



## BULLETPROOF INTEGRITY WORKING AGREEMENT

JOHN R. WILLIAMS, LMHC

### As we start

1. On the Forms & Questionnaires page on the Bulletproof Integrity site:
  - a. <https://www.bulletproofintegrity.com/bulletproof-recovery-forms-questionnaires.html>:
  - b. Click on the Coaching or Counseling Consent Form, Introductory Questionnaire and the other quizzes and questionnaires.
  - c. Fill them out, scan them and email them back to me before our first session. Please do not send photos of them.
  - d. If we are meeting in person in Montclair or New York, you can also download the location and instructions on this page. (You can also just bring the Consent Form with you.)
2. If we haven't already decided on an appointment time, contact me to set one up after you fill out the questionnaire.
3. We will spend our first session or two on my getting to know you and your issues better. And of course, I understand we will be deciding if we are a good fit for each other.

### Meeting

4. If we are meeting by video conference call, here are the instructions:
  - a. Join from PC, Mac, Linux, iOS or Android: <https://zoom.us/j/6821903843>
  - b. Or iPhone one-tap:  
6699006833,,6821903843# or 6468769923,,6821903843#
  - c. Or Telephone (for joining Group Coaching):  
Dial: 669 900 6833 or 646 876 9923.  
Meeting ID: 682 190 3843
  - d. By the way, this room ID is always the same: 682 190 3843

## Payment

5. My fees are \$100 per hour for video sessions, and \$125-150 per hour for in-person meetings (or whatever is currently on the website).
  - a. Understand the Iron, Steel and Titanium levels of support on <https://www.bulletproofintegrity.com/investing-in-your-freedom-from-porn.html>
  - b. If you have any financial concerns, please discuss them with me.
6. I do not take insurance.
  - a. If you are a New York resident, I can send you an invoice for you to submit your insurance as an out-of-network practitioner.
  - b. You are welcome to read more about this and other matters on my site: <https://www.bulletproofintegrity.com/faq.html>. Let me know if you have any questions or concerns.
7. I will send you a payment request through PayPal, after our session. You can pay by credit card or through your PayPal account if you have one.
  - a. Please understand that I may not always bill you promptly. I apologize in advance.

## Content of our sessions

8. The way I work with men is to ask them to read some pages in a book or worksheet and then answer questions where they can apply what they learned to themselves. We then discuss that homework during our sessions.
  - a. Please plan on prioritizing these assignments every week. If you do not keep gaining knowledge, skills and self-awareness on a regular basis, you will not achieve your goals and we will have little to discuss during our sessions together.
  - b. If reading and writing like this represents a challenge, just let me know.
9. I also ask you to fill out a Check In form and send it to me before each session, to update me on how they are doing beforehand.
  - a. Again, this saves time during our session.
10. You can see the books and workbook I request you to buy on the Readings & Exercises page, also under the Resources tab: <https://www.bulletproofintegrity.com/exercises.html>
  - a. You will also see the Check In form and reading and writing assignments there.
  - b. You can remind yourself of what you are to be working on, and see what is ahead.

## Appointments

11. Schedule your weekly appointments on the Appointments page, under the Contact tab on the website.
  - a. <https://www.bulletproofintegrity.com/schedule-appointment-john-williams.html>
  - b. Please schedule them in advance to avoid problems fitting them in (see the next point).
12. After our first three sessions together, I ask you to commit to three months of weekly meetings, including group meetings.
  - a. This is necessary for you to gain what you need, and to keep momentum we can build on.
  - b. Please plan to schedule one month's appointments in advance, and do this before the start of each calendar month.
  - c. After three months, we can reassess and decide about the next time period.
13. If you have any issues with keeping an appointment, just text or email me as soon as possible.
  - a. If you cancel an appointment, please make a new one that week. If there are no available spots, contact me and I will try to make a time.
  - b. If you are cancelling an in-person meeting, I need 48 hours warning. Otherwise I will need to bill you half the fee for the cancelled appointment.

## Concerns

14. If you have any concerns about our work together, or moments of distress when you want to connect with me, please text or email me. I will try to reply within a day.
  - a. If we cannot meet one week for some reason, please send me an update by email to let me know how you are doing.

Thanks for letting me work with you to get free—Free from Porn, Free to Love.

**Your Signature below or Payment signals your understanding, consent and acceptance of this working agreement.**

Your Signature \_\_\_\_\_ Date \_\_\_\_\_