



## What Is A Hurt, Habit Or Hang-up?

A hurt, habit, or hang-up is something that hinders your walk with God.

- A feeling of being hurt is an emotional reaction to another person's behavior or to a disturbing situation (abuse, abandonment, codependency, relationship issues).
- 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, depression, fear, unforgiveness, etc.)
- These life problems can be stumbling blocks or steppingstones. Healing is available through applying the principles of a Bible based recovery process to your life.

**Come join us and start YOUR road to RECOVERY!**

