

# MY HOUSE MEN'S RECOVERY GROUP

1) **Opening Prayer** - decade of the holy rosary

2) **Read confidentiality statement & celebrate milestones in chaste sobriety** (30, 60, 90, 6 months, 1 year, & multiple years - with recovery coins)

3) **Read Group Standards:**

- **No Crosstalk** & please use “I” statements instead of “we” or “you” statements. Only give feedback if someone has asked for it, and we are not each other’s counselors.
- **Group Commitment** - Attending at least one group each week is vital, and please attend another recovery meeting if you have to miss. We ask all men to complete SA’s *Step into Action*, and to read: *SA’s White Book*, *Good News about Sex and Marriage* by West, *Shattered Vows* by Laaser, and *LIFE Guide* by Laaser.
- **Sobriety Definition** - freedom from pornography, masturbation, sexual behavior outside of marriage, and marital intimacy that is not an authentic sign of God’s free, total, faithful, and fruitful love. For a deeper discussion of sobriety, please read the 30-page format.
- **Pushup Policy** - If we forget to call each day or read recovery material each day, we get to do 10 pushups or donate \$1 to the group account for each day that was missed.
- **Additional Support** - counseling, multiple recovery meetings, men’s faith groups, [Retrouvaille.com](http://Retrouvaille.com), and [ReclaimSexualHealth.com](http://ReclaimSexualHealth.com) are very beneficial for healing as well.

4) **Quick check-in** (1 minute each in big group)

- My name is 1<sup>st</sup> name, and I am recovering from pornography / sexual addiction.**
- Recovery date** - date of the first recovery meeting you attended
- Chaste Sobriety** - how long have you been sober?
- Daily phone call** - one phone conversation each day or at least leaving a message
- Daily recovery material** - what book and page #
- Three Dailies** - daily prayer w/ wife, affirming wife daily, and discussing feelings with wife daily
- singles & separated men - journal 2-3 emotions daily**

(Complete pushups after everyone is done with quick check-ins.)

5) **Theology of the Body (TOB) & 12 Steps** - Read and discuss from a TOB book or a 12-step recovery book (10-15 minutes)

6) **Longer check-in** with consistent small group (7 or less) without interruptions

- Status** - How are you doing overall this week? victories & struggles?
- Daily connection with God** - quality and quantity of prayer time
- Boundaries / Consequences - please type these out on a separate sheet:**
  - Primary boundaries** - past forms of relapse / resetting sobriety date
  - Primary consequences** - specific consequence for resetting sobriety date
  - Secondary boundaries** - specific places, things, and people that we avoid
  - Secondary consequences** - smaller consequence for crossing 2<sup>nd</sup> bound.

7) **Closing Prayer** - Prayer requests, St. Michael prayer, closing prayer “As for me and my house... we will serve the Lord!”