

# SABR

## *Sexual Addiction and Betrayal Recovery Program*

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### **Tasks & Performables List**

#### **Women Phase III - Integration Group**

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

- Actively schedules individual counseling appointments with primary therapist as well as couples/family sessions when needed.
- Expand support network relationships to include people outside of group, and utilize those connections daily (e.g. family, friends, sponsor, etc.).
- Betrayal trauma responses are reduced and ability to ground self is established.
- Continual use of RPS before and after slips, and reviewed with support outside of group.
- Read/Listen: “Daring Greatly” by Brene Brown.
- Internalized shame and faulty core beliefs are identified and are healing.
- Read/Listen: “Self Compassion” by Kristin Neff.
- Recovery tools become “automatic” and part of a daily routine.
- Healthy personal boundaries have been established and maintained.
- In preparation for Trauma Egg complete workbook: “Finding Peace” by Troy Love and review with your primary therapist.
- Presentation of trauma egg and follow-up timeline to group.
- Complete “Reclaiming My Sexuality” exercises.
- Identification and active participation in a 12-step group.
- 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.
- Movement away from grievance and blame while embracing personal responsibility for happiness and peace - learning “surrender.”
- Participated in partner letter exercise in group toward the end of phase III when/if appropriate (approval must be given by partner’s therapist).
- Develop and consistently live a spiritual life.
- Establish an exercise program that incorporates health and nutrition.
- Read/Listen: “Rising Strong” by Brene Brown.
- Complete Post-Traumatic Growth Exercise: “New Construct” (explained by Dan Grey).
- Review all 8 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.