



Boys Make Excuses – Men Make Changes

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There appears to be two distinct routes to recovery failure. The emotionally immature can express one of two extremes in the Types of Excuses. REAL CHANGE looks and feels really different to the

Excuses Type A

STUCK on Blaming Others

Shift Responsibility
Accusing Others
Denying Mistakes
Lying
Angry – Don't like being caught
No Effort – Not my Issue
Guilt Others: No Needed Change
Reluctance & Justification
Deflecting but Spinning
Unteachable
Defensiveness
Wants you to take blame
Minimizing – No Big Deal
Downplaying
Projecting to Others
Emotional Adolescence
Avoid Recovery – No Freedom
No Genuine Commitment to God
NO CHANGE

Real CHANGE

Starting to Take the Blame

Take Responsibility
Owning the Problem
Accepting Mistakes
Honesty
Broken - Genuine Remorse
Full Effort to Make Changes
Accepting Grace
Remorse & Repentance
Reflecting & Learning
Fully Teachable
Determinedness
Wants You to Support Change
Measuring Damage Caused
Recognizing
Facing Oneself
Steps toward Manhood
Won't Quit Until Free
Full Surrender to God
REAL CHANGE

Excuses Type B

STUCK on Blaming Self

Irresponsibility
Victimizing – It's all my fault
Wanting Sympathy – Poor me
Exaggerating
Broken – False Tears for Pity
No Effort – It won't Change
Giving Up – No Hope
Rejection & Pleas
Dissecting but Stagnating
Acting Teachable
Destructiveness
Wants you to feel sorry
Maximizing – It's too much
Overstating
Punishing Self
Emotional Adolescence
Embrace Failure - No Freedom
Emotional Acts – no change
NO CHANGE

- **Where do you tend to find yourself in these lists?**
- **What are your usual excuses?**
- **Where will change begin for you?**

GOAL: Steady, Intentional, Sustained Effort in Recovery combined with a Full and Ongoing Surrender to Jesus that Leads to a God-Honouring, Lasting Life Change!

“When I was a child, I talked like a child, I thought like a child, I reasoned like a child. When I became a man, I put the ways of childhood behind me.” 1 Corinthians 13:11