



## Coaching Tool:

Having A Need To Fill A Need

I should do whatever it takes to feel better and hide the pain.	Vs.	Only God can actually heal the internal brokenness to help us have lasting freedom and joy.
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## Examples Of What The Enemy Wants You To Think:

- It's better to hide my hurt instead of letting it out for the world to see.
- I'm ashamed to let anyone know what happened.
- Pretending it didn't happen will make it all go away.
- This drink, high, porn, purchase, fantasy, Netflix, or cake will make it all feel better.
- I can forget about the pain if I have enough distraction.
- This distraction worked to take away the pain before, it should work again.
- I'm entitled to be angry because what was done to me can never be undone.
- Besides, escape is way better than acting out my anger and hate

## God's Truth Says:

### 1) Addictions just Dull/Numb Pain temporarily

- a) Addiction only covers the pain temporarily. Substances and distractions cannot heal the root issue and the pain always returns.
- b) Coming to God with your pain and letting Him heal you from the inside will require a process of surrender, feeling, forgiveness, and service. But once God has walked you through the process, the original wound will be completely healed. You will no longer have a need to cover, minimize, or distract from it.
- c) "For everything in the world--the lust of the flesh, the lust of the eyes, and the pride of life--comes not from the Father but from the world." – 1 John 2:16

### 2) Feel Safe/In Control but it's just an illusion

- a) Denial tells us we can stop any time we want to. But we still refuse to stop.



- b) You may have a specific benchmark for what defines an “addict” that exempts your behavior as “addicted.” If you’re obsessing in your mind about drinking, drugs, shopping, etc. that is a more accurate gauge.
- c) Addictions can give a temporary illusion of control/safety that never lasts past the “high” or “escape.”
- d) The reality is you are powerless over 99% of life. This is a hard reality to come to terms with, especially since we like to create a sense of order around us. But this is the reality.
- e) Even though we are powerless, God is still on the throne. We can feel safe knowing God is in control.
- f) We win this war one day at a time by surrendering to God here on earth so that our ultimate victory will be experiencing eternity in heaven.
- g) “Whoever loves money never has enough; whoever loves wealth is never satisfied with their income. This too is meaningless.– Ecclesiastes 5:10

### **3) Escape from Circumstances but not from yourself**

- a) When we look to worldly things to satisfy our anxiety, fear, pain, anger, or discomfort, we are always ultimately left to deal with ourselves. “Wherever you go there you are.”
- b) God gives peace in the midst of the storm. We can stay calm knowing we have God as our strength & shield, while everyone around us changes and freaks out.
- c) “It is better to heed the rebuke of a wise person than to listen to the song of fools.” – Ecclesiastes 7:5

### **Watch This Video:**

What Faith Can Do by Kutless

### **Questions To Help You Process This Concept:**

1. Do you run from your pain, anger or circumstances and to any specific substance or activity?



2. Would you rather stew in your anger, than feel the fear, pain or rejection that is behind the anger?
  
  
  
  
  
  
  
  
  
  
3. Are you rationalizing that feeling the pain or anger won't do any good?
  
  
  
  
  
  
  
  
  
  
4. Do you think that the preferred escape is actually less destructive than facing the pain? Why do you think that?
  
  
  
  
  
  
  
  
  
  
5. Is there anything that you obsess about in your mind and need to hide that is keeping you from being authentic/transparent in your relationships? Have you considered that it may be an addiction?



## Exercises:

1. Follow the steps below to address the pain and anger you are trying to cover up or run from.
2. Get in a safe, quiet place where you will not be disturbed for at least 20 minutes. Take several deep breaths and get into a comfortable position.
3. Prayer this prayer:  
*Heavenly Father, I know You see all of me and love me still. Thank You for loving me despite my flaws and sins. Help me to bring my thoughts and emotions into the light so You may heal me from the pain I am trying to hide. I ask that You silence any self-depreciating thoughts that arise as I examine my emotions. Place Your peace on me. Allow me to accept my emotions without judgment. Open my eyes so that I might see myself as You see me. In Jesus' name I pray, Amen.*
4. Continue to breathe deeply. Imagine the tension in your muscles being exhaled with each breath. With your eyes closed, pay attention to how your body feels. Notice your head and neck, your shoulders, chest, arms, back, stomach, hips, legs, feet. Relax each muscle group as best you can.
5. Before you move ahead, remember, you are in a safe place and emotions are a symptom. They are something you have and not a permanent part of you.
6. Once you are relaxed, consciously allow an emotion to rise up to the surface.
7. Imagine you are holding it in your hand. Examine how it feels and where you feel it in your body. Just observe, knowing it will not overpower you.  
*(If you want to cry, go ahead and cry. If you want to scream or smash something I suggest you imagine doing so in your mind. As uncomfortable as the emotion may be, take some time to sit with it (continue deep breathing) and monitor its intensity.)* As you feel it without judgment, you'll find the less intense it becomes.
8. Can you identify the emotion you are feeling?
9. Do you know where and when it came from?
10. Finally, imagine releasing the emotion to God. It has done its job: to alert you to a thought that needs addressing. It may not go easily, and it may come back, but for this moment, release the emotion to the Lord.

If you feel that this process has been outside of your capability, consider walking it through with a counselor, sponsor, pastor, or mentor.