What Are Hurts, Habits and Hangups?

You may be thinking that recovery is only for those with alcohol or drug problems. This could not be further from the truth. Saddleback Church finds that only one-third of the people attending Celebrate Recovery are dealing with chemical dependencies. As Pastor Rick Warren says, “We all have sinned, we’ve all fallen short, we’ve all been hurt, and we’ve all hurt others. Everybody needs recovery.” Most of life’s “hurts, habits and hang-ups” can be addressed through this one ministry. A hurt, habit or hang-up is anything that hinders your walk with God.

**Hurts** – Are an emotional reaction to another person's behavior or to a disturbing situation such as abuse, abandonment, codependency, divorce or relationship issues.

**Habits** - Is an addiction to someone or something; alcohol, drugs, food, gambling, sex, shopping and smoking.

**Hang-ups** - Is a negative mental attitude that is used to cope with people or adversity including anger, depression, fear and unforgiveness.