

MY HOUSE MEN'S GROUP - INTENTIONAL BATTLE PLAN

today's date	# days sober	phone calls	recovery book and page #	prayer	12 steps	feeling today - see feelings wheel	affirming wife	praying w/ wife	comments & status

Actively participating in at least one group per week is a great start, and many men will need regular counseling and spiritual direction to heal some of the underlying wounds that are leading to their struggles. Many couples have benefitted from Theology of the Body resources and spiritual growth through Retrouvaille retreats - HelpOurMarriage.com and Living in Love Retreats - LivingInLove.com. Wives / significant others have often benefit from counseling and spousal support groups such as SANON. Many men and couples have also benefitted from growing in their faith through Christ Renews His Parish, Cursillo, That Man is You, and other Catholic men's groups. For more intense struggles with addiction, there are 3-day men's workshops and intensives that can be helpful in the recovery process as well. Many men have found that SA groups can very helpful as well, and for more resources please visit www.archkck.org/SacredSexuality.