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 exercises  Introduce 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 exercises  Introduce 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 |  |  |