

# PRESSING ON...

"I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." Philippians 3:14



A Publication of Chicago Christian Counseling Center

Oct 12  
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## A LOVE HATE Relationship with your Addiction

### A Letter From Your Addiction

I welcome your visit once again. I love to see you suffer mentally, physically, spiritually and socially. I want to make you restless so you can never relax. I want you jumpy, nervous and anxious. I want to make you agitated and irritable so everything and everybody makes you uncomfortable. I want you to be confused and depressed, so you can't think clearly or positively. I want you to feel guilty and remorseful for the things you have done in the past that you will never be able to let go of them. I want to make you angry and hateful towards the world for the way it is and the way you are. I want you to feel sorry for yourself and blame everything but me (Your Addiction) for the way things are. I want you to be deceitful and untrustworthy, and to manipulate and con as many people as possible. I want to make you fearful and paranoid for no reason at all hours of the night screaming for me; I'm even in your dreams. I'm better to you than any woman or man could possibly be. For, I am your lover.

I want to be the first thing you wake up to in the morning and the last thing you touch before you black out. I would rather kill you, but I'll be happy enough to put you back in the hospital, another institution or jail. But you know I'll be waiting for you when you get out. I love to watch you go slowly insane. I love to see the disgust you feel when you look at yourself in the mirror. I love to see the physical damage that I am causing you. I can't help but sneer and chuckle when you shiver and shake, when you freeze and sweat at the same time, and when you wake up with your sheets and blanket soaking wet.

It's amazing to watch you make love to the toilet bowl. Heaving and retching and not being able to hold me down. It's amazing how much destruction I can do to internal organs while at the same time, work on your brain destroying it bit by bit. I deeply appreciate how much you've sacrificed for me. The countless good jobs you've sacrificed, all the friends that you deeply cared for. You gave them all up for me. Thank you. But what's more, the ones you turned against yourself because of your inexcusable actions - I'm even more grateful, especially your loved ones - your family, the most important people in the world to you. You threw them away just for me. I cannot express in words the gratitude I have for the loyalty you have for me. Thank you.

You sacrificed all these beautiful things in life, just to devote yourself completely to me. But do not despair my friend, for on me you can always depend. For after you have lost all these things, you can depend on me to keep you in a living hell, to keep your mind, body and soul - for I will not be satisfied until you are DEAD.

Love Always,

*Your Addiction*

■ by Jerome Ford, MA, LAMFT, CADC

CCCC's 40th Anniversary!!  
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# Relax. Laugh. Celebrate!

## CCCC's 40th Anniversary

**Saturday, OCTOBER 12**

at Trinity Christian College in the Ozinga Chapel auditorium  
6pm - Doors Open | 7pm Show Starts

Comedy Event & Fundraiser featuring Jeff Allen

Order your tickets TODAY!

Online: [www.itickets.com/events/308502.html](http://www.itickets.com/events/308502.html)  
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## A Love Hate Relationship with your Addiction

**A**s an Associate Marriage and Family therapist, I view everything in the context of a relationship and therefore, view addictions as a relationship between a person and a particular thing. That particular thing can be food, sex, pornography, drugs, alcohol, video games or even love. The vast majority of addicted people I know have had a relationship with their addiction for more than half the years they've been alive. And despite all the negative consequences that an addict may experience, he or she continues on in the relationship. This is a powerful bond that, for the non-addicted person, may not make sense. My hope is that this article would provide insight and hope to both addicts and love ones who may have been affected by someone they know that has an addiction. But as you read "A Letter From Your Addiction" (on page 1), the non-addicted person may be tempted to ask, "Why would someone want to be in a relationship like that? It doesn't make sense. Why can't they just get out of that relationship?" But remember, this is probably the longest and most consistent relationship that they have ever had. A side note: I have read this letter to many patients, and they too shake their head and ask the same questions of themselves. A powerful bond it is indeed.

### So how does such a bond get created?

Some propose that the addiction starts at an early age as a result of trying to cope with

a traumatic event or series of events and therefore became a way to escape the pain. Maybe it was the loss of a loved one, or being a victim of emotional or sexual abuse. Whatever the situation was, it was too unbearable to cope with.

However, there are some that never experience any major traumatic event but become addicted because of their environmental circumstances. For those that fall into this category, it can be hanging around peers and wanting to fit in or just wanting to do it out of curiosity. **Whatever the reason, that relationship CAN be severed with the right treatment.**

### How can it be severed?

Recall the story of Jesus and the Samaritan woman. John 4:13-18

*"Jesus replied, "Everyone who drinks this water will be thirsty again, but whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life." The women said to him, "Sir, give me this water so that I won't get thirsty and have to keep coming to draw water." He told her, "Go, call your husband and come back." "I have no husband," she replied. Jesus said to her, "You are right when you say you have no husband. The fact is you have had five husbands and the man you now have is not your husband. What you have said is quite true."*

The Samaritan woman had been married five times and Jesus told her the one she was currently with, number 6, wasn't even her husband. My imagination leaves me to believe that she was searching for something. I believe she was looking for something in those marriages that constantly left her empty and still looking. Like the Samaritan woman, many people who struggle with addiction(s) are doing so because they are looking for something. Maybe it's to ease both physical and emotional pain. Maybe, in the moment, it is providing for them something that they have not been able to get, like love and affection. It is a temporary fix that keeps the addict in a vicious cycle, stuck in a bad relationship. But as I mentioned earlier, that relationship can be severed with the right treatment. That treatment is Jesus Christ. Jesus provides the Samaritan woman with the solution to her problem. He says, "Whoever drinks the water I give them will never thirst. Indeed, the water I give them will become in them a spring of water welling up to eternal life." Jesus is truly the answer to solve your addiction problem, if you seek him with all your heart, mind, and soul. ■

"A Letter From Your Addiction" (author unknown) is on page 1



Jerome Ford, MA, LAMFT, is a Licensed Associate Marriage & Family Therapist and Certified Alcohol and Drug Counselor. He works with individuals, couples and families in our Chicago South Loop location.

# MEDS



## Who Needs Them Anyway?!

■ by Diane Kapp, MA, LMFT

Most of us are willing to take medications at various times in our lives if we think, for example, that our pain will be relieved, an infection can be cured, a higher chance of conceiving is possible, or the cancer cells will stop spreading. I could go on and on citing hundreds of examples of times when many of us have chosen to use “meds” as a part of our medical treatment.

However, many of us are much more hesitant to take a “psychotropic” medication...we don't even know what the word “psychotropic” means! A psychotropic medication is simply defined as a prescription drug that has an altering effect on the mind. We often associate the phrase “mind altering drugs” with illegal street drugs, such as LSD, that produces hallucinations and delusions. That's NOT what I'm talking about here! What we often fail to remember is that ALL prescribed medications have altering effects on one or more of our organs as well as other parts of our body and that is why we take them!

Another concern that is frequently mentioned is the “side effects” of psychotropic medications. However, there are “side effects” for EVERY prescribed medication

and even “over-the-counter” medications. The pharmaceutical companies are required by law to document every possible problem that COULD happen if their product is used. If we know of a physician whom we trust to know what he or she is doing, they can usually tell us if and what the REAL probabilities are of having most any of these side effects.

So why then does it seem much more difficult for many of us to go to a psychiatrist (a medical doctor who specializes in the study, treatment, and prevention of disorders of the mind)? Without considering the financial crises of our times, I think that many of us have been raised in a culture that STILL assumes that you have to be CRAZY to go to any kind of psychological treatment, and especially a psychiatrist!

Those of us who are Christians often also struggle with feeling “guilty” that we are not praying more, or have been told that we are not trusting God enough to help us deal with things like anxiety or depression. We are afraid to share with our fellow believers that we are seeking help in a therapeutic setting and/or taking psychotropic medications.

I would like to share that the Creator God has given us even MORE ways to help yet

another part of our body that has problems on this side of eternity – our brain. HOPE is created when we have additional treatment available for problems such as ADD, Sleep Disturbances, Bipolar Disorder, Depression, Hormonal Disorders, Sexual Dysfunction, Suicidal Thoughts, Anxiety, Marital Issues, and Family Problems. Of course there are many more issues with which we have to deal, but I have listed some of the most common ones that we, as psychotherapists, see in our offices.

I am not proposing that every client who is in counseling needs medication. What I AM saying is that our Heavenly Father continues to reveal to us more and more information to help us deal more effectively with the challenges of this world, and there are professionals in our communities that can recommend the help if needed. ■

Thanks Be To God!



*Diane Kapp is a Licensed Marriage & Family Therapist. She enjoys working with individuals, couples and families in our Orland Park location.*

## New staff...



**Charlene Brouwer, MA, LAMFT**  
**Licensed Associate Marriage & Family Therapist**  
Office hours in Evergreen Park & Orland Park, IL locations  
Child, Adolescent & Adult | Individual, Couple & Family Therapy

Charlene has experience and interest in working with clients facing a variety of issues including sexual struggles, addiction, codependency, parenting concerns, ministry issues, anxiety and depression.

Charlene earned her BA in Secondary Education from Concordia College, Moorhead MN and her MA in Adlerian Counseling & Psychotherapy with an emphasis in Marriage and Family Therapy from Adler Graduate School in Richfield, MN. Her Final Master's Project was on the topic of sustaining emotional health in the context of ministry. She is the author of the Recovery Journey program – A 90-day home study resource for family members of sexual strugglers.

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Orland Park, IL 60462  
Fee: \$250

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**Our Mission Statement**

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**Meet our new 2013/2014 clinical interns...**



**Mishel Bunkley, BA**  
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**Stephanie Marzano, BS**  
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**Vanessa Cruz, BA**  
Office hours in Chicago (South Loop) & Orland Park, IL

MA in Professional Counseling student  
Olivet Nazarene University, Oak Brook, IL



**Katie McMillen, BA**  
Office hours in Orland Park, IL & Schererville, IN

MA in Marriage & Family Therapy student  
Wheaton College, Wheaton, IL