Expectations for Participation in the Step Study

* Group of 6-18 men
* Bi-weekly sessions of 90 minutes conducted via Zoom
* Individual commitment of 1-3 hours to prepare for each session
* Stay on pace with group schedule outlined below
* Consistent attendance
* Regular participation in discussions and sharing of exercises
* Communication between meetings will be electronic using various technology – text, email, GroupMe, Word, etc.

NOTE: Page references in the schedule below are based on 2nd Edition, Castimonia – A Sexual Purity Support and Recovery Group – Resource Book

Schedule Template

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| Session  | Date  | Assignment for Session  | Activities during Session  |
| 1  | 4/29/23  | Obtain Castimonia book   | Expectations, Ground Rules Read, Discuss  |
| 2  | 5/13/23  | Create calendar entries for each scheduled meeting Read pages 1-24 Exercise P.1 - Triggers, p.313  | Questions re pages 1-16 Share Triggers Exercise  |
| 3  | 5/27/23  | Read pages 24-50 Exercise P.2 - False Beliefs, p.317  | Questions re pages 16-48 Share False Beliefs Exercise  |
| 4  | 6/10/23  | Read pages 50-68 Exercise P.3 - 3 Circles, p.322  | Questions re pages 48-68 Share 3 Circles  |
| 5  | 6/24/23  | Read pages 69-76 Read Step 1, pages 77-84 Exercise 1.1 - Family of Origin, p. 323  | Complete all prework exercises Questions re pages 77-84 Introduce Step 1 Share Family of Origin  |
| 6  | 7/8/23  | Exercise 1.2 - Powerlessness, p.327 Exercise 1.3 - Unmanageability, p.329 Exercise 1.4 - Addiction Cost, p.331  | Share assigned exercises Discuss drafting First Step  |
| 7  | 7/22/23  | Draft First Step Submit First Step for review Once reviewed, schedule for sharing at support meeting  | Discuss First Step drafting Discuss First Step Experience Letter  |
| 8  | 8/5/23  | Exercise 1.5 - First Step Experience, p.333 Read Step 2, pages 85-89  | Share First Step Experience letters Discuss Step 2  |

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| 9  | 8/19/23  | Exercise 2.1 - Ten Most Insane Moments, p.335 Exercise 2.2 - Higher Power Inventory, p.337  | Share assigned exercises  |
| 10  | 9/2/23  | Exercise 2.3 - Higher Power Connection, p,339  | Share Step Two exercises Introduce Step 3  |
| 11  | 9/16/23  | Read Step 3, pages 91-94 Exercise 3.1 - A List of Miracles, p.341 Exercise 3.2 - Barriers to Turning Our Will Over to God, p. 343  | Share assigned Step 3 exercises  |
| 12  | 9/30/23  | Exercise 3.3 - Bearing Fruit, p. 344  | Share Step 3 exercises Introduce Step 4  |
| 13  | 10/14/23  | Read Step 4, pages 95-106 Exercise 4.1 - Flaws, p.350 Exercise 4.2 - Assets, p. 352  | Share Flaws and Assets exercise Discuss Resentments  |
| 14  | 10/28/23  | Exercise 4.3 - Resentments, p. 358 - 361 Read Step 4, pages 106-112  | Share Resentments exercises Discuss Fears  |
| 15  | 11/11/23  | Exercise 4.3 – Resentments (refine, continue) | Share Resentments exercise (continue from prior session)Discuss Fears, Sexual Conduct |
| 16  | **11/18/23\***  | Exercise 4.4 - Fears, p.364 Exercise 4.5 – Sexual Conduct, p.368 | Share exercises  |
| 17  | **12/9/23\***  | Exercise 4.6 – Deep, Dark Secrets, p. 371 | Share exercise Introduce Step 5 |
| 18  | **12/16/23\***  | Read Step 5, pages 113-117 Exercise 5.1 – Our Confession, p.373 | Discuss Step 5 Share exercise |
| 19  | **1/6/24\***  |  Exercise 5.2 – Confession Reflection, p. 377 | Share exercisesIntroduce Step 6 |
| 20  | 1/20/24  | Read Step 6, pages 119-123 Exercise 6.1 – Are You Entirely Ready? p.379 | Share exercise Introduce Step 7 |
| 21  | 2/3/24  | Read Step 7, pages 125-129 Exercise 7.1 – Being Humble, p.381 | Share exercise |
| 22  | 2/17/24  | Exercise 7.2 – Humbly Ask God to Remove Defects, p.383 | Share exercisesIntroduce Step 8 |
| 23  | 3/2/24  | Read Step 8, pages 131-136 Exercise 8.1 – Amends List, p.387 | Share exercise Introduce Step 9 |
| 24  | 3/16/24  |  Read Step 9, page 137-142 Exercise 9.1 – Making Amends, p.389 | Share exercise |
| 25  | 3/30/24  | Make in person amends Exercise 9.2 – Amends Letters, p.395 Exercise 9.3 – Reflection on Amends, p.401 | Share exercises |
| 26  | 4/13/24  |  Complete Step 9 | Share exercises Introduce Step 10 |
| 27  | 4/27/24  | Read Step 10, pages 143-146 Exercise 10.1 – When We Were Wrong, p.143 | Share exercise |
| 28  | 5/11/24  | Exercise 10.2 – MCARE p.411 Exercise 10.3 – Reflections, p.413 | Share exercises Introduce Step 11 |
| 29  | 5/25/24  | Read Step 11, pages 147-156 Exercise 11.1 – Prayer, p.415 Exercise 11.2 – Unanswered Prayer, p.417  | Share exercises |
| 30  | 6/8/24  | Exercise – 11.3 Meditation, p.419 Exercise 11.4 – Sponsor’s Note, p.421 | Share exercises Introduce Step 12 |
| 31  | 6/22/24  | Read Step 12, pages 157-162 Exercise 12.1 – Helping Others, p.423 Exercise 12.2 – Time, Talent, Treasures, p.424 | Share exercises |
| 32  | 7/6/24  | Exercise 12.3 – Our Testimony, p.425 | Share exercises |
| 33  | 7/20/24  |  Exercise 12.4 – Sponsor’s Blessing, p.429 |  Next Steps for all Go forth! |
| Make up?  | 8/3/24  |   |   |