

Session 1: Is there hope for me?

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The Mystery of Addictive Behavior
Session 1:
Is There Hope for Me?



A self-discovery class based on the Genesis Process

1. WELCOME: Introduce yourself and the class
2. ASK: “How many have tried to stop doing things that you know aren’t good for you?” “Why is it that when we know we need to change we aren’t able to?” **W.1.1**
3. Repeated failure can make us feel hopeless. Think about your own life. What has given you hope? (Point out that hope comes from change – either in his/her life or someone else’s. Often it is the changed life of another program member.) *This brings us to the problem of change....*

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If a miracle happened and something in you was changed or healed that would give you the ability to be successful in your recovery, what would it be?



What have you done before to try and change?
Why didn't it work? What was missing?

1. Use the ‘miracle question’ to help attendees self-discover what’s broken in them and needs to change. **W.1.2**
 2. Many try external changes: new town, new relationship, new job, new drug, etc. Why doesn’t it work?
- TRANSITION: “This leads us to a big mystery unique to human beings – why do we continue to do things that we know are self-destructive and self-sabotaging?”

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THE MYSTERY OF BEING HUMAN

Why are we the only creatures in the observable universe that will continue to do a self-destructive behavior in spite of the consequences?

We will continue to overeat, overwork, over-drink and -drug, overstress, over rescue and over-sex ourselves, even to the point of death...and still not stop.

Even an ant is smarter than that.



The easier we have it and the more affluent we are the more self-destructive we are.
WHY?

1. This is the question that launched the Genesis Process. It is the Mystery of being human.
2. The truth is, EVERYBODY is addicted to something. We all do things that we know are harmful to ourselves and our relationships.
3. Ants don’t keep doing the same thing over and over and expecting different results! They find ways around problems.

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This mystery defies common sense



This is the mystery of addiction
Step 1 - We admitted we were powerless over our addiction - that our lives had become unmanageable. AA

1. ASK: What looks out of place?
2. SAY: Animals don't jump. The sign is only for humans.
3. SAY: Even crazier, having a sign that says 'don't' makes most of us think about doing it. WHY? What's broken in us?
4. This is the same mystery behind addictive behaviors. What will it mean for your life if you can solve this mystery? What happens if you don't?

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**How do we know when our lives have become 'unmanageable'?
When we find ourselves...**



1. Three destinations for those who can't stop their bad behaviors: Jail, Hospital, Grave. ASK: First two - How many of been there? Grave - Known someone who died? If we know the behaviors will take us there, why do we do them? (it is a form of insanity) **W.1.3**

TRANSITION: "Becoming a Christian doesn't always solve this mystery ..."

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The Apostle Paul struggled with this mystery:
Romans 7: 15, 18-19
I do not understand what I do. For what I want to do I do not do, but what I hate I do... For I have the desire to do what is good, but I cannot carry it out. For what I do is not the good I want to do; no, the evil I do not want to do—this I keep on doing.

Paul had some of the strongest attributes to overcome sin: Bible knowledge, will power, intelligence, discipline, good intentions and especially faith. Why didn't it work?

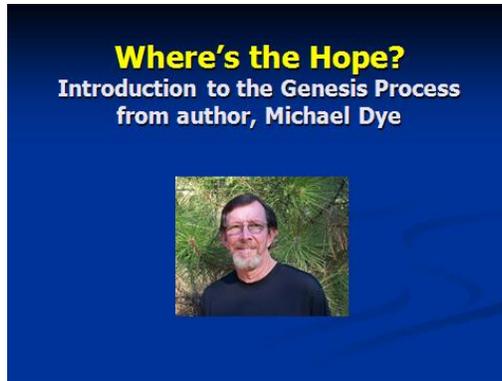
Look at your answers to the 'miracle question':

1. How WILLING are you to change? (1-10)
2. How much HOPE do you have to be ABLE to change? (1-10)

1. SAY: Since Paul struggled with it, it's a human problem - not just an addict problem.
2. Answers typically heard in church don't always work. Paul had more of these attributes to overcome sin than any one of us.
3. If it's not me consciously doing it, it's in my sub-conscious. Who can control that? **W.1.4**
4. Ask the questions. Even a 'mustard seed' of willingness will go a long ways.

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1. For the past 25 years, the Genesis Process has been an effective tool in helping people who WANT to change to become ABLE to change.

2. SAY: Let's hear from the founder and author, Micheal Dye, as he talks about Genesis and treating what's broken with addiction

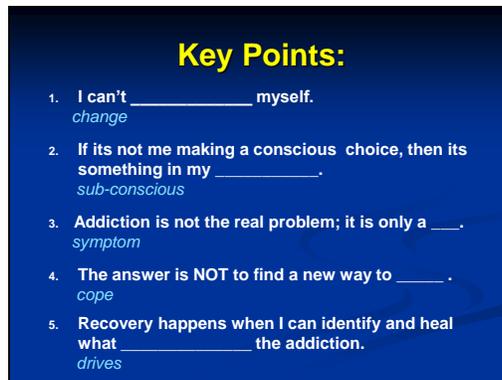
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1. Click on the slide to start the video.

W.1.5

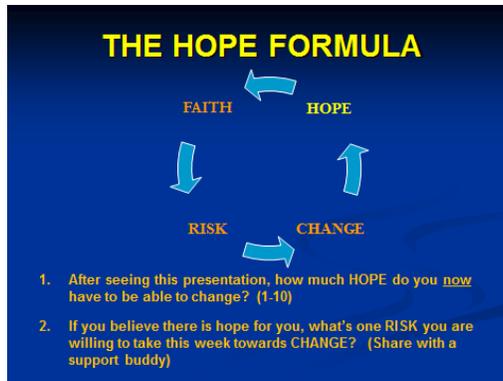
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1. Review and make a few comments on the points. Let each one be a 'seed' comment. Some may share experiences, like other ways they've coped that haven't worked.

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1. **W.1.6** HOPE comes from CHANGE, which comes from taking a RISK to do something different, which comes from FAITH, which can come from even a small seed of HOPE.

2. Use these questions to motivate them to leave survival mode and instead take steps of faith. SAY: "If you don't do anything different, nothing will ever change." **W.1.7**

3. Have attendees pick a **'support buddy'** to be accountable to during the week to accomplish the step of faith. This is VERY important to their success in this class.

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1. SAY: In order to treat addiction we have to know what it is. Think about this question over the next week, and we'll talk about it next time.