



Every family has members who suffer from addictive personalities. There are Dads who drown themselves in beer every night to unwind from the emotional pain of work and family stress. There are Moms who can't face a day without their Xanax or Valium because they have suffered through a lifetime of mental and emotional abuse. Likewise, there are sons and daughters who need daily sugar highs or video game numb-out to cope with the chaos of school and home life.

Addiction is a consistent need or craving that leads to habitual "acting-out" in an emotionally medicative way. Alcohol, drugs, food, sex, pornography, shopping, gambling, electronics, and codependency are just a few of the ways people have learned to medicate away their fears and inner-pain. Unfortunately, addictive acting-out fails to solve the root problem of addiction while causing chaos within families.

As addictive behaviors become habitual, a person develops an addictive personality that takes control of their reason and sanity. The person becomes secretive, especially when acting-out, and adopts a pattern of isolating from family and friends. Compulsive lying and stealing can become problematic. Relationships begin to shatter when the addict is confronted by those persons who love him/her. The addict will most often play the blame game, faulting everyone else for his/her problems. If left unchecked, addiction can devastate families through infidelity, job loss, and even death.

This retreat is designed to help individuals to identify and cope with addictive personality disorders in positive ways. It provides strategies for helping addicts to move beyond denial and to take responsibility for their lives. It also provides insights to help those living with addictive persons to protect themselves and to stop enabling the addict to stay stuck in addiction.

April 7-8, 2017

**Rev. Charlie Wehrley,
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