



Action Plan Ideas

1. PROACTIVE STEPS

- Five Commandments*
- Attend Reborn
- LIFE Workbook
- Daily Contract
- Unbound Ministry
- Covenant Eyes
- Block People/Phone #s
- Quit Social Media
- Read Scripture Daily
- Accountability Partner
- Frequent Confession
- Weekly Adoration
- Exercise/Diet
- 24-Hour Tell Policy
- Counseling/Therapy

2. BOUNDARIES

- No Sex Outside Marriage
- No Pornography of Any Form
- No Chat Rooms
- No Masturbation
- No Sex Establishments
- No Lying at Any Time

3. PERSONAL MEDIA TEMPTATIONS

- Computer/Internet: _____
- Phone/Tablet: _____
- Television: _____
- Movies: _____
- Books/Print Media: _____

4. CONSEQUENCES (examples—feel free to come up with your own)

- Fast and Pray
- Clean Entire House or Wife's Car
- No Sports for ___ Days
- Volunteer for Pro-Life Charity
- Donate to Pro-Life Organization
- Tell Pastor/Spiritual Director

* THE FIVE COMMANDMENTS

1. Pray each morning asking God to keep you free and sober today.
2. Read recovery material and works the steps/daily exercises assigned by the group or counselor.
3. Call to check in with someone who will support and keep you accountable.
4. Attend at least one meeting for support and accountability (1 John 1:9, Proverbs 28:12).
5. Pray a nightly examen, thanking God for keeping you free or admitting a sobriety break.