

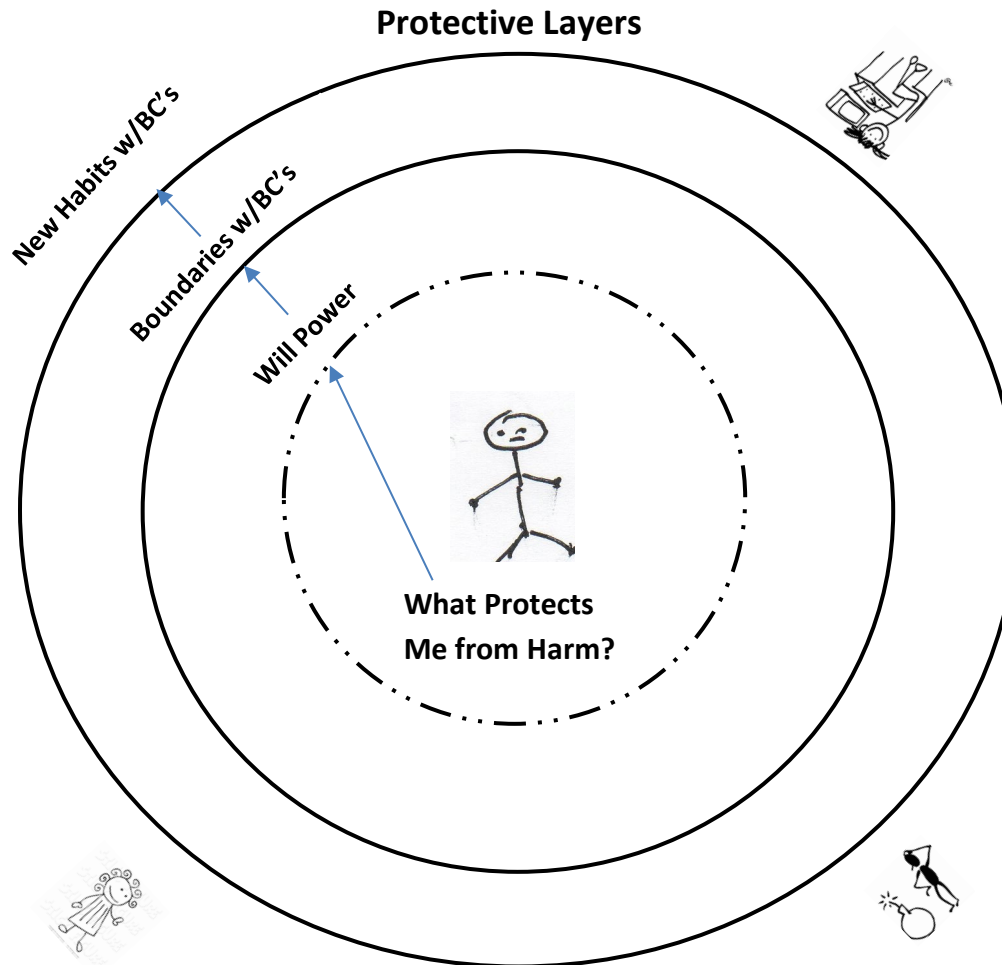
Identify and write down all triggers; create multiple boundaries for each trigger.

Triggers

1. Stress
2. Attractive Women in Stores
3. Tired / Hungry / Lonely
4. Flirtatious Co-worker/Friend
5. Internet / Facebook / etc.
6. Damsel in Distress
7. Fantasy From Past
8. Etc., Etc., Etc.

Boundaries w/BC's*

1. Use Rubber Band / Pinch
 2. Avoid Second Looks
 3. Don't Flirt
 4. Avoid Inappropriate Images
 5. Use Software Accountability
 6. Proper Diet / Exercise
 7. Etc., Etc., Etc.
- *BC = 'behavior conditioner'
positive or negative



New Habits

5 Commandments

1. Morning Prayer / Journaling / Meditation
2. Reading & Working Recovery Material
3. Attending Recovery Group(s)
4. Phone Call
5. Evening Prayer

New Habits

Relationship Work

The Dailies:

- Feelings Exercises
- Praising / Affirmation
- Reading Together
- Praying WITH and FOR her

3 P's:

- Provide a Spiritual Environment
- Protect her Heart
- Pursue her Soul

Rule of 7's

- Date Every 7 Days
- Night Away Every 7 Weeks
- Weekend Away Every 7 Months

Most of All:

- Shut Up/Listen/Do Not Be DEAF

10 Essential Tips

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| 1. No Back Door (concrete will seal it) | 5. 3 levels of negative reinforcers for boundary violations |
| 2. Attitude of Gratitude (Can't Live without it!) | 6. Positive reinforcement for recovery habits/victories |
| 3. Do it by the Numbers (you can't fix this in a day)
Work the 12 steps
Do the 5 Commandments
Do the Relationship Dailies
Follow the Rule of 7's | 7. Write it down (we like to forget!) |
| 4. 3 levels of negative reinforcers for bottom line breaks | 8. Make it Personal (Your life is at stake!) |
| | 9. What is Up, is Down (Live with Paradox!) |
| | 10. Shut up / Listen & DO NOT be DEAF
DON'T: Defend/Explain or Excuse/Advise or Assert/Fix
DO Listen actively / Validate / Be Empathetic |

Recovery Basics

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