

Phase 3 - Integration Group Tasks

(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.