

XXXchurch Content Calendar

Jan - Jun 2023

January

Key idea: Something New

Posts should focus on incorporating new habits, new goals, new perspectives, etc. as it pertains to recovery and sex.

February

Key idea: Heart / Mind / Body

Posts should focus on the heart, mind and body connection, coherence, and emotional integration.

March

Key idea: Be the Lion

Posts should focus on the difference between aggressive & passive recovery, making things happen, initiative, and proactive engagement/accountability.

April

Key idea: Building Intimacy Through Recovery

Posts should focus on how couples can work on rebuilding their relationship and intimacy during & through the recovery process.

Note: The Raabsmith team will be writing 4–5 posts for this month and highlighting the release of their new book.

May

Key idea: Grace & Empathy

Posts should focus on the need to extend grace and empathy to others and oneself, and allowing oneself the ability to ask questions without making judgments. (Ex. I am feeling this way; what is happening that is making me feel like this?)

June

Key idea: Daddy Issues

Posts should focus on the impact of parents and formative experiences on mental health and behavioral choices.