

Tuesday Morning Freedom Group Check-in  
Heart to Heart Counseling Center - 719-278-3708

**Regular Member Check-in (1 minute or less)**

- My name is \_\_\_\_\_ and I am a \_\_\_\_\_ (addict/anorexic).  
I have \_\_\_\_\_ days of sobriety and I am going to be totally honest in my check-in.  
My bottom lines are \_\_\_\_\_. My consequences range from \_\_\_\_\_ to \_\_\_\_\_.
  
- The 5 Commandments: (The 5 C's)
  - Pray in morning \_\_\_\_\_ of 7.
  - Reading recovery material \_\_\_\_\_ of 7. I'm reading \_\_\_\_\_.
  - I have called and spoke to someone daily \_\_\_\_\_ of 7.
  - Attend a group at least once a week. This is my \_\_\_\_\_ group of the week.
  - Pray in evening \_\_\_\_\_ of 7.
  
  - I have done the 3 Dailies (with my wife/with another group member) \_\_\_\_\_ of 7.
  - I am working on step \_\_\_\_\_. I will be presenting it \_\_\_\_\_. I am on exercise # \_\_\_\_\_.
  
- On a scale of 1-10, I have worked my recovery this past week at a \_\_\_\_\_.
- My predominant feeling today is: \_\_\_\_\_.

**Time permitting: Question of the week: Answer the question/topic of the week. (1-2 minutes)**

Some regular questions of the week / discussion topics:

- a) How has your addiction been active this week?
- b) What is your mission statement and/or goal? Explain how you developed this.  
On a scale of 1-10, what is my effort at striving to achieve this?
- c) What is something God has been telling you or showing you this week?
- d) Give an example of how you've done the 3 P's this week.  
Provide (spiritual environment)/Protect (her heart)/Pursue (her soul)...with Passion
- e) Tell about a recent time when you've had victory over a temptation or a "close call".
- f) What are your 2-3 most helpful boundaries and why?
- g) Where is your Recovery Desperation Index (RDI) on a scale of 1-10 and why?
- h) Tell about a time you've had the opportunity to Shut Up, Listen, and Not Defend this week.
- i) How have you been connected to your feelings this week?
- j) How have you been other's centered this week?
- k) Who is your sponsor (for both sex addiction and intimacy anorexia) and why?
- l) How well are you and your spouse following the rule of 7's:  
A "victory meeting" and a date every 7 days / Night away or weekend away every 7 weeks

**Intensives, new attendees, and visitors check-in: (1-2 minutes)**

*WE know that this can be an overwhelming experience being here and so we ask that you do not follow our format but be ready and willing to share:*

- *Your name*
- *Where do you live?*
- *What brought you here (intensive, visitor, or newcomer)?*
- *What do you hope to learn?*
- *How you are feeling right now?*