

The feeling of being **HURT** is an emotional reaction to another person's behavior or to a disturbing situation (*abuse, abandonment, codependency, divorce, relationship issues, etc.*).

A **HABIT** is an addiction to someone or something (*alcoholism, drugs, food, gambling, sex, shopping, smoking, etc.*).

HANG-UPS are negative mental attitudes that are used to cope with people or adversity (*anger, anxiety, depression, fear, unforgiveness, etc.*).

There are many more detailed issues we face as we walk through life. From that stand point, we all at some point need recovery.

The principles for recovery are the same no matter what the issue we face.

¹⁸ I have seen what they do, but I will heal them anyway! I will lead them and comfort those who mourn. ¹⁹ Then words of praise will be on their lips. May they have peace, both near and far, for I will heal them all," says the LORD.

Isaiah 57:18-19 (NLT)