

Phase 2 Application Group Task List - Men

5.1.25

Tasks should be signed off by your primary therapist and your group therapist.

ONGOING REQUIREMENTS

- Schedules individual counseling sessions with a primary therapist at least once per month.
- 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.
- Participates in weekly dates with partner or support for fun and connection without heavy recovery talk.
- Emotional check-ins with partner while utilizing communication skills.
- Awareness of partner's need for safety, and use the safe language when communicating with partner.
- Mastery of the *Tool Chest* – 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.
- Exploring and creating a structure toward a spiritual life.
- Self-care and compassion behaviors have become automatic and utilized 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 are checked in with partner/accountability partner and other support within 12 hours.
- Automatically utilizing the Sobriety Support Sheet (SSS) as needed.
- Frequently revisits sobriety plan, adjusts bottom lines as needed, and is experiencing improved sobriety.

PREPARATION for GRADUATION

- The “Game Plan” is implemented and revised at least twice.
- Completion of workbook.
- Met with primary therapist to assess appropriateness for participation in the Integration Group.