

# The Journey towards Emotional Recovery

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If truth be told every human is recovering from something as no one escapes childhood without some emotional wounding. The wounds can be numerous ranging from the slight prick of a harsh word to the bruise of abandonment, rejection, abuse, and loss. For many some portion of adulthood is devoted to righting the wrongs of childhood. This process of making the wrong right is recovery.

On the road to emotional recovery individuals may develop unhealthy ways of coping with the pain in the form of addictions. According to Free Dictionary.com *an addiction is the condition of being habitually or compulsively occupied with or involved in something*. Individuals can be addicted to the obvious vices (e.g., alcohol, illicit drugs, and prescription medications) as well as to the often overlooked (e.g., work, pornography, food, unhealthy relationships, shopping). These negative methods of coping become the temporary fix to what will continue to be a permanent problem without God.

The statistics are clear; the fight against addiction cannot be won by sheer will or human strength. According to the Substance Abuse and Mental Health Services Administration (SAMSHA), one of every eight Americans has a significant problem with alcohol or drugs; with 40 percent of that group having a dual diagnosis with some mental health disorder (e.g., depression, anxiety, posttraumatic stress). More than 70 percent of men from 18 to 34 visit a pornographic site in a typical month (Media Metrix, Inc.). Christian men are not exempt. A Promise Keepers' survey from a 1996 stadium event revealed that 50 percent of men in attendance were involved with pornography within one week of attending the event.

Behind the obsessive behaviors and uncontrollable urges lies an air of quiet desperation. Humans long to be loved, esteemed, connected and respected. Your journey towards wholeness may have lent itself to some pitfalls but the journey does not have to end there. The only means of truly recovering is to establish a relationship with the true and living God. Psalm 124:8 reminds us that "our help is in the name of the Lord, Who made heaven and earth." This relationship will also empower you to do the following:

- 1. CRY OUT FOR FORGIVENESS.** We are reminded in 1 John 1:9 that "If we confess our sins, He is faithful and just to forgive us our sins and to cleanse us from all unrighteousness."
- 2. FACE THE TRUTH.** The truth will indeed make you free (John 8:32). With much prayer and soul searching God will help you identify the voids in your life that only He can heal.
- 3. SEEK THE APPROPRIATE HELP.** Seek support and make steps towards wholeness. Request assistance from your Pastor, prayer partner, a Christian therapist/drug counselor, and/or family member.

**4. CONFESS GOD'S WORD EVERY DAY.** Call those things which do not exist as if they were (Romans 4:17b). Memorize scripture that will speak to your situation and combat any negative thoughts that Satan tries to plant in your mind.

Be encouraged, God can do the impossible. I too was a victim of my own will thinking I knew better than God how to make the past wrongs right. In an effort to stem the emotional pain I found temporary solace in binge drinking and shoplifting. Over a decade ago I began to pray a simple prayer "God show me me." This simple act of submission has radically transformed my life; I pray you will let it do the same for you.