

## Adventist Recovery Ministries

### A Christ-centered 12-Step Recovery Program for Addictions

#### Powerlessness Lists

##### <sup>1</sup>Examples of “Activity” Addictions

##### <sup>2</sup>Examples of Substances

Bodily Harm	Gossip	Possessions	Sports	Alcohol
Cleaning	Helping	Reading	Tattoos	Cigarettes
Computer	Hobbies	Religion	Telephone	Coffee
Education	Money	Sex	Television	Drugs
Exercise	Music	Sleeping	Video Games	Food
Gambling	Pornography	Spending	Work ...	Sugar ...

<sup>1</sup>Activity Addictions are externally used or done. Yet they trigger the brain to release natural chemicals that may lead to a dependence on a specific activity.

<sup>2</sup>Substances contain chemicals that, when absorbed into the body, may create a false sense of well-being often leading to physical and mental addiction.

##### <sup>3</sup>Examples of Character Defects and Mental Obsessions

Abuse	Envy	Judgmental	Revenge
Anger	Fear	Laziness	Sarcasm
Anxiety	Frustration	Loneliness	Self-centered
Approval	Greed	Loss of control	Self-reliance
Arrogance	Hatred	Low self-image	Sexism
Bigotry	Hoarding	Neediness	Stubborn
Compliance	Impatience	Overspending	Suspiciousness
Conceit	Inconsideration	Patronizing	Uncooperative
Depression	Intellectualizing	Pity	Ungrateful
Disagreeable	Intolerance	Possessiveness	Unreasonable
Dishonesty	Irresponsible	Prejudice	Vanity
Domination	Isolation	Pride	Withdrawn
Ego	Jealousy	Remorse	Worry ...

<sup>3</sup>Character Defects and Mental Obsessions often result in guilt, shame, and blame. Related thoughts, emotions, and actions often lead to activity and substance addiction. Addictions mask one’s reality and results in separation from God.

**For more information: e-mail: [adventistrecovery@gmail.com](mailto:adventistrecovery@gmail.com)**  
**website: [www.adventistrecovery.org](http://www.adventistrecovery.org)**

Link for “UNHOOKED” series on addiction and recovery: [www.hopetv.org/unhooked](http://www.hopetv.org/unhooked)