

SABR

Sexual Addiction and Betrayal Recovery Program

Tasks & Performables List

Women Phase II - Application Group

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

- Regularly schedules individual counseling sessions with primary therapist.
- Complete assessments: PTSI-R and IPAST with primary CSAT therapist and set up individual appointment to review.
- 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.
- Read/Listen to: “Mending a Shattered Heart” by Stephanie Carnes.
- Complete “Partner Disclosure Workbook” and complete disclosure process directed by SABR therapist.
- 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.
- Self-care behaviors become “automatic” and utilized before slips, as part of daily routine.
- “Fantasy Man” exercise presentation with group after workbook 6.
- Read/Listen: “Your Sexually Addicted Spouse” by Barbara Steffens.
- Read/Listen: “Gifts of Imperfection” and “I Thought It Was Just Me” by Brene Brown.
- Complete and share exercise in group: “Body Dialogue”.
- Explore and create a structure toward a spiritual life.
- Establish an exercise program that incorporates health and nutrition.
- Utilization of RPS as a tool after completion of workbook 8.
- Achieved a decrease in trauma-response symptoms - ability to ground oneself and reduce frequency of fear cycle.
- In preparation for phase III, review preceding behaviors checklist from workbook 8 and review with primary therapist.
- Complete all 8 workbooks.