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**20.** What usually prevents you from giving up something for the betterment of your spiritual and relational health?

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**21.** What have your experiences been when you give up something that you had been reluctant to part with originally?

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**22.** How has pornography impacted your sex life?

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**23.** If married, how would your spouse say pornography has impacted your sex life?

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**24.** Describe any previous intentional and extended periods of time when you went with no sexual activity.

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