



# Slow Erosion

## Understanding Your Relapse in Recovery

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- What is behind the collapse of a Recovering Life?
- Why do good men Fall?
- Understanding your potential liabilities in recovery could save you a world of hurt.
- HONESTLY ADMIT where you think you are most likely to LET THINGS SLIP?
- What is your Achilles Heel? GREEK MYTHOLOGY: Baby was Dipped into River Styx make him INVULNERABLE! Only unprotected spot was the area of the heel where his mother held him. SHOT by an arrow in battle in the HEEL.
- It has come to mean "an area of weakness, a vulnerable spot,"
- What is YOUR weakness in spite of overall strength, which can lead to downfall?
- Write Out 3 of These Now

### FACTORS of EROSION

1. **INCREMENTAL COMPROMISE** – Little by Little. It's not really Porn. "CLICK"
2. **UNRESOLVED BAGGAGE:** Demons undealt with – Soul Wounds left festering
3. **INCREASED LAZINESS:** Fade from HARD WORK of Recovery - Lack of Commitment – Other Priorities win
4. **FOOLISH SELF-CONFIDENCE:** Pride. I got this. Independence Spirit – Don't respect the addiction's deep hold on you.
5. **INCOMPLETE VICTORY:** Not securing my complete recovery. – Doing Better is not success – Why don't I finish the program? Do what it takes to complete the plan!
6. **SELF-JUSTIFICATION** – Negative Self-Talk. I'm way better than I was. This isn't that BAD!
7. **GROWING DISHONESTY:** Lying Returns. Half-Truths. Withholding the whole story. Lying about anything
8. **ACCOUNTABILITY STOPS:** I don't need to report in ALL-CLEAR. Don't want to check-in.
9. **AVOIDING CONNECTION:** Group Attendance and Connection Stops
10. **FADING FAITH:** A Rebuild of FAITH – full daily surrender of God stops happening