

“Letting go of defenses that you needed as a child which no longer serve you. This includes recovering from addictions of any kind. Grieve the loss of those defenses, and honor how they helped you survive against overwhelming odds. Develop ways of coping with life, feelings, experiences without them. Learn to trust selectively.”

Dr. Michael Obsatz – Oh Grow Up

Storytelling in small groups or personal reflection. One by one, each person shares their answer to the first prompt below. Then go to next question and so forth. A person can pass.

**1. Share what you have learned about recovering from an addiction.**

(your personal experience or what you have seen others experience.)

**2. Tell a story about defending yourself against someone, or some group, trying to harm or bully you.**

**3. Share about one addiction you see in your family of origin.**

(alcohol, drugs, eating, gambling, spiritual obsession, sex, working, shopping, etc.)

Check out and download “Oh Grow Up” by Dr. Michael Obsatz at <https://lifesjourney.us/oh-grow-up/>

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