



WINGMAN

Key Addiction Recovery Questions for a Spiritual Accountability Partner

By Dr. Dave Currie

Purpose: YOU will hold your friend accountable to changes needed in his life, calling him beyond sexual addiction recovery to spiritual greatness as a man, a husband or a father.

Recommended Level of Accountability: Follow these expectations.

- **Daily Text "All Clear" - Day___:** (Nothing seen or done sexually inappropriate since last text)
- **Weekly Phone Check-ins** - 15 minutes (Face Time or video call if possible)
- **In-Person Meeting** Weekly ___ Biweekly ___ Monthly ___ - 1 hour (using the questions)

Required Questions to be Asked Weekly not Weakly:

- 1. Have you viewed any sexually explicit material of any kind from any source?
- 2. Have you masturbated or practiced any other form of sexual self-stimulation?
- 3. Have you tried to get around the Covenant Eyes filter in any way at any time?
- 4. Have you scoped any real women sexually or tried to reach out to a woman online or in person? Have you been unfaithful to your wife in any way in your mind or actions?
- 5. Did you attend the Sexual Addiction Recovery Group this week?
- 6. Have you been working through your recovery material? What was it? How much time have you put into recovery this week? Minimum of 2-3 hours/week.
- 7. Did you do any Step Work this week? What was it? What step are you on?
- 8. Did you follow through on the consequences you set as a deterrent for a relapse?
- 9. Have you been in prayer daily asking God for strength and victory over you addiction and a growing reconnection with your wife?
- 10. Have you been faithful in daily Bible reading? Where have you been reading and what are you learning? Minimum: 1 chapter/day.
- 11. Have you reached out in love to your wife with encouraging words and caring actions? Site 1 example of words and 1 for actions.
- 12. Have you lied to me in your answers or in any way downplayed, minimized or misrepresented the truth about your thoughts or behaviour since we last talked.

The Fine Print: This accountability process is your commitment to fight for your friend. It's on him to initiate contact with you. If you are chasing him, he's already slipping. **Boys make excuses – Men make plans!** He has to grow up! He needs to reach out to you and others in his world if he is triggered to relapse. You are to challenge and encourage him to follow through on his commitments to recovery and integrity. Pray together with him every time you are in person or on the phone. You should have received his completed **Sexual Addiction Recovery Plan** that reveals his recovery steps, his boundaries and his consequences. You should start receiving his weekly report from Covenant Eyes. He is required to report to you and his wife within 24 hours or sooner if he relapses in any way. You will need to confirm with his wife that he actually told her. He should take immediate action to do his consequences. Don't let his wife be the "Cop". Email me – drdave@doingfamilyright.com - that you received this guide sheet and are understanding and willing to be his **Wingman** or if you have any questions. Thank you for being "**Iron that sharpens iron...**" Proverbs 27:17.