

# Areas of Bondages and Addictive Behaviors

The following is a sample list of symptoms:

- A Lifestyle of Lying
- A Need to Dominate Everything and Everyone
- A Need to Escape Life and Reality
- A Need to Justify Behavior
- Abortion
- Avoidance/Escape Sleep
- Battered Woman
- Being Attracted to an Immoral Lifestyle, though Not in One
- Being Attracted to Movies/TV Shows/Books/Magazines for Sexual Content
- Brainwashing
- Create and Live a Fantasy Life
- Deflecting Your Behavior to Others and Things, often with Humor
- Domestic Abuse and Violence
- Drug/Alcohol Abuse/Prescription Drug Abuse
- Eating Disorders/Over Eating/Under Eating
- Excessive Drama
- Excessive Seeking of Attention
- Extravagant Spending/Materialism
- Gambling
- Homebound Seclusion
- Hypochondriac Behaviors
- Leading a Double Life/Public Image - Private Self
- Numbing of Emotions
- Obsessions: Hoarding/Excessive Collecting/Excessive Recycling
- Obsessive Compulsive Disorder/Bound to Ritualistic Behavior
- Overwhelming Need to Please People
- Pornography/Sexual Predatory Behavior
- Procrastination/Unmotivated/Laziness
- Prostitution
- Repeated Abortions
- Replacement Pregnancies
- Self-Cutting
- Self-Destructive Behaviors
- Sexual Promiscuity
- Wearing a Happy Mask and Other Masks/Not Being Honest and Real
- Workaholism

## Alive Again Ministries A Non Profit Ministry

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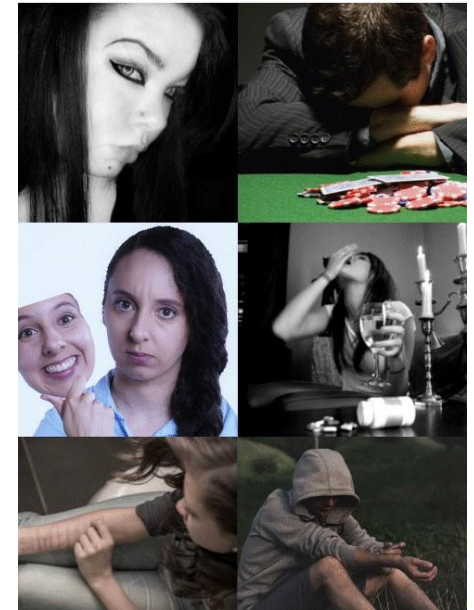
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# The Journey to Life



*helps people  
with broken  
lives, who truly  
want help to  
change.*

## Why take “The Journey to Life”?

- ❖ Does any kind of change upset you?
- ❖ Do you become fearful during certain events, situations or with people?
- ❖ Do you often feel like you are the only one who knows “how to do things right”?
- ❖ Do you often feel like you are the only one you can trust and depend on?
- ❖ Do you have a hard time letting people touch your ‘stuff’?
- ❖ Do you have a hard time letting people touch you and/or reach you?
- ❖ Do you have rituals that need to be performed in order to be at peace with yourself?
- ❖ Do you try to keep everything, regardless of its condition, thinking you might be able to fix it, use it again, or give it to someone who deserves it?
- ❖ Do you feel compelled to recycle things, intending to make a difference in our world? However does it often become a lengthy, overwhelming project that tends to consume you and others around you?
- ❖ Do you feel the need to ‘escape’ from reality into a world where you will not have to deal with people, situations, events or your own emotions?  
**Example:** Sleep, Living in a Fantasy World, Eating Disorders, Pornography, Video Games, Extravagant Spending, TV Shows, Work
- ❖ Do you have the need to dominate everything and everyone around you?  
**Dominates:** to rule over; control; and occupy a commanding or elevated position
- ❖ Do you have an overwhelming need to justify your behavior?  
**Justify:** to show a satisfactory reason or excuse for something done; to defend or uphold ones behavior

By completing “*The Journey to Life*” you can receive healing freedom from areas of bondage and addictive behavior.



## What is “The Journey to Life?”

“*The Journey to Life*” is life changing!

## How can you take the Journey?

“*The Journey to Life*” is offered face to face, by telephone, or through Skype.



For more information, you can e-mail us at [sherry@aliveagainministries.net](mailto:sherry@aliveagainministries.net) or call us at (334) 233-5968.

Website: [www.aliveagainministries.net](http://www.aliveagainministries.net)



## Comments from people who have completed the Journey:

“If I had not taken this Journey, I would be dead. I had a suicide plan, taking the Journey saved my life!” *Starr – Alabama*

“The Journey taught me about the reality of my lifestyle, and how life was meant to be lived.” *Stefani – Texas*

## Our Mission

*Alive Again Ministries* exists to follow Jesus Christ.

Our mission is to help people, who truly want help, to transform their broken and impaired lives caused by the pain and sorrow of their wounds caused from others and themselves.

Our commitment is to lead broken people to the love of Jesus Christ and His healing freedom.

## From the Leaders of “The Journey to Life”

The leaders of *Alive Again Ministries* can understand and relate to the struggles and pain of bondage and addictive behavior. We have experienced them ourselves.

**Journeys commonly have experienced trauma and/or abuse of some kind, beginning in their youth, continuing through their teens and into their adult lives. Poor life choices have led them down paths of brokenness.**

“*The Journey to Life*” was created to stop bondages and addictive behaviors that leads to broken lives.

We are here to help you find the love of Jesus and His healing freedom.