



Recovery Update Husband Weekly Check-In

Dr. Dave Currie

PLAN: The agreement is for you, as husband, to take responsibility to rebuild trust with your spouse by willingly initiating (not waiting to be asked) and fully volunteering (no questions or prompting needed) the nature of your recovery work & journey each week. Target Time: 20-30 minutes/week.

HUSBAND'S CHECK-IN

1. I did/or did not participate in my **Recovery Group** this week. One thing I learned in my Recovery Group this week is _____. Goal: Attend Weekly.
2. In **Bible Reading/Prayer**, I read a chapter ____ of 7 days this week and I prayed at least 1/day for ____ of the 7 days this week. Goal: Read 1 Chapter/Day and 5-7 Minutes of Prayer/Day.
3. I **Checked In** with my accountability partner ____ out of 7 days this week. I am "All Clear" _____ days as of today. Goal: Check-In Daily with accountability partner.
4. I had an **Accountability Meeting** face-to-face this week with _____ online or in-person to discuss the Wingman Questions. Goal: 30-60 Minutes/Week
5. In **Step Work**, I worked on my material on ____ different days for a total of ____ minutes this week. Goal: 2 hours active work/week and to complete the 12-Step Program within 12 months.
6. Regarding **Supplementary Recovery Work**, I read, watched or listened to at least 1-hour of the following books, videos, podcasts, resources or other. Describe the Resource(s): _____. Goal: 1 hour of Bonus Resource/Week
7. The **New Concept** or encouraging thought I have learned and appreciated in my recovery work this week was from (source) and was _____. Goal: Ongoing growth.
8. I did/did not **RELAPSE** this week but was fully faithful to you in every way both online and in person. Goal: 100% Faithfulness.
9. I have/have not **Lied to You** or others in any way this week by either withholding, distorting, minimizing, half-truthing, misleading, twisting or any other attempt so as to misrepresent the truth. Goal: 100% Honesty
10. I have sought to **Live Surrendered** to the Lord this week and I remain **Fully Committed** to "US", seeking to grow a marriage that honours the Lord that is built on genuine trust and care. Goal: 100% Commitment God & Spouse.