

# Group Format

1. Announcements
2. Chaplain Time
3. Checking In

- a. **Introduction:** (examples...) "Hi my name is \_\_\_\_\_, recovering from sexual addiction" or "I'm a sex addict," etc.
- b. **Freedom Date:** \_\_\_\_\_ (date I started my recovery partnership with God — "Because of Christ's work on the cross and my covenant with Him I am free from sexual sin.")
- c. **Integrity Date:** \_\_\_\_\_ (date I last relapsed — "I've had sexual integrity according to my Absolute Boundaries since this date.")
- d. **5 C's:** AM Prayer: \_ / 7 | Reading: \_ / 7 (I'm working on/or sharing step\_\_\_\_) | Calls: \_ / 7 ("I called...") PM Prayer: \_ / 7
- e. **Absolute (bottom line) Boundaries:** (examples...) "No porn," "no masturbation," "no adultery," etc.
- f. **Freedom Boundaries:** (examples...)
  - "Avoid TV/movies alone, or TV/movies with content that would trigger me; cable TV filtered with my wife holding the password."
  - "Filtered Internet Only: filtering/monitoring software installed on all personal computers with my wife holding all passwords and daily logs of all my computer activity emailed automatically to two accountability partners."
  - "These boundaries are to be changed only with the consent of my wife and two accountability partners."
- g. **Feelings:** (How I'm feeling today / How I've been feeling this week.) (examples...) **S**–Sad **A**–Angry **S**–Scared **H**–Happy **E**–Excited **T**–Tender

## Step Sharing: (things to include...)

- 1) Start by reading the step you're sharing
- 2) Learns and grows
- 3) 1-2 questions that really impacted me

## Rating and Giving Feedback:

- 1) Did he come from his heart (verbalizing emotions, feelings, dynamics that came up)?
- 2) Did he talk about his learns and grows?
- 3) Did he spur conversation / was he alive and engaging?