

## Wive's Group Format

### Announcements

### Chaplain Time

### Checking In:

- 1. Introduction** – i.e.; "Hi my name is \_\_\_\_\_, and I am recovering from the impact of sexual addiction in my family"
- 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 the debilitating impact of sexual sin.)  
**Integrity Date:** \_\_\_\_\_ (date I last relapsed—"I've had integrity according to my Absolute Boundaries since this date.")
- 3. 5 C's:**  
AM Prayer: \_ / 7 | Reading: \_ / 7 (I'm "working on" (or) "sharing" principle\_\_\_\_) | Calls: \_ / 7 ("I called...") PM Prayer: \_ / 7
- 4. Absolute** (or "bottom line") **Boundaries:** (i.e. your medicating issues, over-spending, over-eating etc.)
- 5. Freedom Boundaries:** (examples...)
  - "Avoiding Checking up on him."
  - "Not raging at the addict."
  - "Not shaming the addict."
- 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

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

- (Start by reading the principle you're sharing).**
- Learns and grows.**
- 1-2 questions that really impacted me.**

### **\*\* Giving Feedback:**

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