

SABR

Sexual Addiction and Betrayal Recovery Program

Tasks & Performables List

Men Phase III - Integration Group

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

- Regularly schedules individual counseling sessions with primary therapist.
- Expand support network relationships to include people outside of group, and utilize those connections daily (e.g. family, friends, sponsor, etc.).
- Continual use of RPS before and after slips, and reviewed with support outside of group.
- Slips are checked in with partner and other support within 12 hours.
- Weekly dates with partner for fun and connection without heavy recovery talk.
- Discuss with your primary therapist concepts of “emotional tolerance” and “transparency” as it relates to recovery.
- Read the handout on “Healthy Touch” and discuss with someone in group.
- Read/Listen: “Wild at Heart” by John Eldredge.
- Plan with your primary therapist an “ordeal” as described in “Wild at Heart” that develops grit.
- Read/Listen: “Daring Greatly” by Brene Brown.
- Read/Listen: “Self Compassion” by Kristin Neff.
- In preparation for Trauma Egg complete workbook: “Finding Peace” by Troy Love.
- After completion of “Finding Peace,” prepare and present a trauma egg and follow-up timeline.
- Shame-based/Codependent behaviors are identified and integrated into sobriety.
- “Safe Language” has become natural and empathic with partner, while avoiding defense mechanisms from workbook 9. Safe language should not feel robotic.
- Ability to “check-in” with partner on emotional levels and share recovery tools.
- Develop and consistently live a spiritual life.
- Maintain the established exercise program that incorporates health and nutrition.
- Read/Listen: “Rising Strong” by Brene Brown.
- Healthy personal boundaries have been established and maintained.
- Movement away from grievance and blame while embracing personal responsibility for happiness and peace - learning “surrender.”
- Continued participation in a 12-step group.
- Participated in partner letter exercise with partner (toward the conclusion of phase III when/if appropriate).
- Complete Post-Traumatic Growth Exercise: “New Construct” explained by Dan Grey.
- Experience a dramatic decrease in sexually compulsive behaviors and intensity of triggers and experience an improved ability to maintain sobriety.
- Review all 9 workbooks and booklets, and do a “self-assessment”. Determine areas conquered and identify areas that still need integration. Share self-assessment with group and receive feedback as to readiness to graduate.
- Complete a discharge packet with your SABR therapist.
- Feel humbly confident and “ready” to graduate. Discuss with group, individual, and group therapists.