

## **“No One Walks Alone”**

***The Vulnerability to Addictions in Congregations, Clergy,  
and Their Families  
A Lutheran Theological/Psychological Approach***

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**Circuit 14 Conference  
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## **Addiction Origins Debates**

**?**

**“Nature” OR “Nurture”**

**“Disease” OR “Choice”**

**“Predisposition” OR “Free Will”**

## ***Definitions***

<b>Terms</b>	<b>Definitions</b>
<b>“Addiction”</b>	Compulsive need/use of habit-forming substances; increased tolerance; obsessive use/focus (thoughts).
<b>“Process Addiction”</b>	Addictive thinking patterns; physiological arousal.
<b>“Dopamine”</b>	Brain chemical with capacity to alter what arouses and gives pleasure feelings; highly addictive

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3

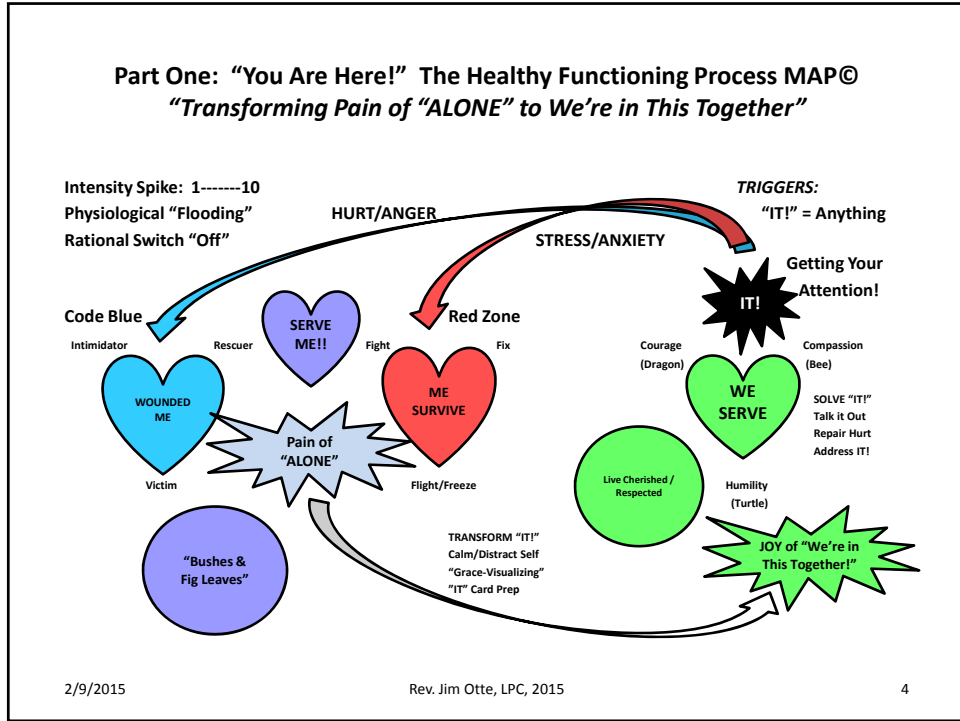
## ***Definitions***

<b>Term</b>	<b>Definition</b>
Co-Dependent	Anyone who is affected by the addicted person’s struggle, choices, addictions
Co-Dependency	Attitudes, habits, actions which co-dependents do to adapt to/survive in relationships with addicted persons.
Enable(ing)	Actions which create/perpetuate dependencies fueled by ‘reactive (anxious) compassion.’
Empower(ing)	Actions which free dependents to handle the problems they create for themselves; fueled by ‘proactive compassion.’

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4



### What Gets Your Attention? Know Your Personal/Corporate

Green Zone "ITs"	Red Zone "ITs"	Code Blue "ITs"
Something you like or makes you feel cared about	Something you feel nervous about or frustrated by	Something that hurts your feelings a lot or makes you very angry.
You think: "I'm loved!" "People care about me." "Someone respects me."	You think: "I feel nervous about this." "I am bugged by this." "I'm not sure how to handle this."	You think: "I am not cared about!" "I am all alone in this." "I am so mad, I could scream!"
Words/Actions which value & affirm value through cherishing and/or respecting	Words/Actions misunderstood, which question being valued	Words/Actions which devalue or suggest no value or worth
Builds trust and the feeling that we are a team working together.	Hurts trust and causes us to doubt that we can work together.	Convinces us that we can't trust each other, and one of us has to leave.
Creates happy memories, which are like happy movies playing in our minds.	Creates stressful memories, which are like scary movies playing in our minds.	Creates memories of our being hurt, which are very scary movies playing in our minds.
Causes us to want to be with each other	Causes us to be nervous about being with each other, and maybe, to not be with each other.	Causes us to put a "wall" up between us, so we don't get hurt anymore.

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### What Gets Your Attention? What are My Personal/Corporate


Green Zone "ITIs"	Red Zone "ITIs"	Code Blue "ITIs"
I like it/feel cherished when...	I get anxious or frustrated when...	It hurts my feelings when...
I feel respected when...	I feel inadequate in situations that...	I feel so disregarded when...
Words & actions, which show cherishing/respecting to me are...	Words/Actions, which question my value are...	Words/Actions which devalue me or suggest no value or worth are...
One way to build my trust is...	One way to hurt my trust is...	One way to kill my trust is...
My happiest memory, in my _____ life, is...	My most stressful memory, of my _____ life, is...	I remember being deeply hurt, in my _____ life, when...
I enjoy being with _____, when we are...	I am anxious to be with _____, when we are...	There is a "wall" between _____ and me, when...

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## Part Two: Vulnerability Feeds Off "ALONE"

**Gen. 2:18a.** *"The Lord God said, 'It is not good for the man to be alone.'"*

**"Alone" = Soul Hurt caused by experiencing/feeling:**

<p><b>Cut off from.</b> <b>Disregarded.</b> <b>Forsaken.</b> <b>Betrayed.</b></p>		<p><b>Shunned.</b> <b>Irrelevant.</b> <b>Ignored.</b> <b>Criticized.</b></p>
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**Principle #1: God never meant for people to be ALONE.**

**"I'm all alone in this. No one has my back!"**

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## God's Rationale: Why "ALONE" isn't "Good"

**Gen. 2:18a.** "The Lord God said, 'It is not good for the man to be alone.'"

### ALONE is Highly Stressful and Harms Relationships!



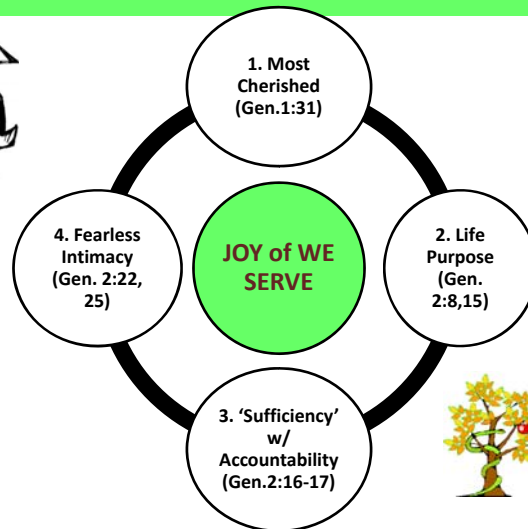
*Hide from God (Gen. 3:8)*

*Lowered self-awareness & others with "Fig Leaves" (Gen. 3:9)*

*Compensate for powerlessness by blaming others (Gen. 3:12-13)*

*Suffer residual stress as outcomes of sin (Gen. 3:14-19)*

## God's Remedy to "ALONE" – WE SERVE



# 1. WE SERVE: Most-Cherished

**Genesis 1:31** *God saw all that he had made, and it was very good. And there was evening, and there was morning—the sixth day.*

**“very good”**

- Crowning achievement of creation.
- Someone with whom God could share His “heart.”
- God was “alone” until He created people!
- Cherished: “chosen” for service
- Emotionally experienced as: Joyful Security

**Males:** Free to risk being real

**Females:** Free to trust love



# Most-Cherished is Our Deepest Connection to God & Others

- The “who you are” beneath the “what you do.”
- Baptism establishes and seals our Soul Value to God:

*“You are my (child), whom I love; with (you)*

*I AM*

*well pleased.”*

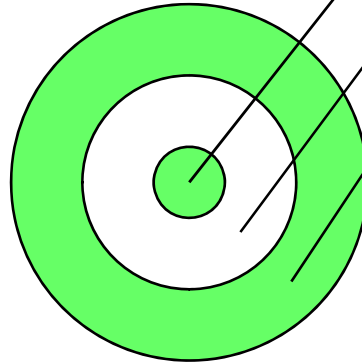
*(Matthew 3:17)*



- Baptism is our objective touchstone
- The power of Most-Cherished, empowers you to cherish & respect others!

**WE SERVE Maintenance: Cherishing Others at the Soul Level  
(in Our Homes, Congregations, Workplaces, Neighborhoods)**

**Cherish People/Respect Contributions**  
 \*Hit the Target (80%/20%)  
 \*Build (+) Benefit of the Doubt  
 \*\*"ALONE" Antidote



What am I doing, which helps you feel cherished/respected, and I can do more of?

What am I doing, which triggers your feeling un-cherished/disrespected, which I can do less of?

When there is something you are doing, which frustrates me, how would you like me to bring it to your attention (so that you still feel cherished/respected)?

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13

**Keep Your Cherishing/Respecting Ratios High to Increase Positive Benefit-of-the-Doubt & Reduce Relationship Drift**

**High Positive BOD**



**"We're in This Together!"**  
 (Low Complaint/High Gratitude)

**Positive Excuses for Negative Behaviors**  
 (Low Drift)



**Neutral BOD**

**Negative BOD**



**Negative Excuses for Negative Behaviors**  
 (High Drift)  
 (High Complaint/Low Gratitude)

**Unrecoverable BOD**

**Negative Excuses for Positive Behaviors**

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14

## Universal Cherishing & Respecting

(From "All I Really Need to Know I Learned In Kindergarten" by Robert Fulghum)

Share everything.	Play (& Fight) fair.
Don't hit people.	Put things back where you found them.
Clean up your own mess.	Don't take things that aren't yours.
Ask for forgiveness, when you hurt somebody.	Forgive somebody when they ask for it.
Flush (and close the lid).	Hold hands and stick together.

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15

## "Love" by "Cherishing/Respecting" Targets

(You List for the Other People: Specified - \_\_\_\_\_)

I Feel More Cherished/Respected When He/She...  (Let's Negotiate More of Something Good)	I Feel Less Cherished/Respected When He/She...  (Let's Negotiate Less of Something Bad)	When He/She is Frustrated with Me, He/She Can Let Me Know In a <i>Cherishing/Respectful</i> Way, By...
1. Listen first; don't interrupt or talk over me	1. Interrupt me or talk over me.	1.
2.	2.	
3.	3.	
4.	4.	
5.	5.	

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16



## 2. WE SERVE: High Value Purpose and Meaning in Life

**Genesis 2:15** *The LORD God took the man and put him in the Garden of Eden to work it and take care of it.*

*“work it...care for it...”*

- Work is connected to a man’s identity, ‘calling,’ and sense of purpose in life, means of being ‘respected.’

- Emotionally experienced as: **Confident Calling**

**Males:** Respected as ‘provider/protector/point man’  
 Respected = *Being loved conquers shame instinct*

**Females:** Activates security of being ‘provided for,’  
 protected, and being counted on reliably.

Security = *Being Loved/Cherished conquers fear instinct*



## 3. WE SERVE: ‘Sufficiency’ with Accountability

**Genesis 2:16** *And the LORD God commanded the man, “You are free to eat from any tree in the garden...”*

*“free to eat of any tree...but”*

- Stewardship – not owning, but being entrusted with.
- Emotionally experienced as: **Daily Contentment within Limits.**



\*Boundary definitions

\*Issues of “Who’s in Control?” “Who is God of my life?”

\*“Trust for Today” as the healthy alternative to “worry about tomorrow”

# 4. WE SERVE: Fearless Intimacy

**Genesis 2:25** *Adam and his wife were both naked, and they felt no shame.*

*“both naked...no shame.”*

- Partnership with No Loss of Self
- Equal in Soul Value and Access to God’s Grace.
- Loved and Accepted Unconditionally
- Willing & Able to be Vulnerable with Each Other.
- Emotional experience: ‘Heart Trust’ (Archibald Hart)



# WE SERVE: Personality Cluster Traits Reflect the “Image of God” (Christ in Us!)

**Genesis 1:27** *So God created mankind in his own image, in the image of God he created them; male and female he created them.*

**2 Corinthians 4:4** *The god of this age has blinded the minds of unbelievers, so that they cannot see the light of the gospel that displays the glory of Christ, who is the image of God.*

**Courage**  
(Eph. 6:10-12)



**Compassion**  
(Eph. 4:32)



**Humility**  
(Philippians 2:3)



## WE SERVE: “Image of God” Trait Clusters

### *Courage, Compassion, & Humility*

- Each trait needs the others for WE SERVE Leadership.
- Certain trait-strengths can reflect personal temperaments ‘wired’ into us.
- Functioning beyond one’s comfort zone or trait-strength can trigger reactivity (Red Zone) stress.
- Under-developed trait-strengths can diminish leadership capacities.



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21

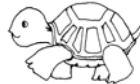
## WE SERVE: Nurture Your “Zoo” Within – Each Strength Needs the Other!



Be Courageous  
 Be a Leader  
 Speak Up!  
 Defend the Weak  
 Teach & Train the Helpless  
 Point Person



Be Compassionate  
 Take Action to Help Others  
 Act!  
 Help the Weak  
 Cheerlead the Helpless  
 Support the Tone-Setter



Be Humble  
 Listen to Others Before Speaking Out  
 Walk with the Weak & Helpless  
 Don’t Obsess Over Getting Credit

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22

## Satan's Strategy for SERVE ME: Shift Most-Cherished from Service to Status

**Genesis 3:1-5** *Now the serpent was more crafty than any of the wild animals the LORD God had made. He said to the woman, "Did God really say, 'You must not eat from any tree in the garden'?"*

<sup>2</sup> *The woman said to the serpent, "We may eat fruit from the trees in the garden, <sup>3</sup> but God did say, 'You must not eat fruit from the tree that is in the middle of the garden, and you must not touch it, or you will die.'"*

<sup>4</sup> *"You will not certainly die," the serpent said to the woman. <sup>5</sup> "For God knows that when you eat from it your eyes will be opened, and you will be like God, knowing good and evil."*

**"Did God really say...?"**

**Implication: God is holding out! You deserve better!**



**"You will not die...you will be like God."**

**Implication: "If you are your own god, you don't have to serve; you can be served."**

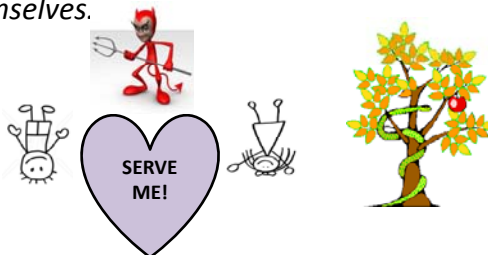
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23

## SERVE ME: Sin Brings a New Reality – Vulnerability without Grace

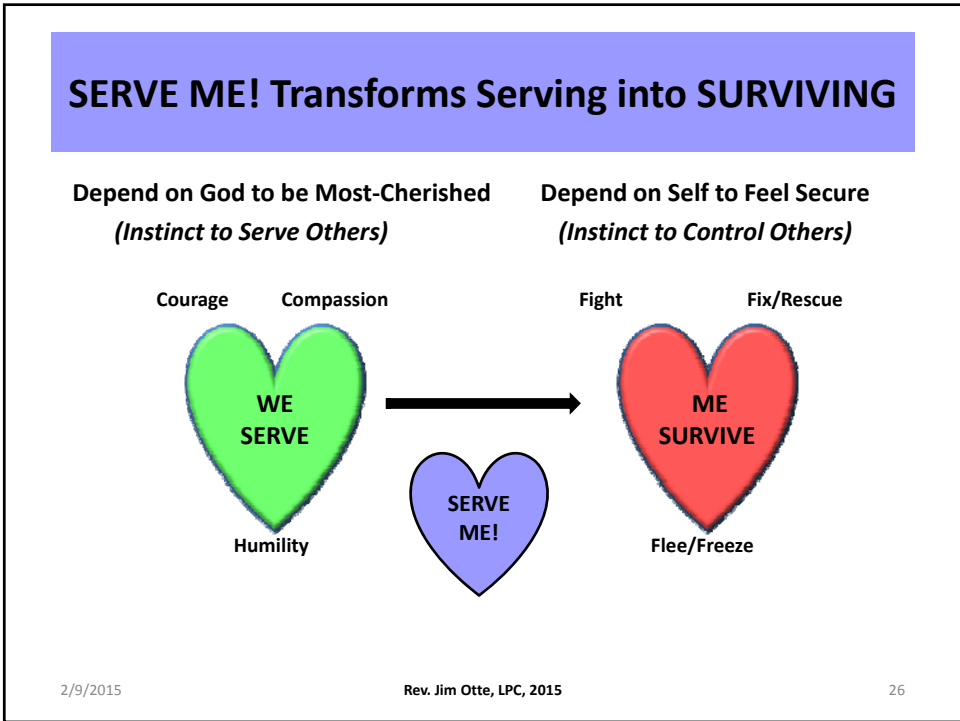
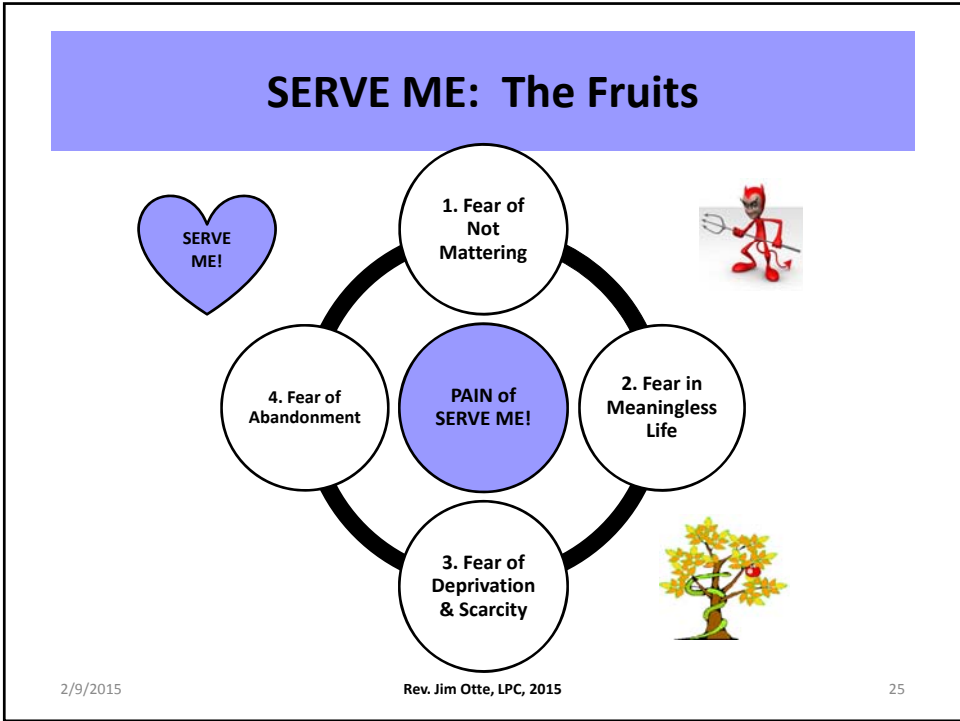
**Genesis 3:6-7a.** *When the woman saw that the fruit of the tree was good for food and pleasing to the eye, and also desirable for gaining wisdom, she took some and ate it. She also gave some to her husband, who was with her, and he ate it. <sup>7</sup> Then the eyes of both of them were opened, and they realized they were naked; so they sewed fig leaves together and made coverings for themselves.*



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24



**SERVE ME! - Shame, Fear, & Guilt Drives Man Into Hiding to Escape His Pain of ALONE**

**Genesis 3:8.** *“Then the man and his wife heard the sound of the Lord God as He was walking in the garden in the cool of the day, and they hid from the Lord God among the trees of the garden.”*

**SERVE ME!**

**Genesis 3:10.** *He answered, “I heard you in the garden, and I was afraid because I was naked; so I hid.”*

**ME SURVIVE**

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**SERVE ME! - “Naked” with Shame, Fear, & Guilt: The Unholy Trinity**

**Shame:** “Dread” experience; closest to “death” in body’s ‘muscular’ language; anxious reaction – defend self, deny truth, and/or disappear (3-D’s). *Soul Hurt Thoughts:* “I’ll never measure up;” “It’ll never be good enough.” “Loser!” Feeling ‘exposed.’

**Fear:** “Tightness in chest” experience; next to “shame” in body-language; anxious reaction – flight, flight, fix. *Soul Doubt Thoughts:* “I’m alone in the world.” “There is no one there for me.” “No one cares about me.”

**Guilt:** “Gut” pain experience; next to “fear” in body. *Soul Despair Thoughts* of being unforgiveable; un-redeemable; unsalvageable.

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28

## SERVE ME! 'Solution' to "Nakedness" with Shame: Self-Covering the Pain by Hiding

**Genesis 3:7b-8.** "...so they sewed fig leaves together and made coverings for themselves. ... they hid from the Lord God..."



•**"Fig leaves...coverings"** (Characteristics of Addictions)

- |                         |                             |
|-------------------------|-----------------------------|
| Dependence on.          | Live in proximity of.       |
| Temporary fix.          | Increased tolerance of.     |
| Help deny problems.     | "Cover" inadequacy.         |
| Feel worse later.       | Doesn't replace value-loss. |
| Loathe self's weakness. | Blame others for problem.   |

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29

## God's WE SERVE Solution: Come Out of Hiding! (Genesis 3:9-21)



God called Man out of hiding (to face his shame, fear, & guilt) with 3 Questions:

- |                                |  |
|--------------------------------|--|
| <b>"Where are you?"</b>        | God confronts the hiding.                                    |
| <b>"Who told you?"</b>         | God confronts the distorted beliefs and delusion of control. |
| <b>"What...have you done?"</b> | God confronts the denial of reality.                         |

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30

## SERVE ME! The Power of Hiding in Shame, Fear, & Guilt

Man would not easily give up his hiding in shame, fear, and guilt.

In ME SURVIVE mode, he shifted responsibility to God, to his partner, and to the creation itself!

**Genesis 3:12.** *“The woman You put here with me – she gave me...The serpent deceived me, and I ate.”*

Fight

Fix



Flee/Freeze

## God’s WE SERVE Answer to Hiding: Grace-Covering (Forgiveness)

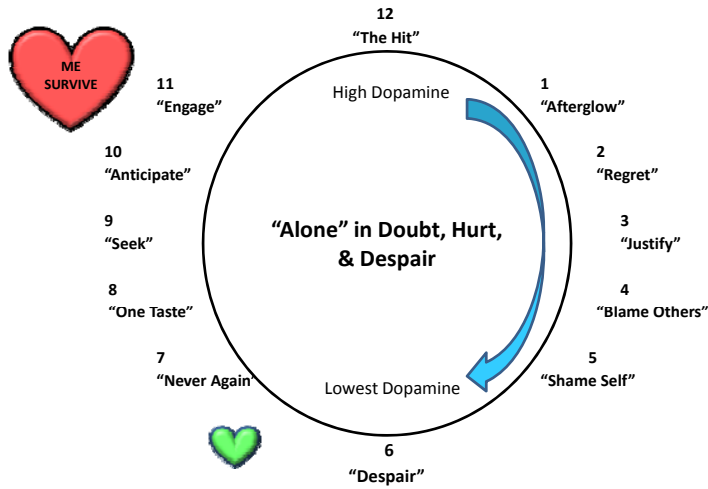
**Genesis 3:15** *“And I will put enmity between you and the woman, and between your offspring and hers; He will crush your head, and you will strike His heel.”*

**Genesis 3:21.** *“And the Lord God made garments of skin for Adam and his wife and clothed them.”*





**Part 2: Tools for Ministering to the Struggle: Grow in Self-Awareness - The "Obsession Clock"**



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33

**Part 2: Tools for Ministering to the Struggle: Grow in Self-Awareness - Multiple "Fig Leaf" Addictions**

*"Pick Your Leaf"*



Obsess to Acquire	Obsess to Avoid
Substances (Drugs, alcohol)	Conflict, Displeasing People
Pornography, Sex	Being a "Loser"
Money, Spending Money	Poverty, Deprivation
Getting My Way	Losing Control
Someone to Love Me	Loneliness
Perfection	Vulnerability

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34

## Part 2: Tools for Ministering to the Struggle: Grow in Recognizing 'Red Flags'



"Alone" in Relationships	Internet "Habits"
Anxiety/Depression Disorders	Late Night "Surfing" the Web
Pent-up Resentments/Rage	Secret Accounts/Passwords
Less Interest in Family Life	Unusual Need for Privacy
Denial/Avoidance in Conflict	Justifying overuse of computer
Increased Alcohol Use	Increased Use of Fantasy
Persistent Obsessiveness	Games, Blogging, Facebook
Feeling Overwhelmed	Large Blocks of Unstructured
Change in Sleeping, Eating	Perfectionism

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35

## Part 2: Tools for Ministering to the Struggle: Grow More Empowering, Less Enabling

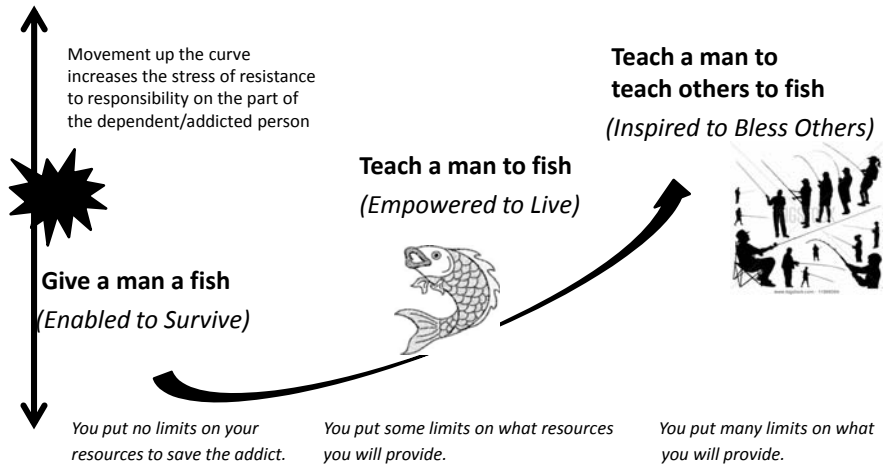
*"Give a man a fish, and you feed him for a day.  
Teach a man to fish, and you feed him for a lifetime."  
(Maimonides, 1135-1204 A.D.)*

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36

## Part 2: Tools for Ministering to the Struggle: Grow More Empowering, Less Enabling



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37

## Part 2: Tools for Ministering to the Struggle: Grow More Empowering, Less Enabling

### Step One: Inventory Your Resources & Put Limits on Your Availability

My Resources	Currently Providing	Willing to Limit
Money		
Time		
Energy		
Conversation /Worry About		
Hassle		
Feel Guilt About		
Solutions for...		

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38

## Part 2: Tools for Ministering to the Struggle: Grow More Empowering, Less Enabling

### Step Two: Discern Degree of Resistance You Get When Limiting Resources & What Help You Will Need to Implement & Sustain to Limit Plan

Resources You Plan to Limit	Help You Will Need to Implement & Sustain Limit Plan Over Time
Money: I will pay only for...	Friend to cheerlead me when I feel guilty or selfish
Time: I will make myself available between 6 – 8 p.m.	
Energy: I will exercise everyday	Friend to go with me
Conversation/Worry About: I will limit talking about him/her to 15 minutes/day	Family help to hold me accountable
Feel Guilt About:	Attend worship weekly w/Bible study & do 12-Step work
Solutions for:	

## Part 2: Tools for Ministering to the Struggle: Grow More Empowering, Less Enabling

### Step Three: Be kind and gracious to yourself as you make the shift. Celebrate your courage. Overcome your shame/fear by asking for help.

**Ephesians 4:32.** *Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.*

**Ephesians 4:21.** *Submit to one another in reverence for Christ.*



**Colossians 3:13.** *Bear with each other and forgive one another if any of you has a grievance against someone. Forgive as the Lord forgave you.*

## Part 3: Congregational & Community Resources

### Action Steps for Individuals & Families Coming Out of Hiding

- 1. Find or create a culture of redemption (Graceful Accountability) in the spirit of Galatians 6:1-2**
  - **12 Step Groups**
  - **“Celebrate Recovery”**
  - **Galatians 6:1-2.** *Brothers and sisters, if someone is caught in a sin, you who live by the Spirit should restore that person gently. But watch yourselves, or you also may be tempted. <sup>2</sup> Carry each other’s burdens, and in this way you will fulfill the law of Christ.*

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41

## Part 3: Congregational & Community Resources

### 2. Align yourself with qualified mental health professionals and/or treatment facilities in your area.

- Ask about their comfort-level with faith-based treatment approaches, especially if they are ‘secular.’
- Ask about continuing education workshops/seminars they can provide to educate yourself or congregation.
- Ask about fees, insurance, sliding scale, etc.
- Ask about intervention services
- Ask about after-care services and family support systems

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42

## Part 3: Community Resources

### 3. Community Resources

- a. **Alcohol & Drug Abuse Council (ADAC) of Deep East Texas**
  - Prevention*
  - Treatment*
  - Education*
- b. **Samaritan Counseling Center of Tyler**
- c. **Stephen F. Austin State University Counseling Department**