

WFR Step Study 7

Expectations for Participation in the Step Study

- 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
- Download the FreedomFight App for daily check-ins and weekly shares. This Step Study uses the FreedomFight to stay connected as a Group.
- 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

Session	Date	Assignment for Session	Activities during Session
1	September 20, 2025	Obtain Castimonia book	Expectations, Ground Rules Read, Discuss
2	October 4, 2025	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	October 18, 2025	Read pages 24-50 Exercise P.2 - False Beliefs, p.317	Questions re pages 16-48 Share False Beliefs Exercise
4	November 1, 2025	Read pages 50-68 Exercise P.3 - 3 Circles, p.322	Questions re pages 48-68 Share 3 Circles
5	November 22, 2025	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	December 6, 2025	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	December 20, 2025	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	January 10, 2026	Exercise 1.5 - First Step Experience, p.333	Share First Step Experience letters

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		Read Step 2, pages 85-89	Discuss Step 2
9	January 24, 2026	Exercise 2.1 - Ten Most Insane Moments, p.335 Exercise 2.2 - Higher Power Inventory, p.337	Share assigned exercises
10	February 7, 2026	Exercise 2.3 - Higher Power Connection, p.330	Share Step Two exercises Introduce Step 3
11	February 21, 2026	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	March 7, 2026	Exercise 3.3 - Bearing Fruit, p. 344	Share Step 3 exercises Introduce Step 4
13	March 21, 2026	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	April 4, 2026	Exercise 4.3 - Resentments, p. 358 - 361 Read Step 4, pages 106-112	Share Resentments exercise
15	April 18, 2026	Exercise 4.3 – Resentments (refine, continue)	Share Resentments exercise (continue from prior session) Discuss Fears, Sexual Conduct
16	May 2, 2026	Exercise 4.4 - Fears, p.364 Exercise 4.5 – Sexual Conduct, p.368	Share exercises
17	May 16, 2026	Exercise 4.6 – Deep, Dark Secrets, p. 371	Share exercise Introduce Step 5
18	May 30, 2026	Read Step 5, pages 113-117 Exercise 5.1 – Our Confession, p.373	Discuss Step 5 Share exercise
19	June 13, 2026	Exercise 5.2 – Confession Reflection, p. 377	Share exercises Introduce Step 6
20	June 27, 2026	Read Step 6, pages 119-123 Exercise 6.1 – Are You Entirely Ready? p.379	Share exercise Introduce Step 7
21	July 11, 2026	Read Step 7, pages 125-129 Exercise 7.1 – Being Humble, p.381	Share exercise
22	July 25, 2026	Exercise 7.2 – Humbly Ask God to Remove Defects, p.383	Share exercises Introduce Step 8
23	August 8, 2026	Read Step 8, pages 131-136 Exercise 8.1 – Amends List, p.387	Share exercise Introduce Step 9

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24	August 22, 2026	Read Step 9, page 137-142 Exercise 9.1 – Making Amends, p.389	Share exercise
25	September 5, 2026	Make in person amends Exercise 9.2 – Amends Letters, p.395 Exercise 9.3 – Reflection on Amends, p.401	Share exercises
26	September 1, 2026	Complete Step 9	Share exercises Introduce Step 10
27	October 3, 2026	Read Step 10, pages 143-146 Exercise 10.1 – When We Were Wrong, p.143	Share exercise
28	October 17, 2026	Exercise 10.2 – MCARE p.411 Exercise 10.3 – Reflections, p.413	Share exercises Introduce Step 11
29	October 31, 2026	Read Step 11, pages 147-156 Exercise 11.1 – Prayer, p.415 Exercise 11.2 – Unanswered Prayer, p.417	Share exercises
30	November 14, 2026	Exercise – 11.3 Meditation, p.419 Exercise 11.4 – Sponsor’s Note, p.421	Share exercises Introduce Step 12
31	November 21, 2026	Read Step 12, pages 157-162 Exercise 12.1 – Helping Others, p.423 Exercise 12.2 – Time, Talent, Treasures, p.424	Share exercises
32	December 5, 2026	Exercise 12.3 – Our Testimony, p.425	Share exercises
33	December 19, 2026	Exercise 12.4 – Sponsor’s Blessing, p.429	Next Steps for all Go forth!
34		If needed	