



L.I.F.E. RECOVERY

INTERNATIONAL

Benefits of L.I.F.E. Recovery Group

Among the most valuable aspects of a L.I.F.E. Recovery Group (*along with learning and applying transformation principles*) is that L.I.F.E. Recovery Group participants are...

- No longer in isolation but are in a safe environment
- ***Learning healthy intimacy skills*** to
- Express their feelings and process pain
- All while in fellowship with others on the recovery journey.

L.I.F.E. Recovery Group participants practice skills that are carried over into family, work and school relationships.

- The L.I.F.E. Recovery Group acts like a second family, where participants learn healthy intimacy skills that were not taught in the first family.
- Often the L.I.F.E. Recovery Group is the first and maybe only place where participants learn that they are not alone; although presentations of addiction vary, typically there are common core issues.
- Sobriety is an uncompromisable part of recovery; however sobriety is only one element of the transformation process.
 - One must uncover and heal the core issues that are driving the addictive condition, otherwise we will simply switch addictions to another method to escape the pain.
 - As we openly express feelings and process through the pain of our core issues, accountability and fellowship with others in recovery helps us recognize strongholds of unbelief and seek the truth of God in His word.
- Participants learn to speak truth to lies, which renews the mind and bears fruit in new behaviors.
- In L.I.F.E. Recovery Groups, participants learn to know each other and become known, they speak truth about their feelings, state their needs and are held accountable to walk in the truth that they know, and **Live In Freedom Everyday**.