

Summary of “Recovery Rules,” Chapter 4 in Lowney’s *Baring Our Souls*

Recovery religion, which is advocated in salvational talk shows, has five basic tenants:

1. A person’s own needs must come before the needs of society.
2. The family is an “instrument of oppression” that emotionally and spiritually wounds children during socialization.
3. People must confront their “pernicious socialization” or they will be stuck in debilitating behavior patterns and abusive relationships.
4. In order to heal, people must share their wounds with others, often at group meetings.
5. These people suffer from a disease—often called “codependency”—which is a “process” (as opposed to “ingestive”) addiction, such an addiction to gambling, sex, putting oneself down, loving too much, etc.