



# A Wise Exit Strategy

## Determining your readiness to stop attending ReGroup

You are committing to attend a **DFR ReGroup** for the purpose of personal freedom from sexual and pornographic addiction. Knowing that the process of freedom from this addiction takes anywhere from 2-4 years, it is important for you to understand the frame of reference we have about your attendance and involvement.

The length of your involvement may have slight variations that will be dependent on your level of commitment to the journey, counsellor's perspective and the agreement of those in your corner – spouse, accountability partner, pastor, other family members etc. The following are basic expectations for everyone regardless of their independent counsel.

In pursuit of freedom, **DFR ReGroups** are designed with the following expectations:

1. Consistent attendance for a minimum of 1 year
2. Regular and intentional interaction and sharing within the group
3. Completion of the 12 steps twice found in the "Steps to Freedom" book.
4. Completion of the "The Final Freedom" book.
5. Completion of the "101 exercises" book.
6. Fully understand addiction, your triggers, and comprehensive recovery strategies.
7. Personal counselling to work through issues behind/because of the addiction.
8. Become completely free of acting out – all clear – for 1 full year.
9. Restore your marital relationship in a God-honouring way as is possible.
10. To walk deeply and consistently with the Lord in community and private devotion.

The following are questions you should ask yourself before ending your involvement and attendance at the DFR ReGroups. These questions are designed to help you discern whether or are stable and ready to function without the group.

1. Have you met the **DFR ReGroup** criteria above – fully completing the program?
2. Do you have weekly accountability in place moving forward to keep growing?
3. Have you identified your triggers and set up wise boundaries related to each?
4. Do you have a complete recovery plan for stability beyond ReGroup?
5. Has your relationship with God strong and is He your daily anchor?
6. Is your marriage in a healthy and stable place?
7. Have you support of wife, counsellor, accountability partner(s), Pastors etc. to finish?
8. Have you been clean for 1 full year?

Signed

Start Date

Witnessed

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Signed

Completion Date

Witnessed

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