Session 43: When Giving Becomes a Hiding Place

Phase 5 — Giving Back: Service, Leadership & Purpose · Block 1 — Service: Giving Back

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

What we're learning

Avoidance in recovery rarely announces itself as rebellion; it arrives dressed as usefulness. The warning signs are structural: service hours climbing while meeting attendance falls, a calendar with no white space, rest treated as laziness, and a flash of anger when anyone suggests doing less. The chain is the same one from Session 28 — an apparently irrelevant decision, a high-risk setup, and then the lapse that 'came out of nowhere.' It did not. It came out of an exhausted, unexamined life.

- Full is not the same as faithful Measure service by fruit and by order: your own recovery first, household second, post third. A helper who collapses helps no one for long (Session 42).
- Anger at the audit is data If the suggestion to rest produces fury, the service is carrying something it was never meant to carry — identity, penance, or a place to hide. Bring it to your mentor, not to your schedule.
- Shrink it clean; keep it true Reduce hours, hand off a day, prepare a replacement (Session 42). A smaller post kept honestly beats a heroic one that eats the recovery it was meant to express.

Goals for this session

- ☐ I can identify how service can function as avoidance of my own recovery work
- ☐ I can audit my service load against meetings, counseling, rest, and family duties
- ☐ I can adjust one over-full commitment using a clean handoff (Session 42)

Check-in

What is the piece of your own recovery work — a call, a step, an appointment, a conversation — that you most reliably find a reason to postpone?

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. Where has 'being needed' let you skip being known — by a sponsor, a counselor, this room?

2. What would a real day of rest look like in your current week, and what resists it?

3. Which commitment on your calendar would you choose last, if you had to choose? What does that tell you?

4. What one reduction did you draft, and who will you tell about it?

Session 43 — Skill Practice

The load audit (solo grid, then pairs): draw your week in blocks — recovery work, household, post and service, work or job search, rest. Total the service block honestly. Mark anything your service has displaced in the last month. Pairs review each other's grids for the displaced item and help draft one clean reduction: fewer hours, a handed-off day, or a season's end date.

My week in blocks — recovery work, household, post and service, work or job search, rest:

The one reduction I drafted — and the conversation, notice, or replacement that makes it clean:

My takeaway

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

Homework — this week's application

- ☐ Make the one reduction you drafted — have the conversation, give the notice, prepare the replacement. Write the new, smaller commitment in your workbook before the next session.

Space to do the homework and note how it went:

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