**Abstinence Contract**

I have decided to not engage in any type of sexual behavior with self or others for \_\_\_\_\_\_\_\_\_

days. I understand that through this process I need to talk with my clinical and peer support group about my thoughts and feelings. If I decide to break this abstinence contract, I will try to be thoughtful about that process and talk with my support group before returning to any type of sexual activity.

**Other elements to include in my abstinence contract include the following….**

**My clinical and peer support group includes…**

**What do I expect to “bubble up” when I am choosing not to use sex as a coping response?**

**When issues “bubble up” I will…**

**Signature Date**