

Small Group Guidelines

1. Keep your sharing focused on your own thoughts, feelings, and actions. Please limit your sharing to three to five minutes.
2. There is NO cross-talk please. Cross-talk is when two people engage in a dialogue during the meeting. Each person sharing is free to express feelings without interruptions.
3. We are here to support one another. We will not attempt to “fix” one another.
4. Anonymity and confidentiality are basic requirements. What is shared in the group stays in the group. The only exception is when someone threatens to injure themselves or others.
5. Offensive language has no place in a Christ-centered recovery group.



Riverview Church
4980 Sweetgrass Ln
Bonsall, CA 92003
(760) 941-1430

12 Step Meetings: Monday and Friday at 7
Foundations: Wednesday at 7
Parents of Addicted Loved Ones: Thursday at 7

Accountability Team Phone Numbers

Sponsor _____

Accountability Partners

PHYSICAL/EMOTIONAL AND/OR SEXUAL ABUSE FOR WOMEN

Issue Pamphlet



12 Steps



Exploring Issue of Physical, Sexual and Emotional Abuse

RECOVERY IS A TWO FOLD PROCESS in this case. The first step is healing from the traumas done to us in our past, and the second step is healing from the influence these past experiences continue to have on our past.

Characteristics of someone struggling with the effects of physical, sexual, and/or emotional abuse may include, but are not limited to:

- Are hesitant to identify themselves as victims of abuse.
- Feel isolated, depressed, worthless, and helpless to change.
- Are struggling with feelings about God in relation to their life experiences of abuse.
- Condemn themselves, denying the past abuse affects their present circumstances.
- Feel out of control and defeated in areas of compulsive behavior.
- Feel angry, bitter, and rebellious; have trouble with authority figures.
- Feel a lack of self-worth and low self-esteem.
- Are preoccupied with thoughts of what it means to have a “normal” relationship with others: mates, friends, family.
- Question their own sexual identity and may experience confusion regarding their own sexuality.
- Desire to regain their sexuality and feel safe in intimate relationships.
- Question self-reality: “Who am I?” or whether life has a purpose.
- Feel “at home” in crisis situations.
- Struggle with perfectionism or “all or nothing thinking.”
- Desire for victory through Christ over the experience of abuse.

Definition of Sobriety

Sobriety means discovering our purpose, building our self-esteem, and repairing any damage done. We will allow ourselves to feel our feelings, to accept them, and learn to express them appropriately. We will not partake in any addictive or self-destructive behaviors that so easily entangle us. We will not allow the pains of our past to keep us as victims but grow from God’s healing. In order to change, we as survivors of physical, sexual, and/or emotional abuse cannot use history as an excuse for continuing our destructive behaviors.

How We Find Recovery

Through a relationship with Jesus Christ as Savior and Higher Power, and by working through the 8 recovery principles and the Christ-centered 12 steps, we can find freedom from our past traumas and from their continuing influence on lives.

Characteristics of Someone in Recovery From Physical, Sexual, and/or Emotional Abuse May Include, but Are Not Limited To:

- We recognize that we are powerless to heal the damaged emotions resulting from abuse. We look to God for power to make us whole.
- We understand that safety is a high priority and will remove ourselves from any unsafe situation.
- We come to believe that we matter to God, He loves us as His child.
- We admit God’s plan for our lives includes victory over our abuse.
- We understand that the abuse committed against us is not our fault. We are NOT GUILTY.
- We understand that the people who abused us are responsible for the abusive acts committed against us. We will not accept the guilt and shame resulting from those abusive acts.
- We look to God and His Word to find our identity as worthwhile and loved human beings.
- We learn that the emotions we are feeling are very real and need to be acknowledged.
- We learn how to organize our emotions by first noticing them, honoring them, organizing them, and sharing them with God and at least one other person.
- We don’t accept responsibility for the abuse itself but do accept the responsibility for our responses to the abuse.
- We are willing to accept God’s help in the decision and the process of forgiving ourselves and those who have perpetrated against us.
- We come to understand that releasing our offender to God allows us to move forward toward the healing process.
- We come to understand that forgiveness does not necessarily mean reconciliation with my offender.
- We are willing to mature in our relationships with God and others.
- We come to believe that God won’t waste the hurt in our lives.
- In our recovery, we become willing to be used by God to bring hope to others with similar struggles.