

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

## Open Share Small Group Discussion Worksheet

# Denial

...a refusing to grant, admit or believe

**Step 1:** We admitted we were powerless over our addictions and compulsive behaviors, that our lives had become unmanageable.

*"I know that nothing good lives in me, that is, in my sinful nature. For I have the desire to do what is good, but I cannot carry it out." Romans 7:18*

**Principle 1:** Realize I'm not God. I admit that I am powerless to control my tendency to do the wrong thing and that my life is unmanageable.

*"Happy are those who know they are spiritually poor." Matthew 5:3*

**Note to the Newcomer:** Open Share Small Groups allow us to grow closer to one another through sharing our hurts, habits & hang-ups and the tools we use to overcome them. When we go around the room, feel free to share on tonight's topic or say pass and just listen. In order to start the recovery process on a solid foundation we suggest that you:

**1.** Make a commitment to attend the large group and small group time regularly **2.** Start looking for someone that you connect with that you can ask to be your sponsor or accountability partner. These people will be able to assist you on your journey and will become part of your accountability team. **3.** Begin working and applying the recovery principles found in the CR Participant's Guides and the Bible. **4.** Set a personal goal to become involved in a step study group.

Before we can take the first step of our recovery, we must first face and admit our denial. God tells us, *"You can't heal a wound by saying it's not there!"* Jeremiah 6:14.

**Acrostic for DENIAL:** (further studying on the following acrostic may be found in the CR Participant's Guide #1)

**D**isables our feelings - By repressing our feelings we freeze our emotions. Understanding & feeling feelings is freedom.

**E**nergy lost - A side effect of our denial is anxiety and loss of energy.

**N**egates our growth - We are "as sick as our secrets".

**I**solates us from God - Our denial keeps us in the dark.

**A**lienates us from my relationships - Denial tells us we are getting away with it...We think no one knows.

**L**engthens our pain - It is a false belief that denial protects us from our pain. Denial allows our pain to fester and grow and turn into shame and guilt.

### LARGE GROUP REFLECTION:

Did the Speaker or Lesson trigger some areas that I need to take a look at?

I heard part of myself in the Lesson or Testimony when \_\_\_\_\_?

### OPEN SHARE SMALL GROUP DISCUSSION STARTERS:

1. What areas of my life are unmanageable?
2. How do I usually handle pain and disappointment?
3. What actions can I take to address my denial?
4. Why do I need a support team (sponsor/accountability partner) to help me with my denial?
5. What brought me out of my denial of my hurt, habit or hang-up?
6. How did I use denial as a "survival mechanism"?

