

## Application Group Task List - Men

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Revised 5.26.24

Tasks should be signed off by your primary therapist

### **ONGOING REQUIREMENTS**

- Schedules individual counseling sessions with a primary therapist at least once per month.
- Completed assessments: SDI and PTSI-R (MAWASI if directed by your therapist) with a CSAT therapist and set up individual appointment to review.
- Completed *Disclosure Workbook*, then participated in a full disclosure process as directed by a SABR therapist. (Note: If in a relationship, your partner must also be prepared by her individual therapist. If single, you must choose a mentor/friend for the session with the help of your therapist. Typically done within the first 2-4 months, but timing is to be decided with the help of the individual therapist.)

### **HEALTHY LIVING**

- Established an exercise program that incorporates health and nutrition.
- Established safe and connected relationships within the group, and utilize those daily for support and accountability.
- Weekly dates with partner or support for fun and connection without heavy recovery talk.
- Emotional check-ins with partner while utilizing learned attunement communication skills.
- Awareness of partner's need for safety, and use the safe language script from *Workbook 9* while communicating with partner.
- Mastery of the *Toolbox* – every tool is memorized and those which work best are used often.
- Daily life struggles, including infrequent slips, are no longer accompanied by shame talk.
- Explores and creates a structure toward a spiritual life.
- Self-care and compassion behaviors have become automatic and utilized before slips, as part of daily routine.

### **READING/AUDIOBOOK**

- Out of the Shadows* by Patrick Carnes
- The Power of Vulnerability* by Brené Brown (available only on audio)
- Daring Greatly* by Brené Brown
- Self Compassion* by Kristin Neff
- Set Boundaries, Find Peace: A Guide to Reclaiming Yourself* by Nedra Glover Tawwab

### **SOBRIETY INTEGRATED into RECOVERY**

- Slips checked in with partner/accountability partner and other support within 12 hours.
- Utilization of RPS as a tool after completion of *Workbook 8*.
- Frequently revisits sobriety plan, adjusts bottom lines as needed, and is experiencing improved sobriety.

### **PREPARATION for GRADUATION**

- “Plan of Action” implemented and revised at least twice.
- Reviewed preceding behaviors checklist from *Workbook 8* and reviewed with primary therapist.
- Completion of all nine workbooks.
- Met with primary therapist to assess appropriateness for participation in the Integration Group.