

## **Fourth Step Recovery Progress Discussion**

The group discussed their progress in the fourth step of a recovery program, focusing on themes of shame, guilt, and resentment. Lydia asked if she should continue attending meetings while working on her fourth step, and the group encouraged her to do so, noting that hearing other perspectives could be helpful. Cristian shared his approach to taking notes and applying the information to future steps. The discussion concluded with Raymond preparing to start a new session, highlighting the importance of addressing character defects for greater freedom and intimacy.

## **Health, Healing, and Relationship Insights**

The group discussed personal reflections on health and relationships, with Blake sharing how he examined his definition of health across different aspects of life. Cristian described writing about childhood experiences to process and release emotional burdens, while Raymond emphasized the importance of resolving past wounds and the unique role of God in achieving true resolution during the fifth step. The discussion highlighted how unresolved past issues can impact present relationships and the significance of comprehensive healing in recovery.

## **Journey of Self-Forgiveness and Healing**

Robbie shared his journey in recovery, highlighting his struggles with self-loathing and the process of forgiving himself. He expressed gratitude for the workshop and the progress he has made in understanding his relationship with God. Raymond encouraged Robbie, emphasizing that their journey is ongoing and that it's okay to still be working through issues. Kay reflected on her tendency to prioritize others' opinions over her own, leading her to question whether it's selfishness or selflessness. She appreciated the class for helping her recognize patterns in her life and the importance of taking steps towards healing.

## **Unmasking Authenticity and Healing**

Raymond discussed the challenges of recovery and the importance of removing masks to reveal one's authentic self. He explained the process of uncovering past wounds and patterns, emphasizing the power of writing in the fourth step to gain clarity and healing. Raymond also introduced the concept of codependency, defining it as a state where one's identity, stability, and sense of worth become dependent on another person's approval or behavior, often leading to avoiding personal issues. He encouraged attendees to reflect on these ideas and do further research on codependency.

## **Understanding Healthy vs. Codependent Love**

The discussion focused on the concept of codependency, with Raymond explaining that while healthy love and sacrificial love with boundaries are positive, there is no such thing as healthy codependency. He used analogies about addiction and the need to maintain personal identity separate from relationships, emphasizing that true identity should be tied to God rather than

others. Blake shared personal insights about codependency, highlighting the importance of finding personal identity and stability while avoiding unhealthy relationship patterns.

## **Boundary Setting and Motive Understanding**

Lydia shared her struggle with setting boundaries and dealing with cultural expectations from her family in Algeria, leading to financial and emotional stress. Raymond provided support and guidance, emphasizing the importance of changing motives to achieve healthier life frequencies. He discussed the difference between fulfilling roles out of duty versus seeking validation, and highlighted the significance of understanding one's motives in personal growth. Angie contributed by reflecting on the complexity of identifying and managing one's motives, particularly in relation to controlling outcomes and expectations.

## **Understanding Motives in Actions**

Raymond discussed the importance of motives in actions and shared personal experiences to illustrate how doing the right thing for the wrong reason can lead to negative outcomes. He emphasized the need for self-validation and the dangers of people-pleasing, which he described as a form of manipulation. The group explored the concept of setting oneself up as a victim by having unrealistic expectations of others, which can lead to disappointment and drama. Raymond encouraged participants to reflect on their own motivations and patterns in relationships.

## **Journey to Self-Discovery in Recovery**

Blake shared his journey in recovery, highlighting how he learned to step back from unrealistic expectations and find strength in his faith and spiritual practice. Robbie discussed his pattern of setting himself up as a victim by holding unrealistic expectations of others and himself, which he is working to overcome through his recovery process. Both speakers emphasized the importance of personal growth and self-awareness in recovery.

## **Codependency: Trust and Boundaries**

The group discussed codependency and its characteristics, with Raymond explaining that it involves an unspoken fear of losing love if one doesn't control everything. He emphasized the importance of trusting God and establishing healthy boundaries in relationships. Paul shared his personal struggles and commitment to continuous growth in recovery, while Cristian contributed by noting that unspoken expectations lead to resentment. The discussion highlighted the need for open communication and self-awareness in overcoming codependent patterns.

## **Codependency's Impact on Relationships**

The meeting focused on discussing codependency and its effects on relationships. Raymond presented the "Top 5 Ways Codependency Affects Relationships" and "Top 10 Symptoms of Codependency," highlighting issues such as loss of identity, unbalanced responsibility, enabling dysfunction, fear-based attachment, and control masquerading as love. Participants shared

personal experiences, including Cristian's struggle with wanting to fix his wife's issues and Lydia's confusion about her multiple identities due to social media. Kay and Raymond discussed the importance of loving partners unconditionally, even when they make choices that are difficult to accept. The conversation ended with Raymond announcing an upcoming "Fifth Step" session and a Courageous Conversations Conference for couples or individuals seeking to improve communication and conflict resolution skills.