

The Healing Group for Partners - Task List

**These tasks should be signed off by your primary therapist*

Ongoing Requirements

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

Book/Audiobook/Workbook

- The Rhythm of Healing Workbook by LifeSTAR
- Prodependence by Robert Weiss (from page 70 to end)
- The Power of Vulnerability by Brené Brown (only available in audio)
- Rising Strong by Brené Brown
- 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 & Stabilization

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

Betrayal Trauma and Loss

- Completed Loss Timeline 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, sponsor, 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.
- Movement away from grievance and blame while embracing personal responsibility for happiness. Developing and consistently living a spiritual life.
- 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 and reviewed appropriate assessments with primary CSAT therapist (i.e. BTI, PTSI-R, IPAST)
- Completed all 5 LifeSTAR workbooks and the study guide from the healing group.
- Met with primary therapist to assess readiness for graduation.
- Completed Discharge Plan with both individual therapist and group.
- Feel humbly confident and ready to graduate after discussing with group and individual therapist.