

Name Your Demon

Women for sobriety was founded by Dr. Jean Kirkpatrick in 1975 for women who are recovering from chemical dependence. There are thirteen statements of acceptance in this program. The power of positive thinking has been accepted within and without the church for many years. I believe that when we can name our demons (problems in life) we can defeat them.

The first step in overcoming any problem is to know we have a problem. Anything that controls our lives is a problem. God is only glorified with human beings who are free to worship Him in truth and spirit. Our only goal in life according to the Bible is to glorify God. All other goals are subordinate to and yet promote the glory of God.

The trap of the devil is negative thoughts. There is a radical difference here between the biblical answer and man's answer to the problem. The solution is self-esteem but the Bible says not to think more of ourselves than we should while man says our opinion of self is the foundation and goal of a positive life. Too many come out of therapy self-centered and arrogant. The goal is a positive and balanced perspective or worldview.

The first step then is to identify negative thoughts about myself that are not true. There is a simple exercise to reveal these hidden thoughts. Set a timer for thirty minutes and when the timer goes off write down the first thought you have. Continue the process until you have twenty or more entries. Count and label the positive and negative thoughts revealed in this exercise. If the negative thoughts outweigh the positive you have a problem and have revealed the name of your demon.

Compare what you have written to what the Bible says about that particular thing in your life. You will find that most negative thoughts are lies according to the Bible. Once we know something is not true we can more easily overcome it. Until they are identified these thoughts will play over and over in our minds like a broken record until they completely control how we think and act. When we know the name of our demon (problem) and can address the negative thoughts that feed it we can begin the process of living the more abundant life spoken of in the Bible.

From this point the thirteen steps of Women for Sobriety will work well. These points of acceptance are:

- Acknowledge any problem that is controlling you.
- Don't let negative emotions destroy you.
- Cultivate the habit of happiness.
- Don't let your problems undermine you.
- Believe that you are good.
- Appreciate the wonders of life.
- Let love change the course of your world.
- Nurture your emotional and spiritual growth.
- Say good-bye to the past.
- Give and receive love freely.
- Make enthusiasm your daily exercise.
- Give yourself credit for what you have to offer.
- Take responsibility for your own journey and help others with theirs.