

## Group Format

### Announcements

### Chaplain Time

### Checking In:

1. **Introduction** – i.e.; "Hi my name is \_\_\_\_\_, recovering from sexual addiction" or "I'm a sex addict," etc.

2. **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.")

**Integrity Date:** \_\_\_\_\_ (date I last relapsed—"I've had sexual integrity according to my Absolute Boundaries since this date.")

3. **5 C's:**

AM Prayer: \_ / 7 | Reading: \_ / 7 (I'm working on —or—sharing step\_\_\_\_) | Calls: \_ / 7 ("I called...") PM Prayer: \_ / 7

4. **Absolute** (or "bottom line") **Boundaries:** (i.e. no p\_rn, no masturbation, adultery, etc.)

5. **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."

6. **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...)

a) **(Start by reading the step you're sharing).**

b) **Learns and grows.**

c) **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?