

## There is a Solution!

The purpose of Whitewater Crossing Christian Church's Celebrate Recovery is to fellowship and celebrate God's healing power in our lives. We open the door by sharing our experiences, strengths, and hopes with another. In addition, we become willing to accept God's grace in solving our life problems.

By working the Christ-centered steps and applying their biblical principles found in the Beatitudes, we begin to grow spiritually. We become free from our addictive, compulsive, and dysfunctional behaviors. This freedom creates peace, serenity, joy, and most importantly, a stronger personal relationship with God and others. As we progress through the principles and the steps, we discover our personal, loving, and forgiving Higher Power—Jesus Christ. We will no longer have to rely on our dysfunctional, compulsive, and addictive behaviors as a temporary "fix" for our pain.

## Hours and Contact

### Location:

Whitewater Life Center  
Phone: 513-738-7500  
5771 State Route 128,  
Cleveland, OH 44102

**whitewater crossing**  **christian church**

### Meeting Information:

Wednesday Evenings: 7-9pm  
Large Group Worship: 7pm  
Small Share Groups: 8pm  
(Men's & Women's Groups)

Come early for fellowship and refreshments.

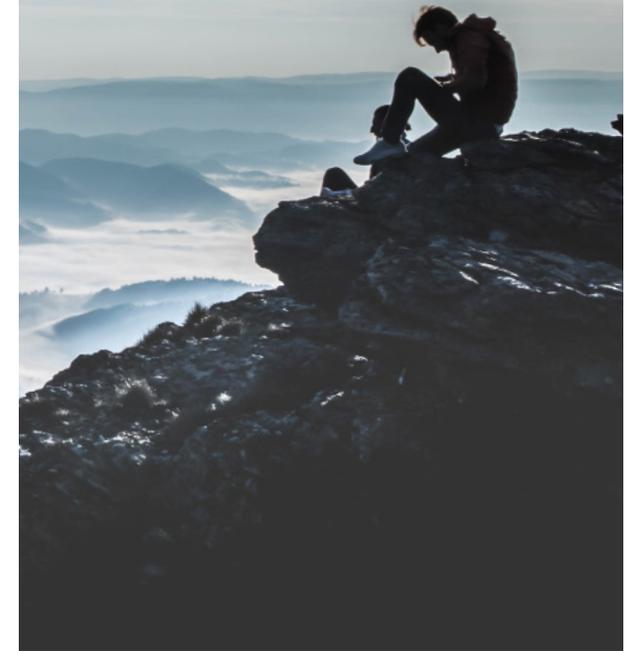
Doors open at 6:30pm



# Love & Relationship Addiction

## Celebrate Recovery®

"A safe place to share hurts,  
hang-ups & habits!"



## The Problem

This group provides a safe place to deal with the depression, isolation, lack of trust, and the unhealthy use of love and relationships as means of achieving worth, that are characteristic of Romance and Relationship Addictions.

### **Common "Addicted to Love" characteristics are:**

- Lack of nurturing and attention when young
- Feeling isolated, detached from parents and family
- Outer facade of "having it all together" to hide internal disintegration
- Mistake intensity for intimacy
- Hidden pain
- Seek to avoid rejection and abandonment at all cost
- Afraid to trust anyone in a relationship
- Inner rage over lack of nurturing, early abandonment
- Depressed
- Highly manipulative and controlling of others

## The Problem

### **Common characteristics continued:**

- Perceive attraction, attachment, and sex as basic human needs, as with food and water
- Sense of worthlessness
- Escalating tolerance for high-risk behavior
- Intense need to control self, others, and circumstances
- Presence of other addictive or compulsive problems
- Using others to alter mood or relieve pain
- Continual questioning of values and lifestyle
- Driven, desperate, frantic personality
- Existence of secret "double life"
- Refusal to acknowledge existence of problem
- Defining out-of-control behavior as normal
- Defining "wants" as "needs"

## The Solution

Only you can decide whether you think Celebrate Recovery is for you. Try to keep an open mind on the subject.

Celebrate Recovery does not promise to solve your life's problems, but we can show you how we are learning to live with the help of our Higher Power—Jesus Christ. When we are free from the past, we find life is much more manageable with Christ's power.

The goal of recovery is to achieve and maintain sobriety. In most addictions, sobriety can be defined simply by ceasing the unhealthy behaviors. For most types of problems, the slogan "just say no" is appropriate. Staying sober is more complicated with people addictions. The aim of recovery cannot be the complete avoidance of all forms of romance and relationships. The goal is not to become a hermit living in the mountains. The goal is to foster healthy relationships and eliminate unhealthy ones.