

Tasks & Performables List - Women
The Healing Group
(7.26.24)

These tasks should be signed off by both your individual and group therapists.

Ongoing Requirements

- Schedules individual counseling sessions at least once per month with a primary therapist.

Book/Audiobook/Workbook

- Prodependence (revised edition)* by Robert Weiss (from page 70 to end)
- The Power of Vulnerability* by Brené Brown (only available in audio)
- Rising Strong* by Brené Brown
- The Self Compassion Workbook* by Kristin Neff and Christopher Germer
- Moving Beyond Betrayal* Vickie Tidwell Palmer
- Set Boundaries, Find Peace: A Guide to Reclaiming Yourself* by Nedra Glover Tawwab
- Come As You Are* by Emily Nagoski (to be read toward the end of participation in group)

Resiliency and Stabilization

- “Stabilizing Tools” are memorized and those which work best are used often.
- A “Healthy Living Plan” has been completed and is revised as often as necessary.
- “Meeting My Needs” through daily goal setting has become part of a regular routine.
- The “Shame Prevention Plan” is utilized on a frequent basis to challenge shame-based internal messages.

Betrayal Trauma and Loss

- Completed “Grief Artwork” and shared with both individual therapist and group
- Completed “A Love Letter” and shared with both individual therapist and group
- Completed “Gratitude Timeline” and shared with both individual therapist and group

Healthy Living

- Betrayal trauma responses are reduced and the ability to ground self is established.
- Expanded support network relationships to include people outside of the group, and utilize those connections daily (e.g. family, friends, etc.).
- Healthy personal boundaries are continuously being established and maintained.
- Internalized shame and faulty core beliefs can be identified and are healing.
- Weekly dates with partner or support for fun and connection without heavy recovery talk (where appropriate).
- Movement away from grievance and blame while embracing personal responsibility for happiness.
- Developing and consistently living a spiritual life.
- Developed an awareness of sexual needs and internal sexual script is adjusting and healing.
- Established an exercise program that incorporates health and nutrition.

Preparation for Graduation

- Participated in a disclosure process as directed by the primary therapist if/when appropriate.
- Completed all four LifeSTAR workbooks and the *Partner Study Guide* from the Healing Group.
- Met with primary therapist to assess readiness for graduation.
- Completed “Discharge Plan” with both individual therapist and group.
- Discharge plan includes participation in the maintenance group for at least six months after graduation.
- Feel humbly confident and ready to graduate after discussing with group and individual therapist.