Hurts, habits and hang-ups can knock you off of God’s plan and throw you into a worldly detour headed toward destruction and despair.

**CR HELPS HEAL LIFE’S “HURTS”**
A “hurt” could be classified as any life experience that may have damaged your heart. Some offense against you that crippled your ability to deal with the world in a healthy way. Something that may have twisted your view of yourself, God or others. Some common hurts include:
- Abandonment
- Abortion
- Abused as a child, or by a spouse, employer, or the church
- Adoption
- Betrayal
- Dysfunctional family (divorce, alcoholism, drug abuse, rage, etc.)
- Neglect
- Rape
- Rejection

**CR HELPS REPLACE BAD “HABITS” WITH GOOD “HABITS”**
“Habits” tend to be unhealthy patterns that often start as a perceived “remedy” for some problem in your life, but end up turning into a chronic bad behavior or addiction. Habits are the repeat, default scripts you run to when the going gets tough. They are your grooved plays that continually lead to trouble in your life. Some common habits are:
- Abusive behavior
- Alcohol
- Bitterness
- Cheating, affairs, unmarried sex
- Critical spirit
- Drugs
- Eating disorders
- Gambling
- Gossip
- Homosexuality
- Isolation
- Lying
- Self-mutilation
CR HELPS OVERCOME NEGATIVE “HANG-UPS”

“Hang-ups” are those roadblocks that keep you from progressing further in God’s plan for your life. They are often shaped by some bent thinking you may have received as a child, or some unhealthy attitude you may have adopted as a means of coping with life’s challenges. Here are some common hang-ups we work out in our 12-step Celebrate Recovery process at First Baptist Dallas:

- Anger
- Anxiety, worry
- Arrogance
- Body image problems
- Bullying, bigotry
- Codependency
- Control freaks
- Depression
- Fear
- Frigidity
- Greed, envy
- Guilt (false) and/or shame
- Impatience
- Lack of self-control
- Lack of trust in God
- Laziness
- Materialism
- People pleasing
- Perfectionism
- Pride
- Procrastination
- Racism
- Self-righteousness
- Self-condemnation

Almost everyone suffers from a hurt, habit or hang-up. Almost anyone can benefit from Celebrate Recovery. If you’re ready to get real, CR is a safe place to heal.