

Tuesday Morning H2H Freedom Group

Baby Steps

1. Find a group that will be your group. Do not miss meetings.
2. Get these three books:
 - a. *The Final Freedom*, by Doug Weiss (ISBN: 978-1881292371)
 - b. *101 Freedom Exercises*, by Doug Weiss (ISBN: 978-1881292234)
 - c. *Steps to Freedom*, by Doug Weiss (ISBN: 978-1881292050)
3. Begin doing the “5 Commandments”. These are explained in *The Final Freedom*, but here’s the summary:
 - a. Pray every morning. At the very least, ask God to help keep you sober today.
 - b. Read recovery material and the Bible every day for at least 30 minutes. This means reading Sexual Addiction recovery material, like *The Final Freedom*. Additionally, work through the exercise book and the step book.
 - c. Call group members. Don’t just text them, but place at least one phone call every day to check in with another guy. (Probably the most difficult thing but also the most helpful thing you will do.)
 - d. Meet with your group (See Baby Step 1)
 - e. Pray every evening. At the very least, thank God for helping keep you sober that day.
4. After you have finished *The Final Freedom*, the following books are recommended to be read within the first 90-120 days of recovery:
 - a. The “SA” White Book (ISBN 978-0962288708)
 - b. The “AA” Big Book (ISBN 978-1483907253)

Miscellaneous Suggestions:

1. Work the 101 Freedom Exercises until you reach the exercise that says “Step 1”, then work step 1 in the Steps to Freedom Book. Repeat the process for the remaining steps.
2. Start out by calling anyone. It doesn’t matter who, but make a call. But eventually you want to call everyone on the list. Work hard to get to know fellow men. This is a common weak point for sex addicts and being successful here will reap immense rewards.
3. Initial recovery is about working the program. Do not try to adapt it to you or try to amend it to your liking. What you’ve been doing to this point has not worked, it’s time to let someone else help you and tell you what to do.
4. Do not skip any portion of the program. Any lacking piece can be catastrophic to your recovery.
5. Call a group facilitator if you have any questions at all.