(Insert Name)'s Recovery Plan: *This is a working document. Write your thoughts and update as you go through recovery. After you have completed this, please email this back as an attachment and share any updates along the way.*

1) What is my vision for recovery? Where is this leading me personally, vocationally (God's call for my work), and in relationship with my spouse and family? Include your views about what healthy sexuality looks like as well as any meaningful quotes and scriptures.

2) What is the next step that I can take to challenge myself in my recovery?

3) What is my plan for how frequently I will work the steps?

4) What are my current boundaries? (primary and secondary)

5) Who am I accountable to with these boundaries?

6) Disclosure: what types of boundary breaks do I need to share with my spouse? How quickly do I need to tell her?

7) What are the triggers and ritual patterns that I am recovering from? (i.e. What precedes and follows my acting out?)

8) What are the steps that I will take if I act out or revert back to old behaviors?

9) What daily activities do I need to engage in that produce peace, self-awareness, and connection with God? (You may already do some of these)

10) What recovery material am I planning to read?

11) What is a positive reward that I am shooting for after _____ days of integrity?