

*“No temptation has seized you except what is common to man. And God is faithful; he will not let you be tempted beyond what you can bear. But when you are tempted, he will also provide a way out so that you can stand up under it!”*

1 Corinthians 10:13 NIV

**Accountability Team Phone Numbers**

Sponsor \_\_\_\_\_

Accountability Partners

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Celebrate Recovery®

DEFINITIONS OF  
SOBRIETY

## **Sobriety for Co-Dependency**

The key to co-dependent sobriety is learning how to have healthy relationships and how to establish and enforce appropriate boundaries that we may accurately establish where we end and another person begins.

I can recognize co-dependent sobriety when I have not actively sought to control or manipulate others, given unsolicited advice, or based my self-concept on the well-being or approval of others.

While working toward co-dependent sobriety I'll make a faithful commitment to consistently work the program, which includes working or having worked through the CR Step Study Group, steady attendance at the Friday night meetings, service, and accountability to a Sponsor and Accountability Partners. We advocate journaling, daily inventory, transparency, and rigorous honesty.

## **Sobriety for Sexual Addiction**

For the unmarried Christian, sexual sobriety means having no form of sex with self or with anyone else.

For the married Christian, sexual sobriety means having no form of sex with self or with anyone other than his or her spouse. The married person may need to consider a "season" of abstinence from sex with his or her spouse, especially early in the recovery process.

And for everyone, sexual sobriety means seeking and achieving progressive inner sobriety.

## **Sobriety for Co-Dependency in a Relationship With a Sexually Addicted Person**

- A state of confidence resulting from a reliance and trust in God
- Focusing on God and relying on Him to meet my needs
- Letting go of control and trusting God for the outcome
- Not taking responsibility for the addict's behavior or recovery
- Allowing the sex addict to be responsible for his own actions and recovery – no rescuing
- Being honest with myself about my need to be in recovery
- Minding my own business; no checking up on or spying on the addict, trusting that God will reveal any necessary information
- A commitment to growth through prayer, educational reading, and accountability

## **Sobriety for Physical/Sexual/Emotional Abuse**

Our definition of sobriety is to discover our purpose, to build our self-esteem, and to repair any damage done. We will allow ourselves to feel our feelings, to accept them, and learn to express them appropriately.

We will not partake in any addictive or self-destructive behaviors that so easily entangle us. We will not allow the pains of our past to keep us as victims but grow from God's healing. In order to change, we as survivors of physical, sexual, and/or emotional abuse cannot use history as an excuse for continuing our destructive behaviors

## **Sobriety for Food Issues**

Sobriety means I have not overeaten compulsively, binged/purged, starved myself/over-exercised, or engaged in any ritualistic eating pattern. Rather, I have released control of my food and way of eating to the control of God and sought to eat in a sane and healthy manner.

## **Sobriety for Anger**

Sobriety means I have not lashed out at others or harbored ill will toward others but have taken appropriate steps to forgive others and resolve conflicts. I have also not shut down emotionally, giving in to depression, which is anger turned inward.

Sobriety also means working or having worked through a CR Step Study Group, steady attendance at the Friday night meetings, serving, and accountability to a Sponsor and Accountability Partners.

## **Sobriety for Chemical Dependency**

In order to attain sobriety from chemical addiction I need to abstain from alcohol and all drugs one day at a time and continue to apply the recovery steps and principles in my life.

## **Sobriety for Financial Issues**

Living by God's Financial Guidelines:

Tithe 10% - Save 10% - Living on 80%

## **Sobriety for the Gambling**

Sobriety for the compulsive gambler is defined as follows: complete abstinence of any betting or wagering, for self or others, whether for money or not, no matter how slight or insignificant, where the outcome is uncertain or depends upon chance or "skill" and constitutes gambling.