

# Getting Started with Bulletproof Integrity, Part 2

John R. Williams, LMHC

## Before our second session

1. On the Forms & Questionnaires page, at [BulletproofIntegrity.com](https://www.bulletproofintegrity.com):
  - a. Click on the Working Agreement and the Quizzes.
  - b. Fill them out, scan them and email them back to me before our next session. Please do not send photos of them.

## Payment

2. My fees are \$100 per hour for video sessions, and \$125-150 per hour for in-person meetings.
  - a. For different financial options, get familiar with the Iron, Steel and Titanium levels of support on <https://www.bulletproofintegrity.com/investing-in-your-freedom-from-porn.html>
3. I do not take insurance.
  - a. However, 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.

## What we will do

4. 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 personal work during our sessions.
  - a. I also ask them to fill out a Check In form and send it to me before each session, to update me on how they are doing beforehand.
5. 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. You can remind yourself of what you are to be working on, and see what is ahead.

## Appointments

6. Once we have decided to work together, you can begin scheduling your own appointments.
  - a. Go to <https://www.bulletproofintegrity.com/schedule-appointment-john-williams.html>.
  - b. Please make them for a month at a time.
7. If you have any issues with keeping an appointment, just text or email me.
  - 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

8. 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.
9. If we cannot meet one week for some reason, please send me an update by email to let me know how you are doing (ideally use the Check In form on <https://www.bulletproofintegrity.com/sexual-integrity-readings-activities.html>).

Thanks. And I look forward to helping you reclaim your freedom, power and self-respect.