

Symptoms of Behavioral Addictions

Post-Traumatic Stress Disorder (PTSD)

Post-Traumatic Stress Disorder associated with trauma brings the after-effects of behavioral addictions. Unless there is intervention and healing from the trauma, behavioral addictions are present.

The following is a sample list of those symptoms:

- Self Destructive Behaviors
- Obsessive Compulsive Disorder/Bound to Ritualistic Behavior
- Crazy Obsessions: Hoarding/Excessive Collecting/ Excessive Recycling
- Create and Live in a Fantasy Life
- A Need to Escape Life and Reality
- Excessive Drama
- Homebound Seclusion
- Hypochondriac Behaviors
- Procrastination/Unmotivated/Laziness
- Leading a Double Life/Public Image - Private Self
- Extravagant Spending/Materialism
- Gambling
- Workaholism
- Numbing of Emotions
- Drug and/or Alcohol Abuse
- Sexual Promiscuity
- Pornography/Sexual Predatory Behavior
- Being Attracted to Movies/TV Shows/Books/Magazines Solely for Sexual Content
- Being Attracted to Movies/TV Shows/Books/Magazines to Escape Reality
- Eating Disorders/Over Eating/Under Eating
- Overwhelming Need to Please People
- Self Cutting
- A Need to Dominate Everything and Everyone
- A Need to Justify Behavior
- Deflecting Everything with Humor
- Wearing a Happy Mask and Other Masks
- Other Addictive Behaviors

Alive Again Ministries A Non Profit Ministry

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Alive Again Ministries



The Path to Freedom & Healing
John 8:12

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A Journey to Grace



Help with Behavioral Addictions

Alive Again Ministries

A Non Profit Ministry

Why take “A Journey to Grace”?

- ❖ 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?
- ❖ 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?
Dominate: 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

“A Journey to Grace” will help people suffering from traumatic events. The after math of such wounds and pain can be healed by taking “A Journey to Grace”.



What is “A Journey to Grace?”

“A Journey to Grace” is a life changing Bible Study. Through this study, you will heal and be free your behavioral addictions.

How can you take this journey?

“A Journey to Grace” is offered face to face, by telephone, or through Skype.



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

Website: www.aliveagainministries.net



Comments from people who have taken this 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*

“This journey showed me reality and truth, and how life was meant to be lived. Jesus gave me freedom and a new healthy life to live in Him.”

Stefani – Texas

Our Mission

Alive Again ministry exists to follow Jesus Christ.

Our aim is to help people who desire healing from wounds resulting from abortion, sexual abuse and numerous addictions that separate them from the love of God and His freedom.

The afflictions and behaviors that result from these wounds enslave them. Jesus came to make them Alive Again.

Luke 15:11-24

From the Leaders of “A Journey to Grace”

The leaders of Alive Again Ministries can understand and relate to the struggles and pain of behavioral addictions. Most of us have experienced them ourselves.

Behavioral addictions result from traumatic events such as abandonment, the death of a significant loved one, divorce, military deployment, rape and many others.

We realize there are millions of behaviorally addicted people in our world. Some recognize their addictions; many do not. To help understand some of the words associated with the term behavioral addiction, we have provided some definitions:

Behavior: refers to actions viewed collectively
Addiction: the state of being enslaved to a habit or practice

Unless you deal with the behavioral addictions that enslave you, you will experience ongoing life destruction.

“A Journey to Grace” was created to stop the bondage of addiction, and its leaders are here to help you discover how to heal and break through to a new life that is whole, stable, and full of value.