## ISA Self Care Check List

This is a list of things you can do to help yourself recover when dealing with an attachment injury/infidelity induced trauma. Remember, sometimes you have to take several of these actions in one day. In our experience, the pain and trauma symptoms will go away and you will recover when you choose to take care of yourself.

| Physical                                                                 | Mon | Tue | Wed | Thu | Fri | Sat | Sun     |
|--------------------------------------------------------------------------|-----|-----|-----|-----|-----|-----|---------|
| Physical exercise (very important for brain chemistry, take at least a   |     |     |     |     |     |     |         |
| walk and get those good chemicals going naturally!)                      |     |     |     |     |     |     |         |
| Healthy eating                                                           |     |     |     |     |     |     |         |
| Adequate sleep                                                           |     |     |     |     |     |     |         |
| Self pampering (see list on website)                                     |     |     |     |     |     |     |         |
| Doctor visits                                                            |     |     |     |     |     |     |         |
| STD tests at recommended intervals                                       |     |     |     |     |     |     |         |
| Enforce physical boundaries (you decide who, when and how someone        |     |     |     |     |     |     |         |
| touches you, e.g. "in house" separation)                                 |     |     |     |     |     |     |         |
|                                                                          |     |     |     |     |     |     |         |
|                                                                          |     |     |     |     |     |     |         |
|                                                                          |     |     |     |     |     |     |         |
| Intellectual                                                             |     |     |     |     |     |     |         |
| Educate yourself about your situation, information helps you observe     |     |     |     |     |     |     |         |
| your predicament more objectively (ask recommendations for books in      |     |     |     |     |     |     |         |
| the meeting and from your therapist.)                                    |     |     |     |     |     |     |         |
| Start studying something that interests you                              |     |     |     |     |     |     |         |
| Enforce intellectual boundaries (you are in control of your own          |     |     |     |     |     |     |         |
| opinions and thoughts)                                                   |     |     | 1   |     | 1   |     |         |
|                                                                          |     |     |     |     |     |     |         |
|                                                                          |     |     | 1   |     |     |     | 1       |
|                                                                          |     |     |     |     |     |     |         |
| <u>Emotional</u>                                                         |     |     |     |     |     |     |         |
| Individual therapy with an appropriately accredited therapist            |     |     |     |     |     |     |         |
| Couple's therapy with an appropriately accredited couple's therapist     |     |     |     |     |     |     |         |
| Attend group therapy                                                     |     |     |     |     |     |     |         |
| See a psychiatrist if PTSD symptoms will not go away                     |     |     |     |     |     |     |         |
| Learn your wants and needs and state them                                |     |     |     |     |     |     |         |
| Set emotional boundaries (only own and take responsibility for your      |     |     |     |     |     |     |         |
| own emotions)                                                            |     |     |     |     |     |     |         |
| * Therapists have different treatment models so choose a therapist       |     |     |     |     |     |     |         |
| that works for you.                                                      |     |     |     |     |     |     |         |
|                                                                          |     |     |     |     |     |     |         |
|                                                                          |     |     |     |     | _   |     |         |
|                                                                          |     |     |     |     |     |     |         |
| <u>Spiritual</u>                                                         |     |     |     |     |     |     |         |
| Go to 12-step meeting                                                    |     |     |     |     | _   |     |         |
| Share in meeting, it's not enough just to go to meetings, sharing is     |     |     |     |     |     |     |         |
| important                                                                |     |     |     |     |     |     |         |
| Make program calls                                                       |     |     |     |     |     |     |         |
| Call to a recovery partner, accountability partner or sponsor            |     |     |     |     |     |     |         |
| Reach out to new members in meeting                                      |     |     |     |     |     |     |         |
| Sponsor other ISA members                                                |     |     |     |     |     |     |         |
| Spiritual activity                                                       |     |     |     |     |     |     |         |
| Pray/Meditate                                                            |     |     |     |     |     |     |         |
| Write in your journal                                                    |     |     | 1   |     |     |     |         |
| Use affirmations                                                         |     |     |     |     | 1   |     |         |
| Practice gratitude (e.g., gratitude journal)                             |     |     | 1   |     | _   |     | 1       |
| Practice acceptance (e.g., serenity prayer)                              |     |     | 1   |     |     |     |         |
| "Five & Five" (write down 5 things you are grateful for and 5 things you |     |     |     |     |     |     |         |
| are surrendering to your Higher Power)                                   |     |     |     |     | _   |     | 1       |
| Practice mindfulness (e.g, use STOP)                                     |     |     |     |     |     |     |         |
| Set spiritual boundaries (you decide your own beliefs and spiritual      |     |     |     |     |     |     |         |
| practices)                                                               |     |     | 1   |     | 1   |     |         |
|                                                                          |     |     | 1   |     | 1   |     | $\perp$ |
|                                                                          |     |     |     |     |     |     |         |
|                                                                          | 1   |     |     |     |     |     |         |