

## Phase 3 - Integration Group Tasks

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(1.1.26)

### **ONGOING REQUIREMENTS**

- ☐ Schedules individual counseling sessions with a primary therapist *at least* once per month.
- ☐ Actively schedules couples/family sessions when needed.
- ☐ Understands the concepts of emotional tolerance and transparency.
- ☐ Use of all tools, techniques, and concepts from the education and application groups.
- ☐ Regularly participates in a 12-step or other support group.

### **READING / WORKBOOKS**

- ☐ SABR Phase Three Men's Workbook
- ☐ Never Finished: Unshackle Your Mind and Win the War Within by David Goggins
- ☐ No Bad Parts by Richard C. Schwartz
- ☐ Healing the Invisible Scars by Eric Schultz
- ☐ Nonviolent Communication by Marshall Rosenberg
- ☐ Building True Intimacy by Dan Drake, Joanna Raabsmith, Matthew Raabsmith
- ☐ Erotic Intelligence by Alexandra Katehakis (*To be read toward the end of group participation.*)

#### **CHRISTIAN-BASED Optional Reading**

- ☐ Altogether You by Jenna Riemersma

### **HEALTHY LIVING**

- ☐ Planned and completed an "Ordeal" to aid in development of grit.
- ☐ Expanded support network relationships to include people outside of the group, and utilize those connections daily.
- ☐ Healthy personal boundaries continuously established and maintained.
- ☐ Movement away from grievance and blame while embracing personal responsibility for happiness and peace.
- ☐ The use of safe language has become natural with partner, while avoiding defense mechanisms.
- ☐ Ability to check-in with partner or support system on emotional levels and share recovery tools.
- ☐ When appropriate, weekly dates with partner or other support for fun and connection without heavy recovery talk.
- ☐ Developing and consistently living a spiritual life.
- ☐ Internalized shame and faulty core beliefs can be identified and are healing.
- ☐ Established an exercise program that incorporates health and nutrition.

### **SOBRIETY INTEGRATED into RECOVERY**

- ☐ Continual use of Sobriety Support Sheet (SSS) before and after slips, and reviewed *outside* of the group.
- ☐ Slips checked in with partner and other support within 12 hours.
- ☐ Experienced dramatic decrease in sexually compulsive behaviors and triggers, and experiencing improved sobriety.

### **TRAUMA WORK**

- ☐ Completed all exercises in Healing the Invisible Scars, including the *Attachment Wound Timeline parts I & II*, which were processed with both the individual therapist and the group.

### **PREPARATION for GRADUATION**

- ☐ Presented a Gratitude Timeline to the group.
- ☐ Completed and reviewed all three SABR workbooks.
- ☐ Has a plan to attend the monthly SABR maintenance class for *at least* the next 12 months.
- ☐ Completed The Plan with the group and individual therapist.
- ☐ Feel humbly confident and ready to graduate after discussing with group, individual therapist and group therapist.