

FOCUS-13

PROGRAM'S GOAL

As a result of completing 13 recovery tasks, sexual addicts will establish 33 vital recovery competencies that lead to and support 540 days of sobriety from their sexually addictive behaviors.

PROGRAM'S STRUCTURE

Individual Therapy (36-48 sessions)	Facing the Shadow (7 tasks)
Group Therapy (60-72 sessions)	Recovery Zone 1 (6 tasks)
Sobriety (540 days)	

PROGRAM'S 13 TASKS AND 33 COMPETENCIES

Facing the Shadow Tasks

Developing recovery task

(1) BREAK THROUGH DENIAL

Competencies

1. Understand the characterizes of denial and self-delusion
2. Identifies presence of self-delusion in life
3. Knows personal preference patterns of thought distortion
4. Accepts confrontation

Developing recovery task

(2) UNDERSTAND THE NATURE OF SEXUAL ADDICTION

Competencies

5. Knows information on addictive illness
6. Applies information to personal and spiritual life
7. Understands sexually compulsive patterns
8. Knows specific stories and/or scenarios of arousal template

Developing recovery task

(3) SURRENDERS TO PROCESS

Competencies

9. Acceptance of addiction in life
10. Knows personal limitations
11. Discerns difference between controllable and non-controllable events

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Developing recovery task

(4) LIMITS DAMAGE FROM BEHAVIOR

Competencies

12. Integrates self-limitation into personal paradigm
13. Responds to crisis plan fully
14. Uses boundaries at a minimum level
15. Has internal skills for anxiety reduction/management
16. Develops resolve for change and commitment

Developing recovery task

(5) ESTABLISH SOBRIETY

Competencies

17. Uses clearly stated boundaries of sobriety
18. Manages life without dysfunctional sexual behavior

Developing recovery task

(6) ENSURE PHYSICAL INTEGRITY

Competencies

19. Understand physical aspects of addiction
20. Identifies neuropathway interaction
21. Identifies dysfunctional arousal patterns

Developing recovery task

(7) CULTURE OF SUPPORT

Competencies

22. Maintains a healthy support system

Recovery Zone 1 Tasks

Sustaining recovery task

(8) UNDERSTAND MULTIPLE ADDICTIONS AND SOBRIETY

Competencies

23. Capacity to be relapse free from concurrent addictions

Sustaining recovery task

(9) ACKNOWLEDGE CYCLES OF ABUSE

Competencies

24. Identify abuse and exploitation
25. Integrate understanding of abuse into value system
26. Can cope with abusive person and situations

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Sustaining recovery task

(10) **REDUCE SHAME**

Competencies

- 27. Recognize and manage shame
- 28. Sets boundaries shaming system and situations

Sustaining recovery task

(11) **RESTRUCTURE RELATIONSHIP WITH SELF**

Competencies

- 29. Have a workable, compassionate relationship with self
- 30. Capacity for self-determination and autonomy

Sustaining recovery task

(12) **GRIEVE LOSSES**

Competencies

- 31. Recognize grief
- 32. Have skills for grieving

Sustaining recovery task

(13) **BRING CLOSURE AND RESOLUTION, TAKING RESPONSIBILITY FOR SELF**

Competencies

- 33. Keeps current on shame, resentment, and coupleship issues

For more information, please visit
www.coeurdalenecounseling.com
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208-755-7114