

Foundation of Awareness Exercise

Use this sheet daily to remind you of 1. The behaviors you absolutely must avoid. 2. Your triggers both emotional and sexual so you are aware when you are triggered. 3. Your foundational behaviors that keep you grounded, present, authentic and vulnerable.

Sexual Behaviors – (or other addictive behaviors) that must be avoided at all costs.

Triggers – Emotional and sexual triggers that hijack you and either cause or lead you to act out.

Your Foundation – All behaviors people and activities that ground you, enable you to stay present, and allow you to constantly practice authenticity and vulnerability.