

**Life After the Mission:**  
*Keys to Success after Graduation  
from the Recovery Program*

Michael Liimatta, Director of Education  
Association of Gospel Rescue Missions

# Success Factors

- Gainfully Employed/Continuing Education
- Free of Primary Life-Controlling Problems
- Secured Stabilized Housing
- Maintaining Healthy Relationships
- Achieving Financial Stability
- Content with Quality of Life
- Involved in a Local Church

# **Keys to Success Afterwards**

- **Restoring Broken Relationships**
- **Overcoming Codependency**
- **Connecting with Two Essential Communities**

# Restoring Relationships

## ■ Basic Tools: Steps 8 & 9

- *Step Eight* - Made a list of all persons we had harmed and become willing to make amends to them all.
- *Step Nine* - Made direct amends to such people wherever possible, except when to do so would injure them or others.

# Doing Step 8 & 9

- Going to those who have been harmed and sincerely attempting to restore those relationships by making amends.
- *Serenity New Testament* - “amends” are “sincere efforts to offer apology for past harm.”

# Benefits of Step 8 & 9 Exercise

- Wonderful bridge-builders for positive future relationships in the future.

“Re-connecting with the human race”

- Effective agents for removing the tremendous weight of guilt, shame, and remorse that hinders growth.

# Amends

- Verbal apology
- Recognition of the hurt and wrong afflicted
- Restitution: repayment of money or some other gesture intended to restore losses from individuals that were harmed.

# Where to Start Steps 8 & 9

- Step 4 - written inventory of one's most troubling sins and character defects
- Step 5 - Sharing personal inventory with another person to experience God's forgiveness.

# Making Amends

- All persons who may have been victims of our addictions.
- We need to include members of the next generation (especially our own children) who have been impacted by our addictions and compulsions.
- All members of our families of origin.
- Our families of procreation, that is, the families we make by marriage.

# Making Amends

- Start with those to whom we may turn immediately, spouses & family members.
- There may be those to whom only partial disclosure can be made, because to do more would cause harm to others.

# Making Amends

- Deferred until a later date - hurts are so fresh that our presence would only trigger rage on their part. Maybe we also need to work through some anger and resentments of our own.
- Those whom we should never contact, because it open up doors to unhealthy relationships.

# Coaching/Rehearsing

- Avoid blame-shifting and to keep the focus on their own behavior and actions  
In certain cases
- Making sure whether a situation requires a real amends or not
- Making amends does not mean ignoring, excusing, or condoning the abuse and wrong the other person may have done.

# Practical Suggestions

- The main point: responsible for negative hurtful things they have done in respect to these relationships.
- Risk of rejection: no guarantee that people will respond to their request for forgiveness with openness and love.
- For one's own conscience than it is about changing other people's attitudes.

# Definitions of Codependency

- Defining ourselves by how we think others see us
- Using other people to create good feelings within ourselves.
- Seeking affirmation, acceptance, and fulfillment of deep inner needs from others that can only be met by God Himself and a healthy self of self.

# Symptoms of Codependency

- Toxic Shame
- A sense of little or no control over the circumstances of one's life
- Passivity in the face of disturbing and dangerous situations
- Avoidance of social support
- Guessing at what is normal
- Out of touch with emotions

# **Maurice Vanderberg's Vision**

- Our goal is to see that every program graduate becomes a mature, contributing member of a Christian community.

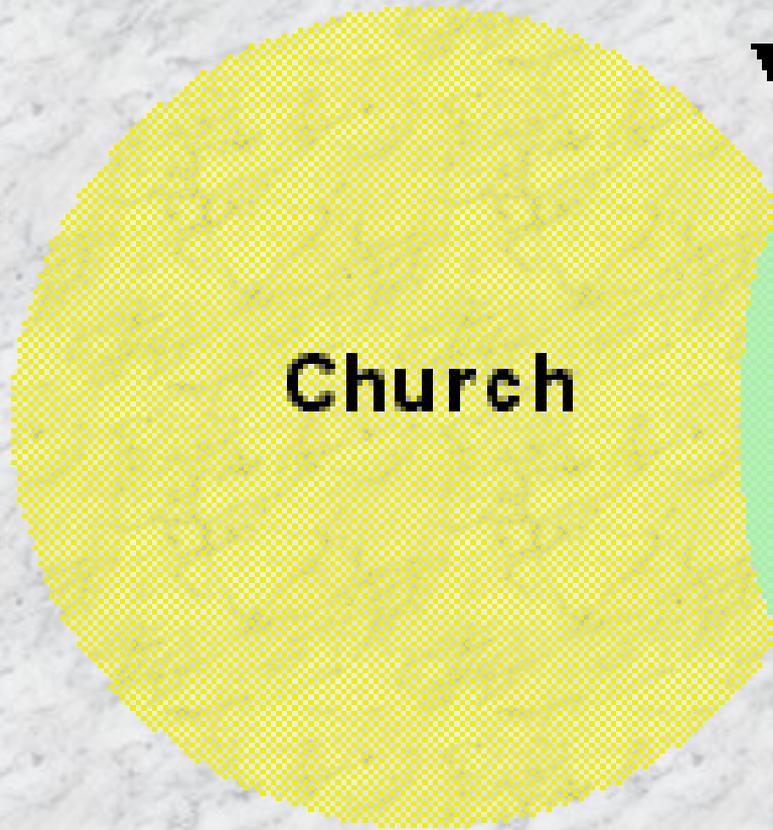
# The Two Communities

- Spiritual Community
- Recovery Community

# Connecting with the Church

- Find “Mission Friendly” Churches
- Connect with Pastors
- Train the Church Sponsors
- Christian Recovery Groups - A Bridge to the Christian Community

# Christian Support Group



**Church**



**Recovery  
Community**



# Healthy Support Groups

- Protect the confidentiality of participants by discouraging member from disclosing what is shared during meetings with people outside of the group.
- Avoid "cross talk" (interrupting out of turn) and the offering of unsolicited advice and counseling during the meeting.

# Healthy Support Groups

- Provide recovering people with a combination of personal support and group accountability
- Provide an environment that encourages honest sharing of personal experiences, thoughts, and feelings

# Healthy Support Groups

- A safe and non-judgmental environment for the risky experience of exploring and verbalizing emotions
- Supplement the entire recovery process and do not see themselves as the total solution for the recovering person's needs

# Healthy Support Groups

- Communicate acceptance and freedom of expression without fear of rejection
- Promote an atmosphere of positive reinforcement, support and hopefulness
- Maintain a "family" atmosphere into which newcomers can comfortably "fit it"

# Healthy Support Groups

- Have mature, stable leadership, but are not controlled by one or a few dominant individuals
- Have a definite format for their meetings, not rambling, directionless discussions