

THE 30 TASKS

RECOVERY TASK	PERFORMABLES	LIFE COMPETENCY	THERAPIST COMPETENCY
<p>1. Break Through Denial</p>	<ul style="list-style-type: none"> • Creates a problem list • Records a secret list • Completes list of excuses • Completes Consequences Inventory • Learns 14 ways to distort reality • Inventories 14 distortion strategies in personal life • Accountability – Victim Empathy exercise • Makes full disclosure to therapist 	<ul style="list-style-type: none"> • Understands the characteristics of denial and self-delusion • Identifies presence of self-delusion in life • Knows personal preferred patterns of thought distortion • Accepts confrontation 	<ul style="list-style-type: none"> • Understands typical denial patterns of sex addicts • Recognizes disclosure “testing” process • Knows personal delusional patterns • Understands counselor transference issues in working with sex addicts • Recognizes signs that sex addiction is present • Understands and identifies stages of recovery • Confronts delusional patterns in clients • Utilizes crisis to break through denial • Capacity to gather data from all sources including client, family, victims, supervising agencies, and legal authorities

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<p>2. Understand the nature of addictive illness</p>	<ul style="list-style-type: none"> • Completes assigned readings on sex addiction • Learns different ways to define sex addiction • Understands addictive system • Understands deprivation system • Maps out personal addictive system • Understands criteria for addictive illness • Applies criteria to personal behavior • Learns key factors in the genesis of sex addiction 	<ul style="list-style-type: none"> • Knows information on addictive illness • Applies information to personal life 	<ul style="list-style-type: none"> • Understands different ways of defining addiction • Understands professional controversies around sex addiction • Understands key factors in the genesis of sex addiction • Assists client in understanding sex addiction diagnosis • Contracts with client to limit current behavior • Develops relationship with family members • Contracts with family members
<p>2. (Continued) Sexual Addiction Component</p>	<ul style="list-style-type: none"> • Understands sexual modularity • Understands sexual hierarchy • Knows ten types of behavior • Reviews ten types for personal patterns • Completes and shares sexual history • Completes ideal fantasy list • Completes and shares fantasy contamination exercise 	<ul style="list-style-type: none"> • Understands sexually compulsive patterns • Knows specific stories/scenarios of arousal template 	<ul style="list-style-type: none"> • Knows personal sexual limitations as a therapist • Recognizes sexual modularity and hierarchy • Conducts effective sexual history • Identifies sexually compulsive patterns • Identifies “drivers” of arousal template • Discerns and interprets dysfunctional scenarios

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3. Surrenders to process	<ul style="list-style-type: none"> • Understands context of change, grief, commitment • Understands existential position on change – essence of recovery • Understands principles of anxiety reduction • Completes sexual addiction history • Completes powerless worksheet • Completes unmanageability worksheet • Identifies ten worst moments • Understands guidelines of step completion • Gives first step 	<ul style="list-style-type: none"> • Acceptance of addiction in life • Knows personal limitations • Discerns difference between controllable and non-controllable events 	<ul style="list-style-type: none"> • Uses first step methodology • Understands criteria for successful step work • Utilizes first step results for long-term commitment • Teaches existential position in twelve step principles
4, Limits damage from behavior	<ul style="list-style-type: none"> • Understands 1st and 2nd order change • Understands concept of paradigm shift • Records provisional beliefs • Completes damage control plan • Completes a disclosure plan • Writes a “turning it over” letter to higher power • Completes and second and third step 	<ul style="list-style-type: none"> • Integrates self-limitation into personal paradigm • Responds to crisis plan fully • Uses boundaries at a minimum level • Has internal skills for anxiety reduction • Develops resolve for change and commitment 	<ul style="list-style-type: none"> • Understands core process of paradigm shift • Assists in crisis management • Utilizes damage control plan to teach boundary development • Utilizes disclosure plan to teach boundary development • Integrates second and third step work into therapeutic processes of trust, control, anxiety, boundaries, change

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5. Establish sobriety	<ul style="list-style-type: none"> • Understands sobriety as boundary problem • Commits to and completes celibacy contract • Writes sobriety statement • Understands relapse process • Writes relapse plan • Establishes a date 	<ul style="list-style-type: none"> • Uses clearly stated boundaries of sobriety • Manages life without dysfunctional sexual behavior 	<ul style="list-style-type: none"> • Facilitates relapse prevention planning • Utilizes sobriety definition and celibacy process as part of boundary restoration • Supports sexual health plan of client • Understands sexual health dimension from a twelve step framework
6. Ensure physical integrity	<ul style="list-style-type: none"> • Learns physical aspects of addiction • Completes physical • Completes psychiatric assessment • Learns neuropathways of addiction • Maps person neuropathway interactions • Understands arousal template • Maps personal arousal template 	<ul style="list-style-type: none"> • Understands physical aspects of addiction • Identifies neuropathway interaction • Identifies dysfunctional arousal patterns 	<ul style="list-style-type: none"> • Identifies co-morbid mental health problems • Understands breadth of physical complications • Identifies neuropathway activity • Conducts neuropathic interview • Conducts an arousal template assessment

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7. Participate in a culture of support	<ul style="list-style-type: none"> • Participates in a twelve step program • Develops relationship with sponsor • Completes sponsor debriefing • Does service in program • Knows signs of a healthy group • Has celebration date 	<ul style="list-style-type: none"> • Maintains a healthy support system 	<ul style="list-style-type: none"> • Knows differences in fellowships • Maintains relationships with members of recovering community • Knowledge of twelve step work • Knows signs of healthy support group • Uses steps “therapeutically” • Understands control/anxiety paradigm of twelve step life
8. Understand Multiple Addictions and Sobriety	<ul style="list-style-type: none"> • Completes assessment of all Addictions and deprivations • Completes an Addiction Interaction screen • Understands addiction neuropathways • Completes a multiple addiction Relapse Prevention Plan • Understands “Black Hole” metaphor 	<ul style="list-style-type: none"> • Capacity to be relapse free from concurrent addictions 	<ul style="list-style-type: none"> • Facilitates multiple addiction assessment • Teaches Addiction Interaction Disorder • Facilitates addiction screen • Facilitates and supports multiple addiction relapse prevention planning

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9. Acknowledge Cycles of Abuse	<ul style="list-style-type: none"> • Completes Stress Index • Finishes trauma “egg” process • Understands forms of abusive and exploitive behavior • Completes life inventory of abuse • Has boundary management and anxiety reduction “soothing” skills • Has strategies for resentment, forgiveness and meaning making around abuse events • Completes Seventh step • Completes “Angel Egg” 	<ul style="list-style-type: none"> • Identify abuse and exploitation • Integrate understanding of abuse into value system • Can cope with abusive persons and situations 	<ul style="list-style-type: none"> • Administer and interpret Stress Index • Facilitate Trauma “egg” exercise • Teach about nature of abuse and exploitation • Facilitate life inventory of abuse • Teach boundary management and anxiety reduction • Assist Seventh step process and integrate into therapy
10. Reduce Shame	<ul style="list-style-type: none"> • Completes steps Four and Five • Recognizes personal shame • Understands shame cycle • Identifies carried shame • Has specific strategies for • Interrupting shame • Knows boundary setting strategies • Identifies “Gap” issues in life • Does Therapeutic Holidays 	<ul style="list-style-type: none"> • Recognize and manage topic shame • Sets boundaries in shaming systems and situations 	<ul style="list-style-type: none"> • Assist patient in preparing Fourth and Fifth steps • Integrate Fourth and Fifth step work into therapy • Understands shame, carried shame, and shame cycles • Teach strategies for patient to manage shame

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11. Restructure Relationship with Self	<ul style="list-style-type: none"> • Completes eighteen months of individual therapy (sixty-five sessions) • Completes Sixth step • Understands and states personal limitations • Completes mission statements • Completes Zone Plan 	<ul style="list-style-type: none"> • Have a workable, compassionate relationship with self • Capacity for self-determination and autonomy 	<ul style="list-style-type: none"> • Conducts individual therapy • Integrates Sixth step into therapy • Assists in patient knowing human limits • Facilitates life plan exercise • Facilitates Hermes Web exercise
12. Grieve Losses	<ul style="list-style-type: none"> • Understands grieving process • Completes timeline of losses • Identifies personal losses • Has strategies for effective sorrow • Understands 12 steps as process to grieve 	<ul style="list-style-type: none"> • Recognize grief • Have skills for grieving 	<ul style="list-style-type: none"> • Facilitates grief process • Teach grieving skills • Teach grieving strategies • Understands 12 steps as change process • Integrates 12 step existential position into therapy
13. Bring Closure and Resolution Taking Responsibility for Self	<ul style="list-style-type: none"> • Completes steps Eight and Nine • Does couples weekly exercise for ten weeks, if couple • Uses integrity check list for twenty days • Understands importance of closure 	<ul style="list-style-type: none"> • Keeps current on shame, resentment and relationship issues 	<ul style="list-style-type: none"> • Supports Eighth and Ninth steps • Facilitates and supports couples weekly exercise • Understands and monitors integrity check list • Teaches principles of closure and resolution

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14, Restore Financial Viability	<ul style="list-style-type: none"> • Understands financial disorders • Completes financial disorder assessment • Completes financial template process • Able to live within financial means • Lives within financial recovery plan • Financial Resilience 	<ul style="list-style-type: none"> • Maintain financial viability 	<ul style="list-style-type: none"> • Teaches financial disorders concepts • Facilitates financial disorder assessment • Facilitates financial template process • Models good financial boundaries
15. Restore Meaningful Work	<ul style="list-style-type: none"> • Understands dysfunctional, obsessive work patterns • Completes work template process • Completes work satisfaction survey • Establishes meaningful, successful career pattern 	<ul style="list-style-type: none"> • Have meaningful, successful work 	<ul style="list-style-type: none"> • Teaches dysfunctional, obsessive work patterns • Facilitates work template process • Facilitates work satisfaction survey • Supports, affirms success at work • Facilitates meaningful work goals
16. Create Lifestyle Balance	<ul style="list-style-type: none"> • Uses Personal Crazyness Index for eight weeks • Understands rest, renewal, “Sabbath” principles • Regular windows of rest • Has sources for renewal and competing passions • Early Warning System 	<ul style="list-style-type: none"> • Capacity for balance, harmony and renewal • Uses Negative Experience Transformers • Uses Zone principles and plan 	<ul style="list-style-type: none"> • Teaches strategies for maintaining balance • Supports and monitors renewal principles • Assists in accessing sources for renewal and competing passions
17. Build Supportive Personal Relationships	<ul style="list-style-type: none"> • Attends a therapy group for 175 hours • Finds and uses a sponsor • Be a sponsor to others • Has “best” friends 	<ul style="list-style-type: none"> • Initiate and sustain enduring life relationships 	<ul style="list-style-type: none"> • Conducts group therapy integrating tasks and steps • Supports and monitors sponsor activity

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18. Establish Health Exercise and Nutrition Patterns	<ul style="list-style-type: none"> • Has weekly aerobic exercise program • Remains in appropriate weight range for age and height • Completes Recovery Zone physical assessment process 	<ul style="list-style-type: none"> • Stays physically fit 	<ul style="list-style-type: none"> • Teaches about recovery health issues • Supports and monitors exercise activity • Supports and monitors weight • Facilitates Recovery Zone physical assessment process
19. Involve Family Members in Therapy	<ul style="list-style-type: none"> • Family members attend together a structured family therapy program. • Family members attend two or more family therapy days. • Shares story with family. • Shares Genogram with family members, therapist, and support group. • Completes Accountability Exercise and shares with family, facilitated by therapist. • Completes Timeline of how addict has abused/offended family members. • Completes Family Impact Sharing exercise • Complete Interpersonal Amends & Affirmations. • Complete Family Affirmations with family and therapist. 	<ul style="list-style-type: none"> • Capacity to ask for help • Take responsibility for personal behaviors • Connects story to learning and mentoring • Ability to risk being vulnerable 	<ul style="list-style-type: none"> •

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<p>20. Commit to Recovery for each Family Member</p>	<ul style="list-style-type: none"> • Family members enter a recovery program for themselves. • Each family member completes own first step with a sponsor. • Understands 12 Steps as a Family Process. • Completes a Powerlessness & Unmanageability Inventory. • Attends six meetings with Al-anon, Co-da, S-anon, or ACOA. • Completes Drawing Exercise: How family was, How family is, How family would like to be. • Writes a Family Mission Statement with goals and tasks to accomplish. 	<ul style="list-style-type: none"> • Take responsibility for self • Understands and accepts impact of addiction disorders • Uses 12 Step principles to handle anxiety and to redirect family processes • Capacity for fun and spontaneity 	<ul style="list-style-type: none"> •

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<p>21. Resolve Original Conflicts/Wounds</p>	<ul style="list-style-type: none"> • Participates in therapy specific to family-of-origin or trauma issues. • Understands core beliefs about self • Creates list of specific events, behaviors, and attitudes that interfered with development of self • Summarizes the impact into a list of “character defects” • Relates these defects to the addicts/co-addicts core beliefs and the nature of shame and trauma • Completes a Family Conflict Genogram. • Completes Voices in My Head exercise. • Identifies voices outside the family that activate the shame or old trauma triggers • Specify how those voices create dysfunctional responses and feelings • Learns the six steps in creating positive affirmations • Reframes the old voices with reframed affirmations • Use dolphin guided imagery to expand affirmation • Completes draft of a “Covenant with Self” 	<ul style="list-style-type: none"> • Identify and manage recurring dysfunctional patterns • Has realistic sense of personal limitations • Has skills to transform negative messages of remembered experience • Has an internal covenant which replaces old beliefs 	<ul style="list-style-type: none"> •

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<p>22. Alter Dysfunctional Family Relationships</p>	<ul style="list-style-type: none"> • Completes Boundary Setting exercise to establish non-negotiables for relationship. • Family members explore disconnects in Family communication by completing Johari Window exercise • Family members learn importance of disclosure by examining the impact of dishonesty in the family • Family learns 6 rules of boundary setting and writes out personal boundary lists • Family members write a bottom-line “non-negotiable” list • Family members use “rules of disclosure” to create a disclosure list • Discloses to primary partner and members of family as appropriate • Completes draft two of a “Covenant with Self” based on new knowledge and non-negotiables 	<ul style="list-style-type: none"> • Remain true to self in the presence of dysfunction or stress • Becomes a direct, appropriate communicator • Has clear, appropriate boundaries with self and others • Breaks self-limiting family rules and roles 	<ul style="list-style-type: none"> •

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<p>23. Resolve Issues with Children</p>	<ul style="list-style-type: none"> • Understands guidelines for disclosure and does age-appropriate disclosure. • Shares secrets and makes amends to children when appropriate. • Asks for feedback from other adults who have been actively involved with children. • Completes “Children Raising Children” exercise • Shares exercise as a Family • Children attend regular meetings with a therapist. • Couple writes a Unified Communication Agreement. 	<ul style="list-style-type: none"> • Resolve conflict in dependent relationships • Learns to negotiate covenant with dependents and honors communications • Understands limitations in power situations 	<ul style="list-style-type: none"> •

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<p>24. Resolve Issues with Extended Family</p>	<ul style="list-style-type: none"> • Shares secrets and make amends to extended family when appropriate. • Understands the 5 Tasks of Family-of-Origin work. • Defines a Family of Choice. • Defines qualities of safe person and sees if anyone in Genogram meets criteria • Reviews basics of grieving and completes an unfinished and unsaid list • Uses letter writing and role playing to resolve issues with family members who have died or who are unwilling to participate in recovery process. 	<ul style="list-style-type: none"> • Resolve conflict in interdependent relationships • Creates personal intimate support community • Knows key information about patterns in extended family • Brings closure to personal issues 	<ul style="list-style-type: none"> •
<p>25. Work Through Differentiation</p>	<ul style="list-style-type: none"> • Understands rules for fair fighting. • Writes a Fair Fight contract. • Understands guidelines for having difficult conversations • Completes Difficult Conversations History • Identifies conflict issues, including non-negotiables, triggers, and coping styles. • Lists unresolved difficult conversations and creates a resolution plan 	<ul style="list-style-type: none"> • Sustain intimacy without loss of self • Develops difficult conversation skills • Ability to establish effective boundaries • Utilizes Fair Fight principles • Understands importance of closure 	<ul style="list-style-type: none"> •

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<p>26. Succeed in Intimacy</p>	<ul style="list-style-type: none"> • Understands the 12 Pre-requisites for Intimacy and completes self-assessment • Completes Circle of Intimacy Assessment: plots circles, identifies people in circles, identifies what is missing in circles, identifies what couples would like circles to look like. • Shares circle with significant persons and discusses what it means to be intimate • Completes a minimum of 100 hours in therapy with one therapist • Completes 175 hours in some type of group therapy • Attends regularly base or home 12-Step group 	<ul style="list-style-type: none"> • Be vulnerable and intimate. • Creates a personal support network • Sustains a “primary” relationship • Recognizes relationship priorities 	<ul style="list-style-type: none"> •

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<p>27. Commit/Recommit to Primary Relationship</p>	<ul style="list-style-type: none"> • Shares Definition of Commitment: “What commitment means to you?” “How has the meaning of commitment changed over time?” • Identifies current priorities in couple’s life: where time is spent • Completes Primary Relationship exercise: “What’s kept you from success in your primary relationship?” “Identify losses and feelings associated with losses.” • Completes IMAGO exercise • Identify Dreams in Recovery and Honoring Those Dreams (Gottman’s work) • Completes Intimacy-Abled and Intimacy-Disabled exercise using the 12 Pre-requests of Intimacy to rate where they see themselves and where they think others see them. • Completes the Commitment Renewal Process: individually, as a couple, with a couple sponsor, and with a therapist. • Couple creates and performs a Ritual of Recommitment 	<ul style="list-style-type: none"> • Capacity to maintain and renew committed relationship • Understands obstacles to having primary intimacy • Integrates intimacy knowledge with recovery principles • Understands and honors key relationships • Integrates commitments 	<ul style="list-style-type: none"> •

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28. Explore Coupleship Recovery	<ul style="list-style-type: none"> • Attends Twelve Step meetings for couples regularly. • Understands the problems of compulsive attachments. • Reviews Chapter 5 principles • Understands differences between steps done as individual and steps done as couple • Completes a Couples first step over dynamics of addictive / co-dependent relationships • Understands concept of couple shame • Completes and processes couple shame exercise as part of couple's fifth step • Completes Internal Commitment Audit. 	<ul style="list-style-type: none"> • Participate in a community of couples • Increases couple's capacity to take responsibility for their shared behavior • Understand couple dynamics that are part of addictive disease • Utilize 12-Step strategies and principles when addictive dynamics surface • Relates as couple effectively with other couples 	<ul style="list-style-type: none"> •

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<p>29. Restore Healthy Sexuality</p>	<ul style="list-style-type: none"> • Writes a sex plan and keep it updated. • Understands the 12 dimensions of human sexuality and how they become the map to one’s sexual self. • Associates the 12 Step Recovery Principles with the Dimensions of Sexual Health. • Completes Sexuality Genogram. • Completes Sexuality Timeline. • Develops plan for sexual health. • Identifies Sexual Development Events - Lists 5 events that have shaped positive sexual development and 5 that have done harm. • Understands concept of “emotional intercourse.” • Understands connection of individual recovery to larger cultural and life issues 	<ul style="list-style-type: none"> • Knows dimensions of healthy sexuality • Uses 12-Step principles to focus on sexual health • Integrates sexual self-knowledge into sexual practice • Conscious sexuality relates to larger society and culture 	<ul style="list-style-type: none"> •

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30. Develop a Spiritual Life	<ul style="list-style-type: none"> • Finds and uses a spiritual director or mentor. • Joins a spiritual community. • Attends 12 Step meetings. • Completes Spiritual Genogram • Develops Spiritual Timeline • Completes Medicine Bag & Shares with Family Members: Brings 5 items that give them strength to share with family. • Interviews 3-5 people who have different perspective on spirituality than own. • Sets aside quiet time daily for meditation and reflection. • Understands different meditation techniques. 	<ul style="list-style-type: none"> • Has on-going spiritual practice • Knows divergent methods for preserving “conscious contact” • Participation in supportive spiritual communities • Seeks and gives spiritual direction 	<ul style="list-style-type: none"> •

NOTES:

- *Performables must be cast as “task” - they either do it or not*
- *Duplicates of performables*
- *Build on previous performables*
- *Internal logic to each chapter so there is a flow and progression to skill building and process*
- *Transcribe our words and edit them in*