



Community and Social Justice Support Nights Impact of Addiction

Most or all of us have some awareness of addictive substances and/or processes, whether we use them or not. Some have been exposed to addiction directly or through our own codependent support of addicted loved one. Many of those with whom we work in our JVC placements suffer from addiction themselves, or are impacted by the addictions of people close to them. The purpose of this session is to examine the role of addictive processes in our own lives.

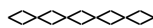
Process:

Begin by giving the group time to reflect (5-10 minutes) individually on their relationship to addictive substances or processes (this could be drugs, alcohol, food, sex, etc.).

Consider these questions as you reflect:

- 1) What is my first memory of alcohol/drugs? What was my first experience of drinking/using drugs?
- 2) How did I feel about it at the time? As I look back on those experiences, how do I feel about them now?
- 3) What was my experience of alcohol/drug use in my family?
- 4) To what extent was alcohol/drug use a part of my life in school or prior to JVC?
- 5) To what extent is alcohol/drug use a part of my life right now?
- 6) How do I feel about its role in my life at this point? How do my values/religious beliefs/faith speak to this?
- 7) To what extent is this a justice issue?
- 8) What other forms of addiction have I experienced (e.g. food, sex, work, relationships, etc.)?
- 9) What has been my experience of codependency in these or other areas?

Take time to share with the group your answers to these questions. Let each person speak without interruption, and then invite feedback or questions from others. This would be an ideal time to develop a community alcohol policy. It may be helpful to refer to the regional policy outlined in the JVC handbook. How do you as a community want to live this out? Be concrete and specific.



*God grant me the serenity
to accept the things I cannot change,
the courage to change the things I can,
and the wisdom to know the difference.*

- *Serenity Prayer, traditionally used in AA and other 12-step programs*