

What is a Slip Report?

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A Slip Report is a short documentation (in email, text, or on paper) answering a few questions about your most recent slip that you can share with your sponsor, counselor, or trusted friend. The questions are:

1. What lead up to your slip?
 - a. Circumstances at home or at work
 - b. Pressures or fears internally or externally
2. What were you thinking and feeling?
3. What were the trigger events along the way that contributed to your choice?
4. What happened?
 - a. Try to avoid words that hide your choices such as "acting out" or "porn"
 - b. If porn, what were you searching for, selecting, and watching?
 - c. If acting out, what did you do, where, how many times?
 - d. This is where the more honest we are, the more useful it is to us.
5. How did you feel afterwards?

Why a Slip Report?

After a slip, our tendency is to want to move past the shame and guilt as quickly as possible and not think about it. But the healthy thing to do is to process it, learn from it, and set some boundaries and safeguards that will prevent the same ritual cycle and chain of events in the future. Journaling our thoughts, feelings, and observations soon after our slip will give us the chance to see the process we went through, the emotional environment, and the triggering events that led us into those choices. We can determine to notice some warning signs early enough in the process that will help us make better choices to engage support and use my recovery tools to prevent the same outcome next time.