



Doing Family Right

ReGroup

Welcome to DFR's **ReGroup** led by Dr. Dave, Chris, Brian and Kevin.

ReGroup stands for Recovery Group – recovery from any form of sexual addiction. It's here where **men make men** out of excuse-making, emotionally weak adolescents. Get used to the straight talk. You likely won't like hearing the words sexual addiction – cause that's not you, right? Look, if your sexual desires can't be controlled in a God-honouring way and you keep going back to a porn-centered, self-absorbed sexual release – call it what you like – you have a problem.

- ❖ We offer **“GRIT and GRACE”**. On one hand, we care about one another enough to call each other out – **GRIT** – on any addictive thinking – you know, the excuses, the downplaying, the justification, the minimizing, the lying to self or others – ANY of the usual ways that you have hidden or manipulated the truth about what's going on.
- ❖ On the other hand, we will never give up on you – **GRACE** – but remind you of God's unconditional mercy for all of us – His forgiveness, His cleansing, His call to fresh starts. **We call each other to greatness!** So, **COME** as you are but don't **STAY** as you are. We won't let you.
- ❖ **Boys Make Excuses – Men Make Changes!** That's your future with **ReGroup**. Change. Overcoming the addiction. So, come to work hard on the material, to surrender to the process and make yourself accountable to the others. Don't just show up for a while – putting in time – to give the illusion of change.
- ❖ **Recovery is a TEAM SPORT**. We fight WITH you against the addiction that has you. We need one another. Research shows that few men get free without support.

REGROUP GROWTH ATTITUDE – Getting the Most out of Your Time

1. **ENGAGE** – You need to interact, share yourself, open up about your journey and volunteer your thoughts and ideas. You are not a passive attender - not on the sidelines. You are in the game! Don't wait to be prompted. Share what you are thinking, learning and experiencing. Volunteer yourself freely.
2. **BE HONEST** – The lying, minimizing and withholding have to END! No BS! You have to be authentic. Be genuine. Tell the TRUTH. Come clean with the group on challenges, temptations, relapses and all. You are done with lying. We are too. We are all open and transparent.

3. **CARE** – Step up to help the other guys. Encourage with words, phone calls and affirmation. Consider visits outside the group. Pray for and with brothers, send Scripture and text support. Love Long and Hard!
4. **REACH OUT** – It's fully on you to make a call, text, message on What's App if you are tempted or struggling. POWER grows in secret. You are not alone. Man up and reach out. Recovery is a TEAM SPORT.
5. **HUMILITY** – It starts with honest acknowledgement that you need help. Come to submit and learn. Shame drives you inward and isolates you. Humbleness causes you to admit shortcomings and an eagerness to learn.
6. **RESPECT** – Don't be the weakest link. Do your work. Read, grow and push yourself and thus others by your example. Text to inform if you are not making ReGroup and share why.
7. **CONFIDENTIALITY** – You know this and want this. What is shared in the group stays in the group. No names or details are shared elsewhere to anyone. Be open with the guys in the group but only THOSE guys. Be trustworthy on this.
8. **GRIT & GRACE** – Gently rub off the rough spots. Call each other to greatness. Be loyal in times of struggle. Challenge the excuses, alibis, explanations, minimization or justification. Challenge as well the quitting, the giving up and the "I can't do this mentality." Step up and be a wingman.
9. **FAITH** – We all need Jesus. Decide to fully surrender to the Lord and His plan for your life. Choose to read and apply His Word. HE will anchor you through this challenging process of recovery.

REGROUP IS YOUR BAND OF BROTHERS! These men are your Wingmen. Be a Wingman for them too!

THE RECOVERY PROCESS

1. **REGULAR ATTENDANCE** – Build growth momentum by staying committed to not missing the group. You will get insights, strategies, support and encouragement every week. You will be pointed back to the call to deepen your faith and trust in God's strength to deal with the addiction.
2. **DAILY ACCOUNTABILITY** – Get a **Wingman** – one who will walk with you steadily in your recovery. Also, be open and authentic with the men in ReGroup. Admit your struggles, call out if triggered, reveal temptations and confess relapses. Share your journey day to day.

3. **THE 12-STEP PROGRAM – STEPS TO FREEDOM** by Dr. Doug Weiss – This is the at-home journey of growth that you do are on. It is your goal to do one step each month until you are completed. You share your completed “step work” with your wingman and the men in your group.



4. **MAINTAIN CONNECTION – the opposite of addition is connection!** Reach out. Don't try to go it alone. Be there to encourage others when you are in a better place and go there to be supported when you are struggling. We stay connected 3 ways:

❖ **Phone Calls** – The goal is to make a 3-5-minute call every day to the men in your group. YES – you make a call. Every Day. Ask how they are doing. Give them an encouraging word or a verse of Scripture. Share if you are struggling. Pray with and for one another. Be sure to LEAVE A MESSAGE if they don't answer.

❖ **WhatsApp** - download the app, get your contact info to your pod leader. Leader will add you to the main group and to your breakout pod group. Read regularly, interact, encourage, reach out, be vulnerable! This is your main connection to the whole group. Community is imperative for recovery!

❖ **R-Tribe** - download app and create an account. Add **chris_boschman** as a friend. Chris will add you to the ReGroup tribe on R-Tribe. From that group you can add all members as friends. You will be able to keep track of your victories and setbacks. This is an easy, but fantastic way to commit to a simple daily discipline and visually track progress.

6. **COVENANT EYES** – Put this protection-accountability software on all your devices. This is the necessary ROADBLOCK to prevent you from getting to questionable sites or other online activities. It also reports to your wingman of search struggles and screen content that is unacceptable.

7. **PERSONAL COUNSELLING** – Go for help to fully sort out what is driving you to your addiction.

8. **DEEPENING FAITH** – You will not make it out of your addiction without a true and vibrant spiritual awakening. Surrender your life fully to the LORD. Give each day to Him. Live out Proverbs 3:5,6 - *“Trust in the Lord with all your heart and do not lean on your own understanding, in all your ways, acknowledge Him (submit to Him) and He will direct your path.”*