

## **APPENDIX SIX: ANSWER KEY**

### **SESSION ONE**

The root cause of your problem: Trying to PLAY GOD

1. We try to control our IMAGE
2. We try to control OTHER PEOPLE
3. We try to control our PROBLEMS
4. We try to control our PAIN

1. FEAR
2. FRUSTRATION
3. FATIGUE
4. FAILURE

1. I am powerless to CHANGE my past.
2. I am powerless to CONTROL other people.
3. I am powerless to COPE with my hurts, hang-ups, and habits.

### **SESSION TWO**

Acknowledge God's EXISTENCE  
Understand God's CHARACTER

1. God KNOWS about my situation.
2. God CARES about my situation.
3. God can CHANGE me and my situation.
4. Accept God's OFFER to Help You

### **SESSION THREE**

1. PRIDE
2. GUILT
3. FEAR
4. WORRY
5. DOUBT

1. I accept God's SON as my SAVIOR.
2. I accept God's WORD as my STANDARD.
3. I accept God's WILL as my STRATEGY.
4. I accept God's POWER as my STRENGTH.

### **SESSION FOUR**

1. Take a personal MORAL INVENTORY.
2. Accept responsibility for MY FAULTS.
3. Ask God for FORGIVENESS.
4. Admit my faults to ANOTHER PERSON.
5. Accept God's forgiveness and FORGIVE MYSELF.

God forgives INSTANTLY.  
God forgives FREELY.  
God forgives COMPLETELY.

### **SESSION FIVE**

1. Focus on CHANGING one DEFECT at a time.
2. Focus on VICTORY one DAY at a time.
3. Focus on God's POWER not my WILLPOWER.
4. Focus on the GOOD THINGS, not the BAD.
5. Focus on DOING good not FEELING good.
6. Focus on people who HELP me, not HINDER me.
7. Focus on PROGRESS not PERFECTION.

## **SESSION SIX**

1. God has FORGIVEN ME.
2. RESENTMENT doesn't work.
3. I will need FORGIVENESS in the future.
  
1. I REVEAL my hurt.
2. I RELEASE the offender.
3. I REPLACE my hurt with God's peace.
  
1. Make a list of the people I HAVE HARMED and what I did to them.
2. Think how I would like someone to MAKE AMENDS to me
  - Do it at the right TIME.
  - Do it with the right ATTITUDE.
  - Do it without EXPECTATIONS.
  - Do it in an APPROPRIATE way.
  - Make RESTITUTION wherever possible.
  - Refocus my life on DOING GOD'S WILL in my relationships, starting now.

## **SESSION SEVEN**

1. Reverting to WILLPOWER
2. Ignoring one of the STEPS
3. Trying to recover without SUPPORT
4. Becoming PRIDEFUL
  
1. EVALUATION
  - PHYSICAL: What is my body telling me?
  - EMOTIONAL: What am I feeling right now?
    - Hurting
    - Exhausted
    - Angry
    - Resentful
    - Tense
  - RELATIONAL: Am I at peace with everyone?
  - SPIRITUAL: Am I relying on God?
  - STOP-CHECK: Inventory throughout the day
  - DAILY: review
  - ANNUAL: checkup
2. MEDITATION
3. PRAYER

## **SESSION EIGHT**

1. God has given you a FREE WILL.
2. God uses pain to get your ATTENTION.
3. God uses pain to teach you to DEPEND ON HIM.
4. God uses pain to give you a MINISTRY to others.
  
1. Be HUMBLE
2. Be REAL
3. Don't LECTURE