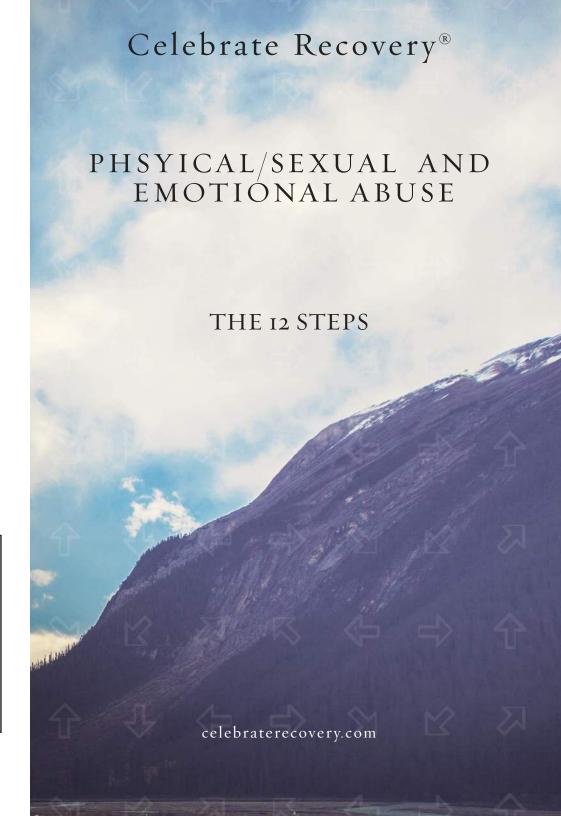
Small Group Guidelines

- 1. Keep your sharing focused on your own thoughts, feelings, and actions. Please limit your sharing to three to five minutes.
- 2. There is NO cross-talk please. Cross-talk is when two people engage in a dialogue during the meeting. Each person sharing is free to express feelings without interruptions.
- 3. We are here to support one another. We will not attempt to "fix" one another.
- 4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
- 5. Offensive language has no place in a Christ-centered recovery group.

Accountability Team Phone Numbers Sponsor Accountability Partners

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STEP ONE We admit we are powerless over the past,

and as a result, our lives have become

unmanageable.

STEP TWO Believe God can restore us to wholeness, and

realize this power can always be trusted to bring healing and wholeness in our lives.

STEP THREE Make a decision to turn our lives and our

wills to the care of God, realizing we have not always understood His unconditional love. Choose to believe He does love us, is worthy of trust, and will help us to understand Him

as we seek His truth.

STEP FOUR Make a searching and fearless moral

inventory of ourselves, realizing all wrongs can be forgiven. Renounce the lie that the

abuse was our fault.

STEP FIVE Admit to God, to ourselves, and to another

human being, the exact nature of the wrongs in our lives. This will include those acts perpetrated against us, as well as those wrongs we perpetrated against others.

STEP SIX By accepting God's cleansing, we can

renounce our shame. Now we are ready to have God remove all these character

distortions and defects.

STEP SEVEN Humbly ask Him to remove our shortcomings,

including our guilt. We release our fear and

submit to Him.

STEP EIGHT Make a list of all persons who have harmed

us and become willing to seek God's help in forgiving our perpetrators, as well as forgiving ourselves. Realize we've also harmed others and become willing to make amends to them.

STEP NINE Extend forgiveness to ourselves and to others

who have perpetrated against us, realizing this is an attitude of the heart, not always confrontation. Make direct amends, asking forgiveness from those people we have harmed, except when to do so would injure

them or others.

STEP TEN Continue to take personal inventory as new

memories and issues surface. We continue to renounce our shame and guilt, but when we

are wrong, promptly admit it.

STEP ELEVEN Continue to seek God through prayer and

meditation to improve our understanding of His character. Praying for knowledge of His truth in our lives, His will for us, and for the

power to carry that out.

STEP TWELVE Having a spiritual awakening as we accept

God's love and healing through these steps, we try to carry His message of hope to others. Practice these principles as new memories and issues surface, claiming God's

promise of restoration and wholeness.