

SABR

Sexual Addiction and Betrayal Recovery Program

Tasks & Performables List

Men Phase II - Application Group

*These tasks should be signed off by your primary therapist.

- Regularly schedules individual counseling sessions with primary therapist.
- Complete LifeSTAR “Disclosure Workbook,” then complete a full disclosure process as directed by the SABR therapist.
- Complete assessments: SDI and PTSI-R with a CSAT therapist and set up individual appointment to review.
- Read/Listen: “Out of the Shadows” by Patrick Carnes and discuss with your primary therapist.
- Establish an exercise program that incorporates health and nutrition.
- Establish safe and connected relationships within the group, and utilize those connections daily for support and accountability outside of group time.
- Weekly dates with partner for fun and connection without heavy recovery talk.
- Checks in emotionally with partner while utilizing learned attunement communication skills.
- Slips are checked in with partner and other support within 12 hours.
- Ability to be aware of partners need for safety, and use “safe language” script from workbook 9 while communicating with partner.
- Mastery of the Toolbox – every tool is memorized and those which work best are used often.
- Plan of Action has been implemented and revised at least twice.
- Revisits sobriety often and adjusts bottom lines as needed.
- Explore and create a structure toward a spiritual life.
- Read/Listen: “Gifts of Imperfection,” then read/listen “I Thought It Was Just Me” by Brene Brown and discuss with your primary therapist.
- Daily life struggles, including infrequent slips, are no longer accompanied by “shame talk.”
- Utilization of RPS as a tool after completion of workbook 8.
- In preparation for phase III, review preceding behaviors checklist from workbook 8 and review with primary therapist.
- Completion of all 9 workbooks.
- Achievement of improved sobriety from the original bottom lines.