

CELEBRATE RECOVERY'S "HURTS, HABITS AND HANG-UPS"

Generally, a hurt, habit or hang-up can be anything that keeps you from realizing your full potential as a person.

A "hurt" could be classified as any life experience that may have damaged your heart or some offense against you that crippled your ability to deal with the world in a healthy way. It also could be something that may have twisted your view of yourself, God, or others. Some common hurts include:

- Abandonment
- Abortion
- Abused as a child, or by a spouse, employer or the church
- Adoption
- Betrayal
- Dysfunctional family (divorce, alcoholism, drug abuse, rage, etc.)
- Neglect
- Rape
- Rejection

"Habits" tend to be unhealthy patterns that often start as a perceived "remedy" for some problem in your life, but end up turning into a chronic bad behaviour or addiction. Habits are the repeat, default scripts you run to when the going gets tough. They are the grooved plays that continually lead to trouble in your life. Some common habits are:

- Abusive behaviour
- Alcohol
- Bitterness
- Cheating, affairs, unmarried sex
- Critical spirit
- Drugs
- Eating disorders
- Gambling
- Gossip
- Isolation
- Lying
- Self-mutilation
- Sex addictions
- Spending problems
- Stealing
- Unforgiveness
- Wasteful pursuit
- Workaholism

“Hang-Ups” are those road blocks that keep you from progressing further in God’s plan for your life. They are often shaped by some bent thinking you may have received as a child, or some unhealthy attitude you may have adopted as a means of coping with life’s challenges. Here are some common hang-ups:

- Anger
- Anxiety, worry
- Arrogance
- Body image problems
- Bullying, bigotry
- Co-dependency
- Control freaks
- Depression
- Fear
- Rigidity
- Greed, envy
- Guilt (false) and/or shame
- Impatience
- Lack of self-control
- Lack of trust in God
- Laziness
- Materialism
- People pleasing
- Perfectionism
- Pride
- Procrastination
- Racism
- Self-righteousness
- Self-condemnation

Almost everyone suffers from a hurt, habit, or hang-up.

Most people benefit from Celebrate Recovery.

If you’re ready to get real, Celebrate Recovery is a safe place to heal.

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