

FOCUS-7

PROGRAM'S GOAL

As a result of completing 7 recovery tasks, sexual addicts will establish 22 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)
Sobriety (300 days)	

PROGRAM'S 7 TASKS AND 22 COMPETENCIES

Facing the Shadow Tasks

(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

(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

(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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(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

(5) ESTABLISH SOBRIETY

Competencies

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

(6) ENSURE PHYSICAL INTEGRITY

Competencies

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

(7) CULTURE OF SUPPORT

Competencies

22. Maintains a healthy support system

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