



TESTIMONY: ACA, DEPRESSION, ANGER, PTSD

Hi My name is David I am a grateful Christian believer who is An adult Child of an Alcoholic and who struggles with depression, anger and PTSD issues. My recovery began in 1995 when my life was totally out of control. I was an angry, depressed person who was suffering from PTSD when I hit bottom.

That was April 21, 1995 and I entered a Professionals-in-Crisis recovery program and finally began to unload the baggage I had born by myself for years. The baggage included being molested and raped. I also had an Alcoholic parent who I was still dealing with at that time.

I had never told anybody about these things except my wife. I continued to deal with these things and in 2005 I opened the door to a Celebrate Recovery meeting and it was that day that I finally began to get closure to many things that I had been dealing with for years.

I first tangled with Principle 1 which says "Realize I'm not God; I admit that I am powerless to control my tendency to do the wrong thing and my life is unmanageable." You see I was a highly responsible person with a good job and felt that I was in power of my life. Powerless to me was when I was being molested, raped or abused.

In CR I realized that I have a new way of life and true power lies in the power of Jesus Christ. Forgiveness is defined in Webster's dictionary this way "to cease to feel resentment against" I have certainly had some forgiving to do in my life and one of the things that God's love has allowed me to do is accomplish that.

One of the greatest things we can do for ourselves is to forgive people. If Christ can forgive me for my sins then who am I to not forgive someone who has sinned against me. I came to the realization that the need to forgive was for myself not for others and it certainly made it easier as my recovery was the one I was interested in.

Luke 11:4 - Forgive us our sins, for we also forgive everyone who sins against us.

Forgiving someone is pleasing to God and when we yield to His guidance we honor him. My life today is much more serene since I no longer allow the resentments I felt towards, those who had harmed me.

Something else that is very important in CR is service.

Matthew 10:8 - Freely you have received freely give.

My CR friends were more than generous in giving to me when I first pulled that very heavy door open and attended my first CR meeting. Today I consider it a gift from God to lead a men's small share group, cook meals, teach lessons, help clean up signs or just be there to listen to a troubled brother in Christ are equally fulfilling. CR is a ministry and it is people like myself and others who are changing their lives that make every minute worthwhile.

Colossians 3:10 - You are living a brand new kind of life that is continually learning more and more of what is right, and trying constantly to be more and more like Christ who created this new life within you.

Thanks for allowing me to share. Take it to the Cross