

CELEBRATE RECOVERY

THERE IS HOPE & HEALING

Is Celebrate Recovery[®] for Me?

Check it out by answering the following questions:

- Do you think a lot about problems that arise because of your behavior or someone else's?
- Do you seek affirmation from others or confirmation that a situation will change?
- Do you make threats?
- Do you have increasing bad feelings towards other people?
- Do you at times want to throw away his/her golf clubs, tennis racket, books, games, TV or computer?
- Do you think that everything would be okay if the situation changed?
- Do you feel alone, rejected, fearful, angry, guilty, resentful or exhausted?
- Are you feeling an increasing dislike of yourself?
- Do you find your moods changing as a direct result of someone else's behavior?
- Do you try to deny or conceal an issue or situation from friends?
- Do you make excuses for yourself or someone else?
- Do you feel responsible and guilty for someone else's behavior?
- Are you beginning to withdraw from friends and outside activities?
- Have you taken over responsibilities that used to be handled by the other person or vice versa?
- Are there arguments because money is misused?
- Do you find yourself trying to justify the way you feel and react to another person's changed behavior?
- Do you have any new physical symptoms like headaches, indigestion, nausea, shakiness?
- Do you feel defeated or hopeless?
- Is your work suffering because of an issue or behavior?
- Do you lose sleep because of what you or someone else is doing or has done?