

Lesson Plan - Session 1 – Getting Started

Time	Activity
0:00	Opening Prayer Plan for the session Introductions Expectations for Study – group and individual Newly Discovered, New to Recovery Assignments for next session
0:05	Introductions (Ask each member to have first name in zoom window) Go around circle – potential topics: name, age, location, married/single, kids/grandkids 30-45 seconds each
0:15	Expectations – see discussion guide for content of each topic What is Castimonia? 12 Steps – a little background Working the steps as a group Pace Time commitment – individual, meetings Readings, questions, discussion Exercises and Sharing Outcomes 1) progress in individual recovery, 2) share with others (Step 12)
0:45	Newly Discovered, New to Recovery Read aloud Introduction, pages 1-5 Discussion/Questions concerning this material? Sample topics at end of notes.
1:10	Triggers, p.12
1:20	Assignments for next session: Review the assignments on the Overview for the next session. Come prepared to discuss, ask/answer questions on assigned reading Be ready to share 1-2 Sexual Triggers and 1-2 Emotional Triggers Final questions or comments (may defer discussion to after meeting or next session)
1:25	Closing Prayer
1:30	Adjourn – may leave meeting open for additional discussion

Expectations

AMP Recovery is a direct outgrowth of Castimonia. Donnie H. first worked the 12 Steps with a sponsor using the Castimonia program.

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What is Castimonia? (p.51)

- Fellowship of individuals who are willing to fight a daily battle for sexual purity.
- Castimonia – Latin word for moral purity; moral purity is what we aspire to uphold
- We struggle with variety of sexual purity issues – lust, sexual acting out, affairs, porn, etc.
- No condemnation for those with extraordinary sexual behaviors; open to anyone who struggles with any type of sexual impurity
- All are welcome – only requirement for membership is the desire to stop sexually impure behaviors and reach a point of sexual purity that glorifies God
- Recovery program is based on the 12 Steps
- Program is documented in the Castimonia Resource Book

What are the 12 Steps?

- A process used by mutual support groups to aid individuals in addressing and overcoming various obsessions, compulsions, and addictions. Per the American Psychological Association, the process consists of:
 - admitting that one cannot control one's alcoholism, addiction, or compulsion;
 - coming to believe in a [Higher Power](#) that can give strength;
 - examining past errors with the help of a sponsor (experienced member);
 - making amends for these errors;
 - learning to live a new life with a new code of behavior;
 - helping others who suffer from the same alcoholism, addictions, or compulsions.
- Adapted by a number of support groups to address a wide range of behaviors – drugs, gambling, overeating, sex, etc.

How were the Castimonia 12 steps created?

- Oxford Group
 - Movement started in 1921 by Frank Buchman, a Lutheran minister from Allentown, PA.
 - Buchman believed that the personal problems of fear and selfishness were the root of all societal problems. Further, Buchman believed that the solution to living with fear and selfishness was to surrender one's life over to [God's Plan](#).
 - Some of the fundamental spiritual practices of The Oxford Group were, share our sins and temptations with another Christian, surrender our life past, present and future, into the God's keeping and direction, Have restitution to all whole we have wronged directly and indirectly and to listen to God's guidance and carry it out.
 - Four Absolutes:
 - Honesty

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- Unselfishness
 - Purity
 - Love
 - Six Practices & Six Assumptions (p.70)
 - **Supplement** – Oxford Absolutes
- Alcoholics Anonymous
 - Brief history
 - Bill W., a New York stockbroker, and Bob S., a surgeon in Akron, OH, were each alcoholics. Each attended Oxford Group meetings and eventually met each other.
 - Bill attended Oxford Group meetings in NY in 1932 and 33. Sam Shoemaker, a pastor, led many of these meetings.
 - When dealing with his own addiction, Bill concluded that alcoholism was a malady of mind, emotions, and body. In response to Bill's ideas, Bob became sober, never to drink again.
 - Bill W decided to write the 12 Steps with assistance and encouragement from Sam Shoemaker.
 - Important note – Shoemaker believed that an alcoholic (addict) was best suited to write the steps. This became an important concept in AA – only addicts have the experience to help other addicts to overcome their addiction.
 - 1935 - AA was founded by Bill W. & Dr. Bob S.
 - 1939 - Big Book of AA was published
 - 12 Steps and 12 Traditions (**Supplement**)
 - 12 Steps – spiritual program of recovery
 - 12 Traditions – guiding principles for behavior and relationships in AA
- Sex Addicts Anonymous (SAA)
 - Founded in 1977
 - Explicitly directed toward sexual compulsion, obsession, and addiction
 - Most documentation and practices are adapted from AA
- Castimonia
 - History (p.431)
 - Program began on June 12, 2010
 - Based in Katy, TX; The Fellowship
 - Founded by Jorge S. – personal story on p.181
 - Castimonia.org
 - Guiding Principles (p.432-440)
 - Many parallels to 12 Traditions
 - 12 Steps (p.71-74)
 - Almost identical to AA – changed references to alcohol; specific references to Bible verses added

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What does it mean to work the 12 steps in a group? Vs. 1 on 1 with a sponsor?

- Study is designed for a group of 12 (+/- 6) to meet for 1.5 hours biweekly in Zoom format for 32 sessions and complete the 12 steps.
- Group must move forward at the same pace:
 - to enable sharing of the exercises at each session,
 - and to stay on schedule. The schedule (**See Overview**) is designed to allow sufficient time to complete the reading and the exercises, but not so much time that individuals will “wallow” in any of the exercises or “meander” toward the completion of the 12 steps.
- To move at the designated pace, each man will likely need to commit 1-3 hours per week – reading, reflecting, thinking, writing, and then speaking (with other group members and/or sharing in the group sessions).
- Consistent individual effort and participation in the group are required on a regular basis over the duration of the step study group. It will be difficult to impossible to coast for 1-2 months and then work double time to catch up. Constantly late sharing can be a burden to the rest of the group.
- The expected duration of a group is 32 sessions. Given that sessions are biweekly, the study will last roughly 15 months.
- Given that the program will be facilitated via Zoom, a variety of electronic tools will be employed, such as group texts or GroupMe, electronic preparation and exchange of documents (Word, email, etc.).
 - For in-person groups, writing in the book is a workable method, but when the members of the group are remote from the sponsoring leaders, it will be most helpful for each member to document the exercises in computer software so that it can be shared electronically.
- It is expected that each man will share significant portions of his life story, as related to each exercise in the 12 step program, with the other group participants, as directed by the group leader. Each man will be asked to be able to share thoughts about his struggle and recovery with others. Reading aloud, sharing responses to exercises, and participating in group discussions will help build such skills.
- Recommendations – highlighter, notes in books, bookcover (with pocket) – hold notes in book, pen, highlighter, etc.), spiral notebook for “ah ha” things you hear, notes of things to do.

How will participation in the group step study affect other activities in my life?

- It is up to each man to develop an approach to his life in recovery (recovery lifestyle) that balances the many competing demands for his time. Having said that, here are a few thoughts:

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- As stated above, the step study will likely require 1-3 hours of work (reading, thinking, writing, etc.) each week as well as 1.5 hours for a session every 2 weeks.
- It is expected that men in the program are also engaged in regular attendance at 12 step support group meetings (in person or electronic).
- Participants may also be engaged in individual, group, or couples therapy with a trained professional counselor.
- Given the intensity of working the 12 Steps, a man may need to temporarily reduce or suspend other activities in his life. (Not a good time to take up tennis, golf, skydiving, etc.) Of course, it will likely be necessary to devote time to good recovery practices such as time with spouse and family. It may be helpful to temporarily prioritize working the steps over other recovery readings, studies, or activities. This is not to say that this working of the 12 Steps is superior to other recovery initiatives; it is to recognize that there are a finite number of hours each day. There will likely be other seasons in your life to pursue other recovery activities, new hobbies, etc.
 - Don't try to put 10 pounds in a 5 pound sack.
 - Put the big rock in first.

What are the expected outcomes of working the 12 steps?

- The outputs each man experiences are directly proportional to the time, energy, efforts, etc. that he puts in. "You will get out what you put in" With that said, many men experience 2 major outcomes:
 - Entry into a new life of recovery with significant progress toward moral purity. This is often characterized by relief, hope, and freedom from obsessive and compulsive behaviors, a stronger relationship with God, and renewed relationships with loved ones and friends.
 - As a result of this spiritual renewal, a desire to share this program with others. This is often expressed through meeting attendance, meeting facilitation, in-person, phone, or electronic conversations with other members, serving as a sponsor, or other service to other men who in the struggle. We will explicitly talk about sponsorship on multiple occasions during the study.

What questions, comments, or concerns do you have?

New to Recovery

Read aloud Introduction, p.1-5, each man reads a paragraph

Potential Questions/Discussion:

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All these individuals...were sexually broken, but used by God. What does this mean to you?

“Use I or me”, “not you or we”. Why?

Forces us to take responsibility for our individual actions

It is really the only life we know much about

Main expectation? Our lives will be transformed to glorify God and work his will for our life each day.

Not – relief, keep my wife or get her back, get a lighter sentence, get/keep visitation rights, etc.

Expect emotions – some joyful, some difficult

More on emotions in coming weeks – avoid thinking emotions are good/bad; better to understand that some emotions make us comfortable/uncomfortable

What have you done to aid your recovery?

What else might you do that would be helpful? Beneficial? Constructive?

Triggers (p.12)

What is a trigger?

Thought or feelings that remind us of our sexual sin and tempt us to go back into it

Supplement – Feeling Lists or Figures

What do we do with them?

Attempt to avoid them

Develop tools to capture them

Supplements – Magness (Triggers, Tools)

Common Triggers?

HALT-BS

Hungry

Angry

Lonely

Tired

Bored

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Stressed/Anxious

2 Types of Triggers?

- Sexual
- Emotional

Sexual Triggers?

- Sights – people, pictures, videos
- Sounds – voice, music
- Locations – places where we acted out
- Websites, browsers

What is euphoric recall?

Mental fantasy – we remember a time when we acted out sexually and a feeling of euphoria comes over us reminding us of the “good times” we had sexually acting out

Erotic or Pornographic Dreams

- Cannot control our dreams – cannot avoid
- Be aware of aroused thoughts or emotions when waking – use tools

Emotional Trigger

Ideas or events that trigger a non-sexual emotional response within us

Examples:

- Abandonment
- Kicked out of the house
- Discussion of divorce
- Other fears: financial, employment, relationship, spiritual, medical

Often harder to recognize than sexual triggers

Can be irrational – learn to identify them, verbalize, and not resort to old acting out behaviors

Supplemental Notes – For many of the sessions, the Leader notes will include information from or references to Jesus and the 12 Steps, written by Mark Denison. The subtitle is The Biblical Response to Addiction is Not What You Thought. It was published in 2019. This book is a good resource for men interested in exploring the relationship between the 12 Steps and the Gospel.



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The Introduction explores the author’s struggle with sex addiction, obsession, and compulsion followed by his entry into a 12 step recovery program.

An early chapter is titled “History of the 12 Steps” and provides a good overview of how the 12 steps were developed. It contains both overlapping and supplemental materials to what is discussed in the Leader notes provided above.

Excerpts from the book will appear in the Leader Notes as you work through the corresponding steps.