Session 12: Lies I Believe: About Myself, About Support, About Recovery

PHASE 2 — HEALING: MIND, HEART, AND PAST (WEEKS 2–4) · WEEK 3 — A RENEWED MIND

Date: _____ My craving today (0–10): _____ One word for my week: _____

Handout for this session: the Session 12 handout (The Lie, the Cost, and the Truth) — in the Handouts Packet.

What we're learning

Some thoughts are not just weather. They are deep lies we treat as truth about who we are. They cluster in three families. Lies about myself: I am my worst act; I am too far gone; needing help means I am weak. Lies about the people and supports around me: everyone has given up on me; asking for help only burdens people; no one can be trusted with the truth. Lies about recovery: people like me do not make it; needing medication means I am not really in recovery; one slip erases everything. This session names the loudest lie, looks at where it came from and what it costs, and answers it with a written truth statement we can carry and use.

- Name it to tame its authority A lie operating as background 'common sense' rules us. The same lie written on paper, labeled a lie, loses its disguise.
- Origin brings compassion Many lies were a child's or a desperate person's best explanation at the time. We can honor why it formed and still retire it.
- Truth must be specific A general slogan bounces off a deep lie; a specific, true sentence has somewhere to land. Pair every truth statement with one real event from your own life — evidence you can point to, not just words you hope are true.
- A written answer, ready at the door The lie will visit again. The question is whether it finds a written answer, a person to call, and a mind that recognizes it at the door.

Headline level only in this room: name the topic in a few words, not the details. Details belong with a counselor. You may pass at any time without explaining yourself. If anything in this session needs a counselor, your facilitator will connect you warmly the same day — asking is a success, not a failure.

Goals for this session

☐ I can sort common recovery lies into three families — myself, support, recovery

☐ I can trace one personal lie to its origin and its current cost

☐ I can write a truth statement, anchored in a specific real event from my own life, for my most costly lie

Check-in

Finish the sentence your addiction most wants you to believe: 'Someone like me can never _____.'

Discussion — write your answers

Write what you would say out loud — and more, if it comes. There is no right-length answer; there is only an honest one.

1. Which family — myself, support, or recovery — holds your most expensive lie?

2. Where did you first learn it, and who benefited from you believing it?

3. What has believing it cost you in the last year, concretely?

4. What specific evidence from your own life most directly contradicts it — and what stops you from trusting that evidence?

Session 12 — Skill Practice

Counsel-room exercise in pairs: each person states their lie, its origin at headline level only — a few words, not the details, its cost in one, and reads their written truth statement aloud twice — once to their partner, once as if to themselves in the mirror. Partners respond only: 'I believe that truth about you because _____,' with a specific observation. Facilitator keeps example truth statements on the whiteboard for those who get stuck.

Counsel-room = you and one partner, taking turns, no audience.

The lie I believe most often:

Where it came from (headline level only — a few words):

What it costs me (one sentence):

My truth statement (write it, carry it, read it aloud):

My takeaway

The one thing from this session I most need to remember — in my own words:

Homework — this week's application

☐ Carry your truth statement where the lie usually speaks (workbook cover, phone note). Each time you catch the lie this week, read the statement aloud and log it: date, lie, truth read, belief rating before and after.

Belief rating = 0–10, how much you believe the lie right now, before and after reading the truth statement. Example: date _____, lie 'I am my worst act,' truth read, belief 8 before, 5 after.

My log for the week:

Day / date	What happened — what I did	Notes

An optional Scripture handout for this session is available from your facilitator on request.