

LifeSTAR - Men's Phase 2 Tasks – Behavior modification and cognitive restructuring..

Guidelines for movement through phase two.

- Completion of all 9 workbooks.
- 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.
- Actively developing an external support network outside LifeSTAR (e.g., friends, 12 step).
- Achievement of improved sobriety from the original bottom lines.
- Raised the standard and adjusted bottom lines when needed.
- Phone call tool utilization on good and bad days for checking in and growing authenticity.
- Utilization of RPS sheets as a tool after completion of workbook 8.
- Consistent dates with spouse for fun and relationship without heavy recovery talk.
- An ability to checkin emotionally with spouse. Recovery communication skills memorized.
- Memorized “safe language” script from workbook 9, and developed ability to use it with spouse.
- Consistent efforts to help spouse feel “safer” within the relationship.
- Completion of assignments list from workbook 7, page 28.
- Increased awareness and developed tools to reduce preceding behaviors from list in workbook 8.
- Established exercise program which incorporates health and nutrition.
- Infrequent slips are no longer accompanied by “shame talk.”

LifeSTAR – Men's Phase 3 Tasks - Relapse prevention and emotional processing.

Guidelines for movement through phase three.

- Improved ability to maintain sobriety.
- Co-dependency identified and appropriate bottom lines established.
- Read the book by Pia Mellody: “Facing Codependency” or do the workbook “Breaking Free,” and report to group.
- Read “Wild at Heart” and report to group. Explain “fighting for your wife’s heart.”
- Create an “ordeal” as described in “Wild at Heart” that helps you develop grit.
- “Safe Language” has become automatic with spouse.
- Relapse prevention sheets used BEFORE slips and reviewed with phase 3 group for feedback.
- Relapse prevention sheets used for any co-dependent slips.
- Experienced a decrease in sexual compulsivity/intensity of temptations decreased.
- Active participation in 12 step group, or identification of one you will transition into.
- Started or completed the twelve steps.
- Recovery tools become “automatic” and utilized before slips, as part of daily routine.
- Presentation of trauma egg to group.
- Presentation of timeline shortly after trauma egg presentation.
- Continued use of “safe language” while avoiding defense mechanisms from workbook 9.
- Proficiently avoids and maneuvers away from potential drama triangles.
- Consistent dates with spouse for fun and relationship without heavy recovery talk.
- Ability to “check-in” with spouse on emotional levels and share recovery tools.
- Established a solid network both inside and outside of recovery circles, so once graduated will have a place for ongoing support.
- Participated in spouse letter exercise with wife’s group (toward the conclusion of phase 3).
- Review all 9 workbooks and 3 booklets, and do a “self-assessment.” Determine areas that you’ve conquered and see if there are still areas that need integration. Share your self-assessment with your group and ask for their feedback as to your preparedness to graduate.
- Feels humbly confident (“ready”) to move on. Has discussed this with the therapist and planned for the final group meeting of the month.

LifeSTAR – Women’s Phase 2 Tasks – Behavior modification and cognitive restructuring.
Guidelines for movement through phase two.

- Completion of all 8 workbooks.
- Created a “surrender” box and presented to group.
- 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.
- Actively developing an external support network outside LifeSTAR (e.g., friends, 12 step).
- Achieved an improved length of sobriety from co-dependency.
- Increased self-awareness of co-dependency and establishment of bottom lines for co-dependency (which is not a consequence to husband’s behavior).
- Phone call tool utilization on good and bad days for checking in and growing authenticity.
- Self-care behaviors become “automatic” and utilized before slips, as part of daily routine.
- Consistent dating with spouse for fun and relationship development, not for checking up.
- Letters completed: Loss, Anger, Acceptance, Gratitude.
- “Fantasy Man” exercise presentation with group after workbook 6.
- Completion of assignments list from workbook 7, page 30.
- Increased awareness and developed tools to reduce preceding behaviors from list in workbook 8.
- Utilizes RPS worksheets after completing workbook 8.
- Read book by Melody Beattie: “Codependent No More.”

LifeSTAR – Women’s Phase 3 Tasks - Relapse prevention and emotional processing.
Guidelines for movement through phase three.

- Faulty core beliefs have been identified and are healing.
- Trauma within relationship identified as it may have fostered faulty core beliefs.
- Proficiently avoids and maneuvers away from potential drama triangles.
- Toolbox behaviors become automatic.
- Self-Care becomes a natural part of lifestyle.
- Co-dependency is considered a bottom line.
- Read the book by Pia Mellody: “Facing Codependency” or do the workbook “Breaking Free,” and report to group.
- Slip prevention sheets used BEFORE slips and reviewed with phase 3 group for feedback.
- Active participation in 12 step group, or identification of one you will transition into.
- Started or completed the twelve steps.
- Recovery tools become “automatic” and utilized before slips as part of daily routine.
- Presentation of trauma egg to group.
- Presentation of timeline shortly after trauma egg presentation.
- Consistent dates with spouse for fun and relationship without heavy recovery talk.
- Ability to “check-in” with spouse on emotional levels and share recovery tools, not to “check up.”
- Participated in spouse letter exercise with women’s group (as husband is ready with therapist approval).
- Established a solid network both inside and outside of recovery circles, so once graduated will have a place for ongoing support.
- Review all 8 workbooks and 3 booklets, and do a “self-assessment.” Determine areas that you’ve conquered and see if there are still areas that need integration. Share your self-assessment with your group and ask for their feedback as to your preparedness to graduate.
- Feels humbly confident (“ready”) to move on. Has discussed this with the therapist and planned for the final group meeting of the month.