

LESSON 10

TRUE AND FALSE RECOVERY

Introduction

Unless you can identify the difference between true and false repentance, it is impossible to know if we are beginning to recover. As we begin to understand the hard work of recovery, we can identify the lies we believe and confront them. We will most likely need to use all the strength we have to stop our denial and understand the battle we are fighting.

Lesson

Circle your behaviors. Do they represent true or false recovery?

True Recovery	False Recovery
Broken heart... grieving over their losses	Sorry for consequences, not behavior
Paying back anything stolen	Lots of emotions, crying, anger, mood swings
Setting boundaries to prevent themselves from falling back into old habits	Good behavior (temporarily) to make up for wrongs
Setting up accountability partners	Self-destructive thinking/behaviors
Being open and accountable in every area of life	Saying "I am sorry." No plan to change.
Confessing past wrongs (with trusted person) Making a plan for restitution.	Makes excuses (hiding full truth/blaming others)
Seeking help	Trying to weasel out of consequences

Sticking to a plan developed by counselor/authority	Refusing to talk over issues. "No one tells me what to do." Demands blind trust.
Walking daily in recovery.	Playing a good game, while they are learning to become a functional alcoholic or addict.
Serving others without a desire for reward or a motive to manipulate others	Justifying self and grandiose thinking. They only do chores or favors with a motive to manipulate for selfish gain.
Placing structure in life. Make bed, take out trash, fold laundry, do the dishes, etc.	Avoids responsibility.
Schedule (work)	Embezzles money and cons elderly or weak for money. Misuses money allotted.
Earns trust one day at a time	Escalates emotions to cast confusion
Looks for a reason for past failures and working through past wounds to find healing	Creates crisis and diversion. (Self-destructive behaviors.) Runs away. Cuts self. Threatens suicide.
Finds healthy social settings	Returns to dysfunctional friends
Works towards developing boundaries to establish a safe environment	Resents submitting to authority
Corrects self by confessing and asks for forgiveness often.	Double talks
Speaks truth even if there are consequences	Lies
Accepts responsibility for actions	Blames
Provides for self and pays what has been borrowed Cares for their children or elderly parents.	Selfish, bullies, dominates, plays a victim

Exercise

Think of the last thing you said, "I am sorry" about and ask yourself, "Have I made provision in my life for a change?"

Application

- **Recovery without change is not recovery.**
- True recovery is a turning away from destructive behaviors and then turning towards something valuable.
- **Remember:** Love makes lasting changes...
- Selfish people follow the direction of pleasing only themselves....

Principle

Love makes lasting change.

Conclusion

Some relationships are toxic and need strong boundaries and distance.

Sometimes we cannot apologize:

- If I repent to a bully for upsetting them, I can expect they will test me with another outrageous demand.
- I must say no and set up boundaries, otherwise, they will heat up the rage to prove that I am the unrepentant one.

Truth: Repentance should never give someone else the upper hand to manipulate you... again.

The Lord is my Rock and my fortress, and my deliverer; my God, my strength, in whom I trust.

Psalm 18:2