



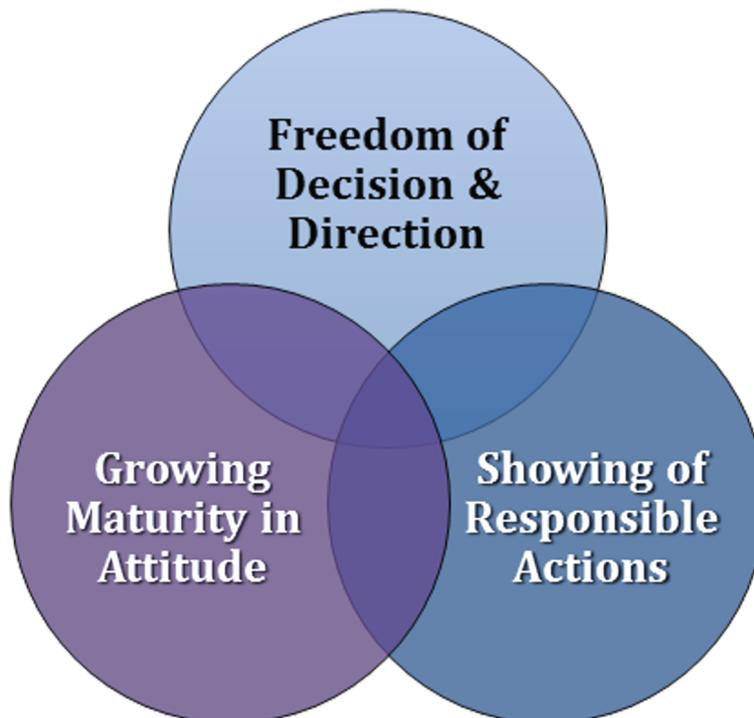
# UNDERSTANDING RECOVERY USING THE INTEGRITY CIRCLES

Dr. Dave Currie

- 1. First - Understand the Freedom Circles.** When teaching parents on working with their adolescents, I encourage them to use the diagram below to convey this message to their young teen: *the greater the signs of maturity and the greater the evidence of responsibility that I see in you - the greater the likelihood for a growing freedom of you making your own decisions and choosing your life direction.*

Autonomy is earned in a home. The Freedom Circle is built on the foundation of the other two. Freedom is earned through genuine and consistent life growth. This is the path of growing into adulthood.

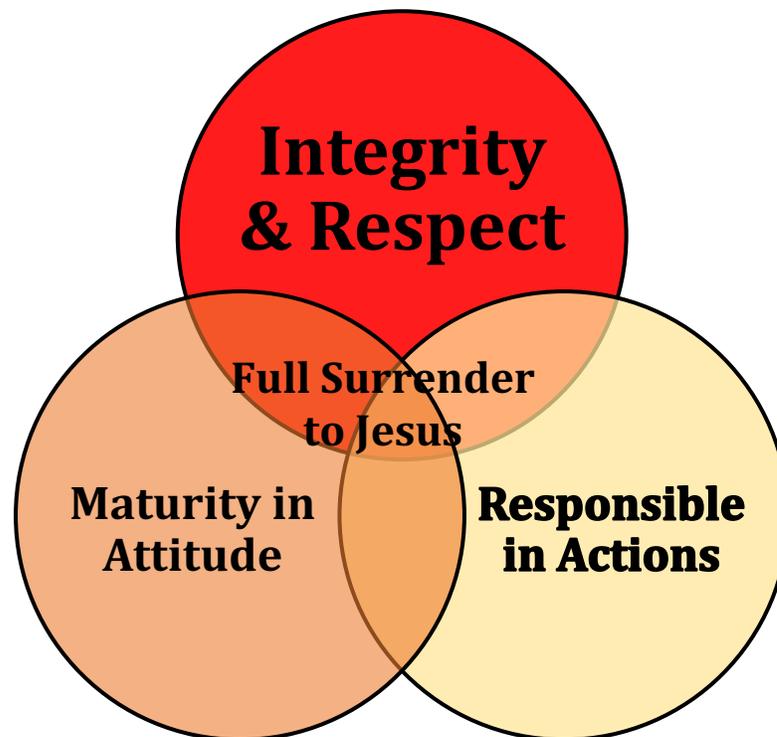
- 2. Grasp Emotional Adolescence.** When a young teen doesn't mature, they become an **emotional adolescent**. It is a life characterized by selfishness, excuses and blaming. It is seen in their irresponsibility and immaturity. You just can't count on them, so you don't trust them with cars, cell phones, a life without curfews, etc. They haven't grown up yet and some NEVER do. They remain a whiny 14-year-old!



**VERY SOLID WISDOM FOR PARENTS TO TEACH THEIR CHILDREN!**

### 3. Understand the Integrity Circles as Related to Your Recovery

- You have let your spouse down though your unfaithfulness
- Your selfishness has caused her huge hurt.
- Your spouse doesn't trust you - how can she?
- You've acted incredibly immature and irresponsible.
- You've been an emotional adolescent!



### 4. What can you do to change things?

- **Stay focused** on your journey, your recovery, your work. STAY IN YOUR LANE!
- **Fully Surrender** your heart and life to Jesus. Give Him Everything! Follow closely.
- **Change your Attitude** - Show a growing maturity evidenced by empathy, sensitivity, taking responsibility, patience, humility, honesty, compassion, selflessness, teachableness, positiveness and more. Drop the excuses, the justifying, the minimizing, the blaming, the short cuts, the defensiveness, the childish angry tantrums. Grow up.
- **Change your Actions** - Show responsibility by doing your work without her asking, by following through on commitments, by checking in regularly, by being accountable without whining, by living with boundaries, by embracing Covenant Eyes, by living and growing your deepening faith, by responding well to her triggers and doing all this without complaining.
- **INTEGRITY over time can't be overlooked!** Consistent commitment to growth and change is noticeable. It will rebuild trust over time.
- **SHOW INTEGRITY - EARN RESPECT.** So, here's what you have to remember: *the greater your maturity in attitude and the greater your responsibility in actions, the greater the likelihood that your growing integrity will gain the respect of spouse and others.*

**Boys make Excuses - Men Make Changes!**