



All Clear – Day ____ Accountability Check-In

By Dr. Dave Currie

1. The daily “**All Clear**” means you have not viewed anything that is inappropriate sexually in any way, from any source, in any format, on any device, online or otherwise and not viewed pornography or anything close to it in the last 24 hours.
2. The daily “**All Clear**” means that you have not masturbated or engaged in any other form of self-stimulation so as to orgasm in the last 24 hours.
3. The daily “**All Clear**” means that you have not looked at a woman in person in a sexual way but treated them with respect not as object for your pleasure in the last 24 hours.
4. The daily “**All Clear**” means that all your interaction, contact or relationships with any woman in person whether face-to-face, live online or through any means is in every way non-sexual and fully honorable before God and your spouse. Thus, there was no sexual contact of any kind with any person in the last 24 hours.
5. You should begin texting Dr. Dave daily starting today. You should **find another man to be an accountability partner**, approved by your spouse, who should start receiving the daily check-ins within a week as well.
6. Text both men each day your **All Clear – Day ____** – shortened to **AC 41** (example: 41 days clean). You should set your alarm around 9:30 pm each day to remind yourself to check in without them needing to prompt you.
7. Start counting what day you are on based on the **last all clear day** as defined by points 1-4. Example – All clear – Day 17. If you relapse, you will start at day 1 again.
8. If you relapse, **report that within 24 hours** to your spouse and us.
9. Know and respect this effort to stand by you and help you to overcome your addiction in a God-honoring way. **You simply cannot lie to us.** Too much is at stake.
10. If you have had a **hard time of sexual temptation** but remained clear, report that. We want to understand your struggles better to be able to encourage you.
11. Remember, set an alarm to remind yourself to check in. **No excuses.**
12. Explain ahead of time if you are going to be in the USA, out of the service area or for any reason **unable to report** in.
13. You will **not report to your spouse** daily. She has to trust the men God has brought into your life. She needs to be your wife and not the “cop”. She will be informed by Dr. Dave as discussed and merited.
14. If you are wondering how long you will be reporting for, I have another man who has nearly reached **2000 days** all clear and still counting.
15. **Pack your pride** and get used to the idea of ongoing and God-honoring accountability. This will be one of your greatest sources of strength.