

## Tasks & Performables List

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### Partner Phase III - Integration Group

*Tasks should be signed off by your primary therapist.*

#### Ongoing Requirements

- Actively schedules individual counseling appointments with primary therapist.
- Actively schedules couples/family sessions when needed.
- Discussed with primary therapist concepts of emotional tolerance and transparency.
- Use of all tools, techniques, and concepts from phase II.
- Continued participation in a 12-step group.

#### Reading/Audiobook

- Braving the Wilderness by Brené Brown
- Rising Strong by Brené Brown
- Come As You Are by Emily Nagoski

#### Prodependent/Healthy Living

- Betrayal trauma responses reduced and ability to ground self is established.
- Expanded support network relationships to include people outside of group, and utilize those connections daily (e.g. family, friends, sponsor, etc.).
- Recovery tools automatic and an integrated part of a daily routine.
- Healthy personal boundaries 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.
- Movement away from grievance and blame while embracing personal responsibility for happiness and peace.
- Developed and consistently live a spiritual life.
- Established an exercise program that incorporates health and nutrition.

#### Trauma Work

- Finding Peace by Troy Love, read in preparation for presentation and processing of Trauma Egg.
- Trauma Egg completed both in group and with individual therapist.

#### Healthy Sexuality

- Completed Reclaiming My Sexuality packet:
  - Sexual Values Inventory
  - Sexual Reframing
  - Old vs. New Sexual Script
  - Body Dialogue in Action: *This is an exercise done either in group or with the help of individual therapist.*
  - Body Embrace Ordeal: *This is an exercise processed in group with help from the individual therapist.*

#### Preparation for Graduation

- Participated in partner letter exercise in group toward the end of phase III when/if appropriate (approval must be given by both individual therapists).
- Presented Timeline to the group.
- Reviewed all 9 workbooks and booklets, and shared a self-assessment with group and received feedback.
- Completed Post-Traumatic Growth/New Construct Worksheet.
- Completed Discharge Plan with group and individual therapist.
- Feel humbly confident and ready to graduate after discussing with group, individual therapist and group therapist.