



New Reflections

CLINICAL SERVICES

Set Expectations with a New Covenant

By agreeing to a new covenant between you and your partner, you are setting expectations for your behavior and consequences should you fall short. Use the following Covenant Template as a guide as you continue your journey through recovery. Remember to make changes as needed and include appropriate consequences. Ask for your partner's input and pray over it. This new covenant will serve as accountability as you work towards becoming sober, healthy, and honest with yourself and those around you.

My New Covenant

I, _____, vowed on our wedding day to be faithful and true to you and only you, according to God's word. Because I have violated my promise and commitment to you, I have betrayed both you and God and broken your heart. I am committing to restoring your trust and renewing my heart and mind to be a man of my word and covenant with God. I want to build a new and renewed trust with you, as well as your emotional safety and security. I am filling in the consequences of any behaviors that are unworthy of a healthy, honest, safe, and sober man in recovery. My prayer and vow to myself is that I won't need the consequences. I will take full ownership of middle and inner circle behaviors if, in any case, I slip or have a relapse and do not hold to my vow and covenant for sobriety. I will not put any responsibility on you to come up with the consequences for my inappropriate behaviors. I will report to my group, counselor, and you within the agreed-upon time frame of _____ hours/days.

1. No middle circle behaviors or triggers, including allowing unhealthy emotional states to linger, people, places, events, drugs/alcohol, smoking, television, computers, lying, anything or anyone that would trigger the inner circle, acting out behaviors.

Consequences:

2. No contact with any acting-out person, affair partners, prostitutes, escorts, same-gender partners.

Consequences:

3. No self-pleasuring or masturbation.

Consequences:

4. No lusting or fantasizing over erotic images; they are to be replaced with a healthy thought process, such as a 3-second rule written up in my outer circle. If I cannot successfully replace the thoughts and images, I will:

5. No pornographic viewing, including magazines, videos, cable TV, or movies that have sexual content.

Consequences:

6. No sexting, chat rooms, exchanging any explicit pictures of self or others, or phone sex.

Consequences:

7. No seductive behavior, including flirtatious exchanges, texting, or conversations with women that are not work-related or otherwise platonic.

Consequences:

8. No exhibition or exposing oneself.

Consequences:

9. No strip clubs.

Consequences:

10. No lap dances.

Consequences:

11. No voyeurism.

Consequences:

12. No cross-dressing or shopping for women's clothing.

Consequences:

I am committing/recommitting on this day to be honest, not keeping or withholding any secrets, and to be healthy, safe, and sober in my recovery process. I want you to trust me again, fully knowing it will take time; the consequences on the back side of this contract are ones that I take full responsibility for.

Sign _____ Date _____