

5 Questions

Friday, August 21, 2015 2:57 PM

Slip Guards

1. Have you been triggered by anything or anyone you have encountered in the last 24 hours?
 - a. An interaction with a person
 - b. Something on TV
 - c. Something in a book or magazine
 - d. Something on the internet
2. Have you pursued a tempting thought or lustful desire or taken any action to get closer to it?
 - a. Turned down a street?
 - b. Walked past a desk or office?
 - c. Went into a building or store?
 - d. Circled back to look at someone at the gym or elsewhere?
 - e. Lingered somewhere you shouldn't?
3. Are you planning, waiting for the next time you are alone or unsupervised, or looking for an opportunity to act out in:
 - a. Engaging in masturbation
 - b. Searching for and viewing pornography
 - c. Making contact by any means to arrange a physical encounter with someone
4. Is there anything that you are hiding from me now that you are reluctant to talk about?
5. Have you answered these questions honestly?

Health Guards

1. Have you reviewed your prayers of surrender and powerlessness today?
2. Have you done your reading and/or step work on your program regularly?
3. Have you contacted your sponsor at the frequency you have agreed to?
4. Have you actively pursued healthy social relationships that encourage and support you and your recovery?
5. Have you attended group meetings and participated, shared, and confided with the group where you really are?

Accountability Questions

1. Have you struggled with the desire to view pornography?
2. Have you viewed pornography?
3. Have you struggled with the desire to masturbate?
4. Have you engaged in masturbation?
5. Have you struggled with fantasy or lustful thoughts?
6. Have you engaged in pursuing fantasy or lustful thoughts?
7. Have you watched movies or TV shows that had explicit sexual content or lustful situations?
8. Is there anything you are hiding or reluctant to tell me about? Have you told me the truth?