



Carol the Coach -- 10 Recovery Tools to Work a Good Program

1. Go to 12 Step Meetings or Recovery Nation or Smart Recovery and
2. Get a sponsor or mentor
3. Read the SAA or SA book
4. Do the 12 Step Work
5. Create fellowship
6. See a CSAT or professional trained in SA
7. Go to a Therapy group for sex addicts
8. Read articles and books on sex addiction and the brain, and partner materials
9. Pray, meditate, journal
10. Utilize filters and tools that make her feel safe e.g., Covenant Eyes, screen shots of his whereabouts, polygraph tests, GPS, direct access to pass codes etc.

These tools should be intermixed with:

Healthy Outer Circle Behaviors – hobbies, exercise, religion, sports, dating, walks together, playing with the kids, cooking, fishing etc.