

Lesson 10

Counseling for Substance Abuse and Addiction

"Picking Up the Pieces"

Instructor:

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I. Introduction: The Disease of Codependency

A. The Grief and Anguish of Loss

- Family members experience profound loss, often as painful as death, due to the loss of the loved one to addiction.
- The crisis often triggers a futile search for **control** (e.g., *"Lord, why me," "I cry, "For I am in control."*).

B. The Cycle of Codependency

- **Codependency** is defined as the **disease of the family**, marked by excessive reliance on the addict to meet one's own needs.
- The cycle is: **Helplessness** (shame, inadequacy) → **Anger** (guilt, resentment) → **Depression** (hopelessness) → **Impaired Functioning/Addictive Behaviors** (denial, distorted thinking).

II. The Impact: Sustaining Loss and Navigating Grief

A. Three Major Losses Sustained by the Family

1. **Loss of Trust:** Destroyed by the addict's repeated lies and broken promises, which are driven by the drug.
2. **Loss of Reality:** The codependent lives in an unnatural state of secrecy and maintaining a façade.

3. **Loss of Security:** The home is transformed from a place of refuge into a chaotic environment of fear.

B. The Stages of Grief

- The family member must recognize they are in a deep **grief process**.
- The stages are: **Denial, Anger, Bargaining, Depression, and Acceptance**.
- **Acceptance** involves acknowledging the reality of the situation and giving up the dream of what the family *should* have been.

III. The Biblical Mandate: Anger and Forgiveness

A. The Righteous Management of Anger

- Anger is a legitimate and necessary emotion in the grief process, but it must be managed Biblically to avoid sin.

Ephesians 4:26: *"Be ye angry, and sin not: let not the sun go down upon your wrath."*

B. The Imperative of Forgiveness

- Forgiveness is essential for the codependent's health. Unforgiveness leads to bitterness and spiritual stagnation.

Ephesians 4:32: *"And be ye kind one to another, tenderhearted, forgiving one another, even as God for Christ's sake hath forgiven you."*

Matthew 6:14-15: *"For if ye forgive men their trespasses, your heavenly Father will also forgive you: But if ye forgive not men their trespasses, neither will your Father forgive your trespasses."*

C. The Warning Against Unforgiveness

- Refusal to forgive from the heart places the individual under the judgment of God.

Matthew 18:34-35: *"And his lord was wroth, and delivered him to the tormentors, till he should pay all that was due unto him. So likewise shall my heavenly Father do also unto you, if ye from your hearts forgive not every one his brother their trespasses."*

IV. The Path to Healing and Spiritual Reliance

A. Two Major "Don'ts" for the Codependent

1. **Do not blame:** The codependent must stop blaming themselves for the addict's actions.
2. **Do not enable:** The codependent must stop protecting the addict from the consequences of their addiction.

B. Counseling Goal: Abundant Life

- The goal is to move the family member from being controlled by the addict to being **controlled by God**.

John 10:10: *"The thief cometh not, but for to steal, and to kill, and to destroy: I am come that they might have life, and that they might have it more abundantly."*

C. Surrender and Trust in God

- Healing requires the codependent to release the need to control the addict and place their full reliance on God.

Proverbs 3:5-6: *"Trust in the LORD with all thine heart; and lean not unto thine own understanding. In all thy ways acknowledge him, and he shall direct thy paths."*

Psalms 91:15: *"He shall call upon me, and I will answer him: I will be with him in trouble; I will deliver him, and honour him."*