

# Winter Fellowship 2020

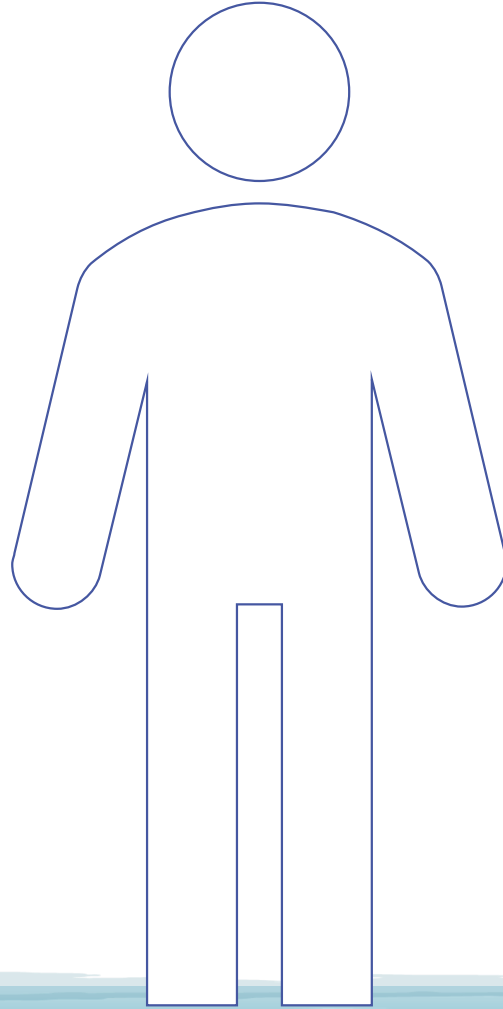
SURFSIDE BEACH, SC



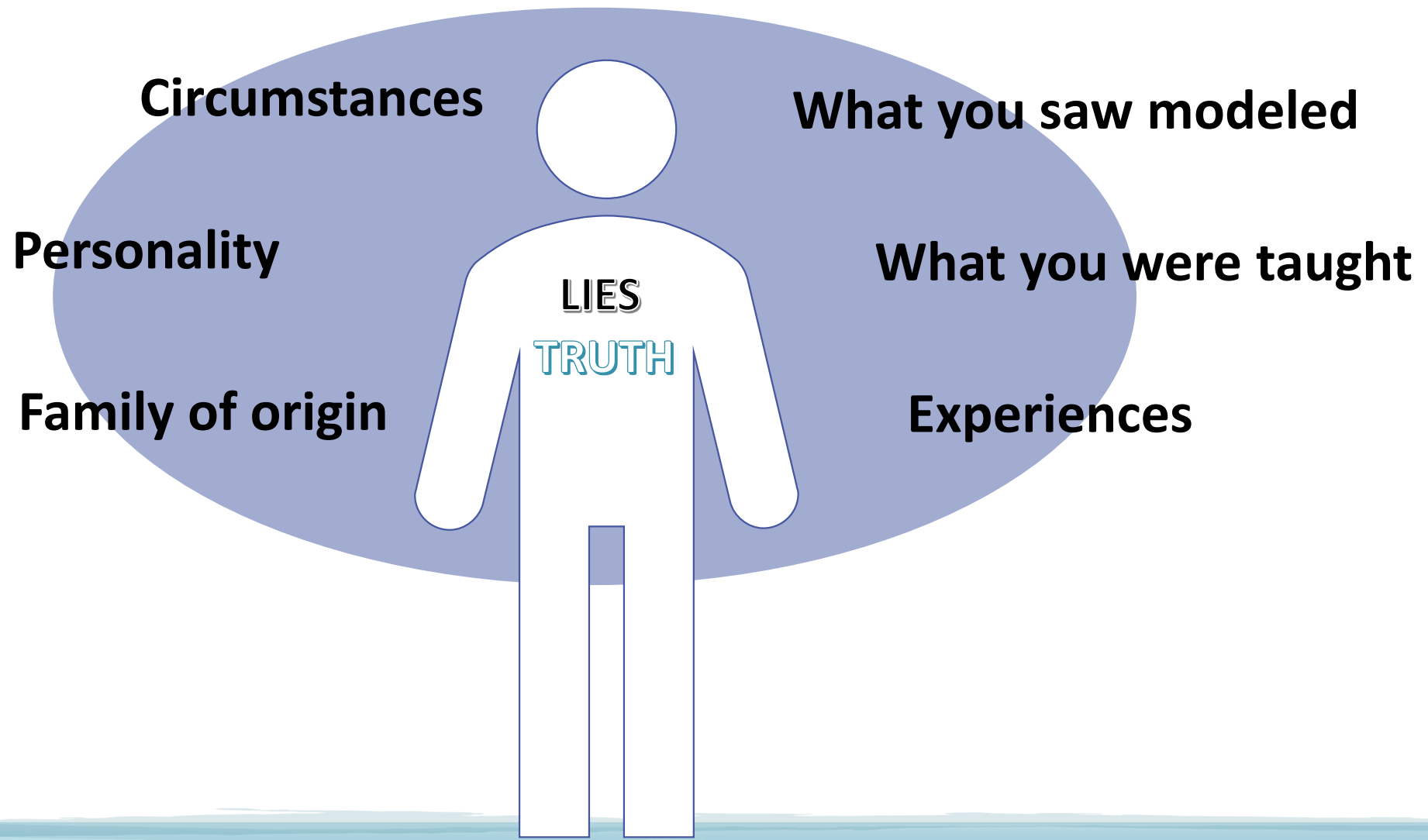
# How did we get here?

**LIES**

**TRUTH**



- It's a shock
- It is challenging
- It requires knowledge
- It benefits from other's life journeys



**Circumstances**

**What you saw modeled**

**Personality**

**What you were taught**

**Family of origin**

**Experiences**

**LIES**

**TRUTH**

**Why?** Why must we repeat things we have seen and perhaps even understood over and over?



*We tend to drift, decay, coast towards our earliest impressed values and beliefs. It is possible to choose and change our belief systems, but they are not switches to be flipped. They are kudzu infestations that must be eradicated over years of maintenance.*



## Needs

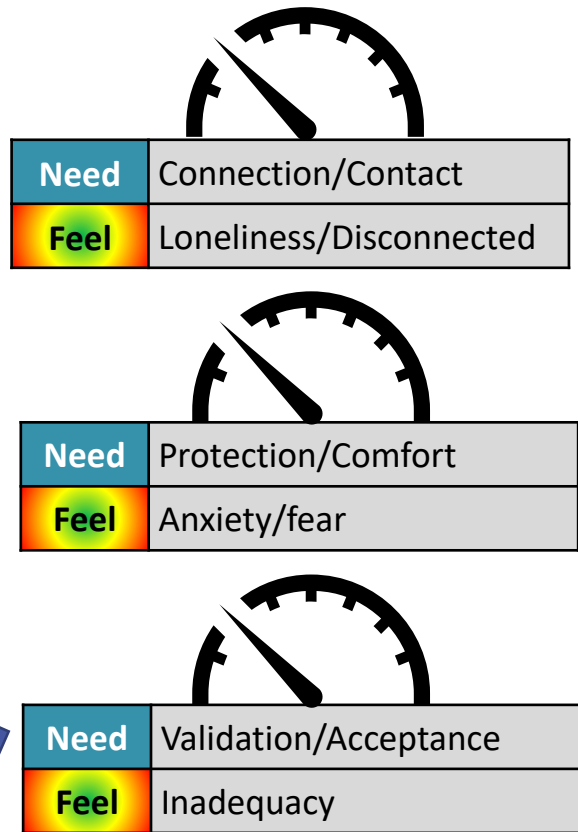
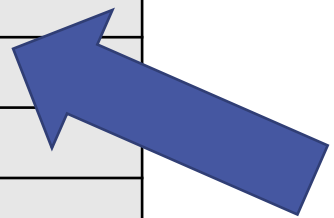
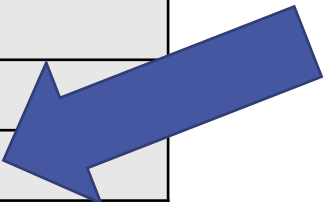
Connection/Contact
Protection/Comfort
Validation/Acceptance
Nourishment/Rest
Approval
Affirmation/Satisfaction
Validation/Significance
Attention/Praise for skills & ability
Encouragement/Purpose



## Feelings

Loneliness/Disconnected
Anxiety/fear
Inadequacy
Hungry/tired
Self-loathing
Unvalued
Unwanted
Unappreciated
Hopeless/Depressed

Sources
Money
Achievement
Success
Sports
Lust/Sexual Behaviors
Approval/Performance
Romance/Dating relationships
Music
Flirting
Chatting online
Control
Playing a victim
Fantasy
Appearance/Clothes/Car



# The Early Lies (Low Hanging Fruit)

What it looks like	Operating Lie	Truth	Where I catch it	What I use to combat it
Martyr complex, want credit for trying	I am alone in this struggle and always will be	<b>I have many brothers that have gone through my same experience</b>	When I isolate, don't call, don't go to meetings	Call, go to meetings, meet with brothers. Read the stories of others.
Pissed off, frustrated, don't listen	No one understands my experience and circumstances	<b>Many of my brothers understand and have compassion for my circumstances</b>	Sulking, pouting, remain quiet and don't share	Listen to and ask others about their experiences. Share privately and in meetings
Stubborn silence	I will never be able to speak/share this with anyone	<b>I can learn to share and be comfortable with others knowing my truth</b>	Holding back, over generalizing, fudge, lie	Share frequently, completely, appropriately, honestly
Pity party	I am permanently and irreparably damaged	<b>I can, like many others, learn the skills and tools of recovery and enjoy the blessings of sobriety</b>	Discouragement, despair, want to give up	Make sure I have input and contact with those successful in their sobriety & recovery

# The Core Lies

What it looks like	Operating Lie	Truth	Where I catch it	What I use to combat it
Feelings driven	My feelings dictate to me the reality of my life	<b>Feelings aren't evil. Even the negative ones. They are indicators. I can learn how to process and feel in a healthy way.</b>	Try to run from or medicate the feelings away	Share, journal, discuss my experiences and feelings with wise mentors
Self-sufficiency, go-it-alone, loner	I alone can meet the needs I feel	<b>Many of my needs are legitimate. I can learn how to meet those needs in a healthy way. I can learn to go to God to meet my needs.</b>	Feelings are not a good gauge of reality. They are affected by so many things. I should base my actions on facts and truth.	Keep digging into my past experiences and the impact or damage they had on me. Identify the needs and look to God for understanding.
Approval dependent	I must portray the actions and feelings that others expect	<b>If I do everything to please others, I give up my own principles and values. I may end up somewhere I don't want to be.</b>	Saying things to impress others, making sure others know something	Share failure and struggles in this area, keep my successes or wins private. Beware of social media.
Control freak, manipulation, constant anger	I must manage the elements of my life	<b>My control is an illusion. Acceptance is a healthy approach as I surrender the actual outcome to God</b>	Shopping for opinions, must know everything, selective event attendance	Practice surrender, stay in my lane, let go of responsibility for other's lives



# The Deep Lies

What it looks like	Operating Lie	Truth	Where I catch it	What I use to combat it
Depression, negativity	If others don't approve of me, I am worthless	<b>I need to model my life after truth and not the opinions of those around me.</b>	Catastrophic thinking about everything, downer	Stop mind reading, live with facts, not my imagination
Hopelessness	There isn't any hope for me	<b>If I will listen and put in the work, I can have the same hope as others that have gone before me.</b>	Giving up, saying "What's the point"	Be honest, let others and God encourage me
Failure	God is disappointed and shocked at how bad/broken I am	<b>God has always known me and been aware of my brokenness and need and has provided and offered a solution and a relationship for me.</b>	Demanding my own success	Review God's truth about my failure
Desperation	God might love me if I can become the person he wanted me to be	<b>God offered his solution without any requirements that I first fix myself. He knew I couldn't.</b>	Imagining God's disappointment & disapproval	Review God's truth about his love and acceptance

Unhealthy Sources  
and Choices

Healthy Sources and  
Choices

