



## How to Start a Defenders Men's Accountability Group

A key component of being a Defender is holding your friends accountable. Accountability is essential; whether this is accomplished through accountability groups, phone conversations, emails, coffee meetings, or other means.

This document is meant to demonstrate how to set up a sample Defenders accountability group. It is geared more toward a faith-based men's group, but this model can be used effectively with a secular group as well. This document outlines goals to set, how to accomplish those goals, ground rules, and a weekly meeting sample outline.

Contact the Defenders USA at [www.thedefendersusa.org](http://www.thedefendersusa.org) or email [ethan@sharedhope.org](mailto:ethan@sharedhope.org) if you have further questions about setting up a Defenders accountability group, or if you have additional feedback.

### Defenders Men's Accountability Group

#### Goals:

- Provide a safe accountability group to assist in overcoming sexual addiction, temptation, or past experiences. Establishing safe accountability in a group is a critical element to the group's success.
- Restoration of each person's view of themselves and others
  - If you want to influence the world you must have healthy relationships
- Honoring spouse (or future spouse) and other women
  - Loving vs. consuming, giving rather than just receiving, and defending vs. objectifying
  - Healthy relationship with wife can influence the world
- Encouragement for positive outlets
  - Sexual desire being replaced with an appropriate action

#### How to accomplish goals:

- Gathering in authentic community as men on a regularly scheduled basis (i.e., weekly)
  - Sharing in small groups of 6-8
  - In a guilt free, safe sharing environment, no BS group
  - Striving to encourage healthy relationships between ourselves, each other, others, and Christ.
- Help overcome addictions with awareness of the sex industry
- Help overcome pornographic addiction by replacing positive appropriate actions during the time you might be involved in viewing pornography



- Draw attention toward what a healthy relationship between opposite genders looks like
- Promote self-care
  - Working out, developing self-awareness and self-esteem, creating wins in life, all point towards positive aspect/habits in one's personal life that will change your perspective of others
- Enjoy one another's company

#### **Ground rules:**

- Positive language
  - Encouraging speech
  - Use positive aspects of life to promote good habits
  - Replace the act of negatively fulfilling a sexual desire/need with a positive outlet
- Avoid fix-it language
  - Look at life's purpose beyond any guilt
  - Avoid compounding shame
- No BS
  - If you would not say it to a stranger or an elementary school child: don't say it!

#### **Weekly Meeting Sample Outline:**

- Review ground rules
- Share
  - Review week since last meeting
    - Relationship week
    - Sexual week
  - Struggles
    - When and where
  - Wins
    - When and where
    - Celebrate!
  - Clarifying questions
    - Positive language
    - Self-care - work out, eating right, sleep, etc.
    - What did you do that you enjoyed?
  - Goals
    - Asking the group to establish group goals
    - Promote projects and suggestions from The Defenders national staff
    - Each member setting personal goals
    - Following up on those goals set
- Prayer in for the needs of those in the group