

# ReGroup Questions

Dec. 20, 2022

1. What is the best way to help your wife when she is triggered?
2. When you cannot find a wingman, what is another way to keep being accountable?
3. Looking for advice for someone who is well into the recovery journey (e.g. 5 yrs). Lots of progress made and in a much better place than before, but struggling to make the next step into continued growth and sustained sobriety. Asking for a friend...
4. What does 'abiding' in Christ look like? Been studying this in the bible in John and 1 John and always am eager to hear another's perspective and view.
5. How important to your recovery is it to know the reason behind why you medicate with porn?
6. Any advice for those who fail their polygraph and what to do to overcome that?
7. When doing the 3 dailies/ the love link, is there ever a time when someone runs out of memories or stuff to share while doing it? How can I get the most of doing the 3 dailies and the love link with my wife every day?
8. How can you understand an addict if you have never been one?
9. Any advice on how to plan romantic dates as I am not the type of guy to do that and struggle greatly in that department?
10. How do I determine the difference between love and lust with my wife?
11. A question I have had is how to deal with funerals. I recently went to a funeral for my grandmother. There were many of my female cousins there. Some were provocatively dressed. I knew ahead of time this would be an issue, but as an oldest grandson felt it important to be there. How would I deal with this type of situation. Because it was out of state, I was dependent on others for

transportation so I couldn't come and go as I pleased. How would you deal with this type of situation.

12. Sexual integrity seems to be a taboo subject between men, especially Christian men. How does one break the ice and broach the subject?
13. "How could you do something like this/what were you thinking?" wisely? I can put it into the words of deceptive sin and shame and how I was selfish and just try to be honest but I do still feel like I'm missing some of the vocabulary or understanding. I feel like pride, fear, and me wanting to be my own God are at the core of my sin but I'm not quite sure how to fully put it into words.
14. How should a mature brother in Christ lead/guide young brothers in Christ toward sexual purity? How should a brother in Christ gently rebuke or challenge brothers in Christ who are constantly making crude sexual immoral vile jokes and insinuation? Should a dating couple kiss before marriage?
15. Over the last year I've worked really hard to push down my sexual desires down to the point where my sex drive is so much lower than before. Now, I can take it or leave it. Is this type of libido change normal after going through a program like this.
16. What has been the biggest thing you have learned over all your years of working with doing family fight and marriage issues?
17. What's the biggest misconception or thing addicts get wrong?
18. The church is likely filled with addicts that are hidden and nobody knows, DFR is only so big... what should the church be doing to tackle these issues?
19. Living in the past vs focusing on the future is harder said then done, especially as working recovery requires a lot of reflection. What are some more effective recovery tactics to keep future focused while allowing the past life to be kept as a learning experience?
20. I've hardly ever argued with my wife. Generally avoided conflict. This intimacy avoidance has caused more harm then good. What's are some tips to healthy arguing? I deserve to be heard and express my opinion but don't know how.

21. It seems there are medical solutions for depressions, anxiety, etc. I feel like I have a warped view of Brain health and question if my brain could use some medicine. What are some clear signs and signals I could be consulting my medical physician?
22. How do you stay motivated in doing the recovery work to get it done and not drift away from it?
23. What are your thoughts regarding parameters for “healthy” masturbation among single guys?
24. We know that the opposite of addiction is connection. What if connection is a source of anxiety for some?
25. How to overcome apathy when things are going well?
26. What is the process of leaving Regroup well when the time is right?
27. How does an addict continue to find hope and healing when they are experiencing despair in their recovery journey?
28. How does an addict know when they are fully (especially sexually) healed from their past addiction?
29. What do I do when I’m conflicted between something I want to do (act out) and knowing I shouldn’t. What’s the best way to deal with the WANT to act out?
30. How do I get past the fear of failing in the midst of a good run of all clear?
31. How do I find motivation to continue to walk in purity, when my wife has told me it’s over and there’s little hope of reconciliation? And how do I deal with the resulting hopeless outlook of healthy sexual outlet because of that?