

Integration Group Tasks

(7.26.24)

ONGOING REQUIREMENTS

- Schedules individual counseling sessions with a primary therapist *at least* once every four to six weeks.
- Actively schedules couples/family sessions when needed.
- Understands the concepts of emotional tolerance and transparency.
- Use of all tools, techniques, and concepts from the application group.
- Participates in a 12-step or other support group.

READING / WORKBOOKS

- Never Finished: Unshackle Your Mind and Win the War Within by David Goggins
- Healing the Invisible Scars by Eric Schultz
- Nonviolent Communication by Marshall Rosenberg
- Erotic Intelligence by Alexandra Katehakis (*To be read toward the end of group participation.*)

HEALTHY LIVING

- Planned and completed an “ordeal” to aid in development of grit (*to be planned at the beginning of group participation*).
- Expanded support network relationships to include people outside of the group, and utilize those connections daily.
- Healthy personal boundaries continuously established and maintained.
- Movement away from grievance and blame while embracing personal responsibility for happiness and peace.
- The use of safe language from Workbook 9 has become natural with partner, while avoiding defense mechanisms.
- Ability to check-in with partner or support system on emotional levels and share recovery tools.
- When appropriate, weekly dates with partner or other support for fun and connection without heavy recovery talk.
- Developing and consistently living a spiritual life.
- Internalized shame and faulty core beliefs can be identified and are healing.
- Established an exercise program that incorporates health and nutrition.

SOBRIETY INTEGRATED into RECOVERY

- Continual use of RPS before and after slips, and reviewed with support *outside* of the group.
- Slips checked in with partner and other support within 12 hours.
- Experienced dramatic decrease in sexually compulsive behaviors and triggers, and experiencing improved sobriety.

TRAUMA WORK

- Completed all exercises in Healing the Invisible Scars book, including the *Attachment Wound Timeline Worksheet parts I & II*, which was processed with both the individual therapist and the group.

HEALTHY SEXUALITY

- Completed *Reclaiming My Sexuality* packet (*To be completed after reading Erotic Intelligence*):
 - Connected Sex: A paradigm shift for the sexually addicted
 - Sexual Values Inventory
 - Body Dialogue in Action (*Can be completed either in group, or with the help of an individual therapist.*)
 - Sexual Reframing
 - Old vs. New Sexual Script

PREPARATION for GRADUATION

- Presented a Gratitude Timeline to the group.
- Reviewed all nine workbooks, booklets and the Healing the Invisible Scars exercises.
- Completed Post-Traumatic Growth/New Construct worksheet and shared it with the group.
- Completed Discharge Plan with group and individual therapist.
- Feel humbly confident and ready to graduate after discussing with group, individual therapist and group therapist.