



REGROUP GROWTH ATTITUDE

Dr. Dave Currie

1. **ENGAGE** – You need to interact, share yourself, open up about your journey and volunteer your thoughts and ideas. Don't wait to be prompted. Share what you are thinking, learning and experiencing. Volunteer yourself freely.
2. **BE HONEST** – The lying, minimizing and withholding have to END! No BS! You have to be authentic. Be genuine. Tell the TRUTH. Come clean with the group on challenges, temptations, relapses and all.
3. **CARE** – Step up to help the other guys. Encourage with words, phone calls and affirmation. Consider visits outside the group. Pray for and with brothers, send Scripture and text support. Love Long and Hard!
4. **REACH OUT** – It's fully on you to make a call, text, message on What's App if you are tempted or struggling. POWER grows in secret. You are not alone. Man up and reach out. Recovery is a TEAM SPORT.
5. **HUMILITY** – It starts with honest acknowledgement that you need help. Come to submit and learn. Shame drives you inward and isolates you. Humbleness causes you to admit shortcomings and an eagerness to learn.
6. **RESPECT** – Don't be the weakest link. Do your work. Read, grow and push yourself and thus others by your example. Text to inform if you are not making ReGroup and share why.
7. **CONFIDENTIALITY** – You know this and want this. What is shared in the group stays in the group. No names or details are shared elsewhere to anyone. Be open with the guys in the group but only THOSE guys. Be trustworthy on this.
8. **GRIT & GRACE** – Gently rub off the rough spots. Call each other to greatness. Be loyal in times of struggle. Challenge the excuses, alibis, explanations, minimization or justification. Challenge as well the quitting, the giving up and the "I can't do this mentality." Step up and be a wingman.
9. **FAITH** – We all need Jesus. Decide to fully surrender to the Lord and His plan for your life. Choose to read and apply His Word. HE will anchor you through this challenging process of recovery.

REGROUP IS YOUR BAND OF BROTHERS!

THESE MEN ARE YOUR WINGMEN!

Be one for them too!