



The Big Five of Recovery

Dr. Dave Currie

1. Commit to Authentic Accountability

- A man with TEETH – Grit and Grace
- Need a TEAM and a WINGMAN – 1 guy that is really Deep with you
- Full honesty – done with lying – full and immediate disclosure
- Regular and consistent
- REACH OUT FOR HELP
- REACH OUT TO HELP

2. Understand Addiction's Impact on You

- Realize the Grip it has on you – Call addiction for a reason
- Recognize the distortion it has been to your views of sex and women
- Rewiring your brain takes time -stopping PMO is only part – CLEAN MIND
- Rebuilding healthy patterns

3. Face Your Dark Side

- DO the Step Work – Thorough self-examination – God-examination
- Own your junk – selfishness, pride, sinful behaviour
- Address your SOUL WOUNDS – what's driving you to your addiction?
- Take responsibility for your life choices and the impact on others
- Make amends
- Dark Cloud Removal

4. Pay the Price for Freedom

- It takes work – It takes time – PUSH FOR A SEASON
- Stop the excuses, blaming, justification
- Emotional adolescence
- Realize you have an
- Regular Meetings
- Get in Shape takes more work than Keeping in Shape

5. Live In Complete Surrender to Jesus

- Grow your faith
- Bible reading plan
- Daily prayer asking God to help you make it through the day
- Start praying for others
- Complete Worldview change