

# FANOS

A daily, 5-minute check-in with your spouse  
to *offer* information about sobriety and  
to practice emotional intimacy

...from the Greek word that means ‘to shine’ or ‘to reveal’

Take turns as each spouse shares their responses to the following categories.  
After the first spouse is finished, the second spouse will share their responses. Do not interrupt, correct or ask questions until you are both finished. If you have time and want to talk further, you can do so after you have both checked-in.

**F**eelings—state your feelings (not your thoughts!); you do not need to explain why you have these feelings, unless a short explanation would help your spouse stay present (“I’m angry because my boss criticized me today.”).

**A**ffirmation—give your spouse an affirmation—or say ‘thank you’ for something.

**N**eeds—ask for something you need—make it something practical and attainable. It is not necessarily something you need of your spouse.

**O**wn something—say you are ‘sorry’ or apologize for something you did or said.

**S**obriety—For the addict: check-in with your **Sobriety** (as defined by both of you). If sexual sobriety has been maintained for a long time, you may choose something else you want to change for your **Spiritual Growth** (ie: habitual TV watching, rage, withdrawal, sarcasm, compulsive work, emotional eating, etc.). Check-in about how your progress is going with that issue.

For the spouse: identify a behavior or substance you are using to “manage your emotions”, something you are willing to change for your **Spiritual Growth**.

Example: **F**: I am feeling very nervous today about a big meeting I have to attend.

**A**: Thank you for being so patient with me while I have been preparing for this.

**N**: I would like to get a sitter tonight so that we can go out to dinner alone.

**O**: I really snapped at you when you were trying to tell me something and I apologize for that.

**S**: (For the addict...) I want you to know that I am sober today. I am also working on reducing my work hours and I still have more to do before it feels healthy.

**S**: (For the spouse) I am working on not withdrawing when I feel hurt or sad. I did very well until last night when I shut down and wouldn’t talk to you.

