

FAMILY FORTRESS

LECTURE SUMMARIES

WEEK 1: UNDERSTANDING THE ADDICTIVE PROCESS - PART 1

Many loved ones of those with addictions don't understand why the individual "can't just stop." All of us have a desire to feel peace and happiness but some resort to meeting that need through an object/event instead of through relationships and God. In week 1, we will examine how an addictive relationship is formed, the truth about whether or not there really is an "addictive personality," and examine in detail the first stage of addiction.

WEEK 2: UNDERSTANDING THE ADDICTIVE PROCESS - PART 2

This continues our study of the addictive process by discussing stage 2 and 3 of addiction. There will be more detail about what is behind the addict's risky behaviors, the rituals of addiction, the people problems that result and the spiritual emptiness the addict feels.

WEEK 3: THE PROCESS OF CHANGE AND HEALING

The addict's behavior effects most loved ones in a negative way and results in unhealthy coping skills on the loved one's part. It is not enough for the addict to get help, but it is crucial for loved one's to work on changing themselves and healing their wounds. In week 3, we will discuss the reasons we resist change, attitudes important to change and 12 steps toward change as preached by Creflo Dollar. The 12 steps include creating a desire to change, guarding the entrances into your heart and depending on God and others for support.

WEEK 4: FAMILY DYNAMICS

Discover why you are the way you are by examining the family as a system of relationships and interpersonal dynamics. How did our family of origin mold us and what did it teach us? How has your growing up affected how you interact in close relationships today. Learn about how addiction affects family rules and what you can do to change your family.

WEEK 5: GOD'S PLAN FOR MARRIAGE AND FAMILY

Sometimes it seems like marriage and family are so much work! What does it mean to be a godly women/wife/mother and what does it mean to be a godly man/husband/father? The Bible tells us that husband and wife can be heirs together of the promise. That may not describe your life at this time but there are

things you can do to change that. What about all the responsibilities and stress? Gain some practical insight into how to manage everything and restore unhealthy relationships.

WEEK 6: BOUNDARIES AND CODEPENDENCY - PART 1

What does it mean to be codependent or have poor boundaries? What does a boundary look like? How do we put boundaries in place with the addict in our life that we care so much about? This week will focus on defining these terms and laying framework for a good understanding of how to change in this area.

WEEK 7: BOUNDARIES AND CODEPENDENCY - PART 2

This continues our study with a more in depth look at 10 laws of boundaries, 8 myths of boundaries, and the course of recovery in this area. Looking inward at the things that require change will bring an extra challenge to this session.

WEEK 8: COMMUNICATION

Ever been so frustrated with your loved one when it comes to communication? Did you know that over 90% of conflicts arise from miscommunication? In this session we will focus on the communication process, different communication styles, the importance of listening and what the Bible has to say about communication. You will learn skills on how to send messages more effectively, how to say no and how to communicate without a big fight about an irrelevant issue. You may not be a communicator now but there is good news - it is a skill that can be learned.

WEEK 9: CONFLICT RESOLUTION

Conflict means to fight, battle or contend or to be in opposition. All of us experience conflict in our relationships but did you know that conflict is really an opportunity for growth in many areas? Usually we are warring against one another when we are on the same team. In this session, we will discuss a 4 part model of conflict resolution and have an opportunity to work through a conflict in the small group setting.

WEEK 10: PARENTING

As if dealing with an addict isn't complicated enough, throw a few kids into the mix. Between the emotional pain and fear you may be experiencing, you also have to try and keep it together and be a good loving parent. Many of us parent the way we were parented and could use a little help when it comes to structure, discipline and showing love.