

## Integration Group Tasks

*To be signed off by your primary therapist.*

### **ONGOING REQUIREMENTS**

- Regularly schedule individual counseling sessions with a primary therapist.
- Actively schedule couples/family sessions when needed.
- Understands the concepts of emotional tolerance and transparency.
- Use of all tools, techniques, and concepts from Phase 2.
- Continued participation in a 12-step group.

### **READING/AUDIOBOOK**

- Finding Peace by Troy Love
- Braving the Wilderness and Rising Strong by Brené Brown
- Wild at Heart by John Eldredge

### **HEALTHY LIVING**

- 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.
- Safe language from Workbook 9 has become natural and empathic with partner, while avoiding defense mechanisms.
- Ability to check-in with partner 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.
- Planned and completed with primary therapist an “ordeal” as described in Wild at Heart to aid in development of grit.

### **SOBRIETY INTEGRATED into RECOVERY**

- Continual use of RPS before and after slips, and reviewed with support *outside* of 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**

- In preparation for Trauma Egg, complete workbook: Finding Peace by Troy Love.
- Prepared and presented Trauma Egg both in group and with individual therapist.

### **HEALTHY SEXUALITY**

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

### **PREPARATION for GRADUATION**

- Participated in partner letter exercise with partner (toward the conclusion of Phase 3 when/if appropriate (approval must be given by both individual therapists).
- Presented Timeline to the group.
- Reviewed all nine 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.