

Lesson Plan - Session 4 – Sexual Purity Issues, Part 3

Time	Activity
0:00	<p>Opening Prayer</p> <p>Plan for today's session</p> <p>Questions from prior session</p> <p>Share 3 Circles exercise</p> <p>Questions/Discussion from assigned reading, p.51-68</p> <p>Discuss assignment for Session 5</p>
0:05	<p>Questions from prior session</p> <p>Catch-up sharing, if any</p>
0:10	<p>Share 3 Circles Exercise</p> <ul style="list-style-type: none"> <li>• Go around the circle once with each man stating one item from his inner circle list. A man may say "skip me" if all of his entries have been shared before it is his turn. (This is less likely to occur as sharing moves to the larger lists of middle and outer circle.) Encourage each participant to adopt any ideas that would be beneficial to his list. It is most helpful if one word or short answers are given. Many will need no explanation. This also allows time for more men to share from each of his lists.</li> <li>• After the inner circle, repeat the process for middle circle.</li> <li>• After the middle circle, move to the outer circle. As men in recovery are striving to live in the outer circle, it is helpful to develop an expansive list for the outer circle. It may be helpful to separate the outer circle list into those that are practices periodically (daily, weekly, monthly, quarterly, etc.) and those that may be incorporated on an occasional basis (weekend getaway with wife, surprise present or date, etc.)</li> </ul>
1:00	<p>Lead discussion of selected portions of pages 50-64 – see Questions in Leader Notes below.</p>
1:20	<p>Assignments for Session 5 – see Study Overview for context</p> <p>Review the assignments on the Overview for the next session.</p> <p>Read pages 69-76</p> <p>Read Step 1, pages 77-84</p> <p>Come prepared to discuss the readings</p> <p>Complete Exercise 1.1 - Family of Origin, p. 323</p> <p style="padding-left: 40px;">Note the specific guidance for this exercise provided on page 79 and at the beginning of the template for Exercise 1.1.</p> <p>Final questions or comments</p>
1:25	<p>Closing Prayer</p>
1:30	<p>Adjourn – may leave meeting open for additional discussion</p>

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### Leader Discussion Notes

To begin today's discussion, consider asking the following questions:

- What did you learn about 12 step recovery programs? Anything new? Surprising?
- What did you think were the most important things you learned?
- What should you look for in a sponsor?
- If someday you are asked to be a sponsor, what will you consider in making your decision? (We will return to this question in the future, especially step 12.)
- What are the attributes of a good accountability group? What will you expect from others? What will others likely expect from you?
- What is the role of honesty in recovery? Are there any parameters affecting honesty?
- How are honesty and disclosure related?
- Post full disclosure, how can a man maintain honesty?

The purpose of asking these questions in this way is to let each man have the opportunity to share what was most important to him when doing the reading.

Note to leader: If the group is engaged, there will be more discussion offered than time available for it. Watch the clock so that you have time to give the assignments for the next session. It is OK that you do not touch on every point in the book. It is better to have meaningful, engaging discussion of some of the assigned reading than to have you provide a tightly scripted recitation of a summary of the assigned 15 pages. Each man is likely to learn more if sharing his "ah ha" moments from reading and preparation. Relax and let the men help lead this part of today's session.

### Family of Origin – examples

- 7 generations of affairs
- Took son to strip clubs, massage parlors, and prostitutes
- Brought affair partners home
- Family member had porn stash; showed or found
- Exposed to female nudity or touching
- Sometimes non-sexual character defects were present:
  - Anger
  - Deceit
  - Neglect

### Discussion of 3 Circles:

- Have a list of sample entries for each circle – from your 3 circle exercise or excerpts from others you have seen/heard
- What is your action plan for the 3 circles?

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- Action plan should have 3 parts:
  - Plan to live in the outer circle
  - Plan to interrupt middle circle behaviors and return to outer circle
  - Plan to end inner circle activity, confess and create accountability (wife, accountability person/group, sponsor, therapist), plan to obtain necessary help and return to outer circle
- Living in the Bubble
  - Addiction World/Environment
  - Surrounded, filled, saturated
- Pop the Bubble
  - Confess, Read the Word, Pray