

# Step One

## Powerlessness

### What we did that we couldn't control.

*"...we list examples of our powerlessness, including the progression of our acting-out behaviors, actions that violated our own values, efforts we made to stop, and occasions where we knew that these behaviors would lead to serious consequences yet did them anyway." Sex addicts anonymous, P23p4*

**Circle what you identify with doing:** (pg4 p2)

- |  |  |
|--|--|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Chose sex over family, friends, or career</li> <li><input type="checkbox"/> Sex, fantasies, or planning filled my mind</li> <li><input type="checkbox"/> Sex is an escape from feelings or responsibilities</li> <li><input type="checkbox"/> Repeated behaviors despite consequences</li> <li><input type="checkbox"/> Spent too much time being sexual or managing crisis</li> <li><input type="checkbox"/> Sex was the measure of what was important</li> <li><input type="checkbox"/> Other _____</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Sexual choices created fear or despair</li> <li><input type="checkbox"/> Life filled with deceit to hide sexual behavior</li> <li><input type="checkbox"/> Felt isolated and alone because of sexual behavior</li> <li><input type="checkbox"/> Felt Spiritually empty</li> <li><input type="checkbox"/> Tried to establish boundaries, eventually violated them</li> <li><input type="checkbox"/> Swore to loved ones to stop but couldn't</li> <li><input type="checkbox"/> Lived a double life</li> <li><input type="checkbox"/> Other _____</li> </ul> |
|--|--|

**"...including the progression of our acting-out behaviors"** P23p4  
**Ask: What did your addiction start with.....What did your addiction progress to next....What did your addiction progress to at the end.....**

Started with: \_\_\_\_\_

Progressed to: \_\_\_\_\_

Progressed to: \_\_\_\_\_

Is/Was now: \_\_\_\_\_

**Lies told, either to self or others, to enable acting out. Frequently the lies we told to ourselves are more powerful because we Don't even know I am Lying. Denial.**

Lie to others \_\_\_\_\_

Lie to others \_\_\_\_\_

Lie to self \_\_\_\_\_

Lie to self \_\_\_\_\_

Lie to self \_\_\_\_\_

**"...actions that violated our own values"** P23p4, circle what behaviors below you engaged in that violated your values

- |   |   |
|---|---|
| <ul style="list-style-type: none"> <li><input type="checkbox"/> Having sex with strangers</li> <li><input type="checkbox"/> Having sex on the first date</li> <li><input type="checkbox"/> Sexual acts involving pain or humiliation</li> <li><input type="checkbox"/> Sexual acts that bring about shame the next day</li> </ul> | <ul style="list-style-type: none"> <li><input type="checkbox"/> Inability to say no to having sex</li> <li><input type="checkbox"/> Engaging in seduction or seductive behavior</li> <li><input type="checkbox"/> Trading sex for favors, objects, or to be liked</li> <li><input type="checkbox"/> Having your identity/worth attached to sexual behavior</li> </ul> |
|---|---|

**"...our disease left us with little time, energy, or money for anything else"** P24p1,

**Ask: What things in your life were left behind or lost to your addiction? (ex: relationships, jobs, personal possessions, emotions, self-esteem)**

1. \_\_\_\_\_ 4. \_\_\_\_\_

2. \_\_\_\_\_ 5. \_\_\_\_\_

3. \_\_\_\_\_ 6. \_\_\_\_\_

**"...efforts we made to stop..."** P23p4,

**Ask: What did you do to try and stop your behavior.....did it work?**

Effort #1: \_\_\_\_\_ Did it work? Yes / No

Effort #2: \_\_\_\_\_ Did it work? Yes / No

Effort #3: \_\_\_\_\_ Did it work? Yes / No

**"Addictive sexual behavior increased our loneliness and insecurity, damaged our self-worth, estranged us from our spiritual nature and often resulted in emotional trauma"** P24p1

**Ask: How did your addiction affect your internal life?**

Connection to others: \_\_\_\_\_

Feeling secure in life: \_\_\_\_\_

Feeling valued: \_\_\_\_\_

Spirituality (when acting out): \_\_\_\_\_

**"...occasions where we knew that these behaviors would lead to serious consequences yet did them anyway"** P23p4, **Ask: what consequences did you experience that didn't stop your acting out and did you know the consequences would happen if you were caught or proceeded to act out?**

*Did you know the consequence would happen if you were caught?*

First behavior: \_\_\_\_\_ Consequence: \_\_\_\_\_ Yes / No

Second behavior: \_\_\_\_\_ Consequence: \_\_\_\_\_ Yes / No

Third behavior: \_\_\_\_\_ Consequence: \_\_\_\_\_ Yes / No

## Unmanageability

### What happened because of what we did.

"...we also list the ways that sex addiction made our lives unmanageable. If we spent money on our addiction, we can try to estimate how much money we spent. If we spent time, we can consider how many hours we spent, including the time we spent in fantasy or obsession. If we took the risk of arrest, violence, or disease, we can examine each specific risk we took. We also write about the specific ways our behavior affected our physical and mental health, our work, the lives of those we love, and any other consequences, internal or external, that we experienced." *Sex Addicts Anonymous, p23-24*

**"If we spent money on our addiction, we can try to estimate how much money we spent"** P23p5 Estimate how much money you spent or earned in each of these areas over the entire time that you were active in your sex addiction:

Buying / making /finding Pornography \$ _____	Visiting Prostitutes or Strip Clubs \$ _____	Hotel/Motel rooms \$ _____	Prostituting – Money earned selling sex \$ _____	Legal Fees \$ _____
Medical treatment for sex related issues. \$ _____	Money taken for support/gifts \$ _____	Online dating or porn site memberships \$ _____	Clothing to attract sexual partners or for acting out \$ _____	Materials purchased to use while acting out (sex toys, costumes, etc...) \$ _____
Dates or get-to-know you meetings \$ _____	Therapy/Treatment \$ _____	Gas/Travel expenses \$ _____	Robbed/Lost/Unexplained money losses \$ _____	Under Earning (interference with career or lost jobs) \$ _____

Other \$ \_\_\_\_\_ Other \$ \_\_\_\_\_ **Total \$** \_\_\_\_\_

**"If we spent time, we can consider how many hours we spent, including the time we spent in fantasy or obsession"** P23p5

Count how many hours you spent each **week** in each area. Enter that on the lines below:

Looking at Porn _____	In bars/clubs looking for sex _____	Fantasy/obsession about others _____	Surfing internet sites for partners _____	Internet chatting/ web cam's _____
Massage parlors/strip clubs _____	Missed family events/time with family _____	Searching on mobile apps _____	Obsessing about others/stalking _____	Looking for prostitutes or prostituting self _____
Engaging in Affairs _____	Cybersex/telephone sex _____	Planning Acting out _____	Fearing or avoiding sex _____	Masturbating _____
Voyeurism/Exhibitionism _____	Treatment/Therapy _____	Staying in unhealthy/abusive relationships for sex/acceptance _____	Promiscuous/Time being sexual when not interested _____	Living lies/dual lives _____

1. Chose the behavior you have done for the longest time, circle it, how many years have you been acting out in this behavior? \_\_\_\_\_
2. Multiply the total years by the 52 (the number of weeks in a year): **x52 =** \_\_\_\_\_
3. Enter the amount of hours in the behaviors circled above: **Total hours from the behavior circled above** \_\_\_\_\_ x
4. Multiply the total hours from above by the number of weeks (#2 times #3) **Average Total hours acting out =** \_\_\_\_\_

**Risks, what did you risk when you were acting out? Ask: Did you risk \_\_\_\_\_ while acting out?**

Arrest   Disease   Divorce   Pregnancy   Physical Harm   Your job   Exposure as a liar   Physical Violence   Being Raped

Emotional Damage to self   Emotional Damage to others   Damage to family   Death   Loss of children   Your mental health

Your physical health   Loss of the respect of others   Loss of self- respect   Financial consequences   Suicide/Homicide

**Affected my, what/who was ACTUALLY affected by your acting out? Ask: Did your acting out affect \_\_\_\_\_?**

Physical Health   Mental Health   Work/Job   Spouse/Partner   Children   Mother   Father   Strangers

Siblings   Pocketbook   Neighbors   Friends   Pets   Spirituality   Self Esteem   Self Worth   Security

**Is there anything else you want to try to stop your acting out before doing the 12 steps?**

\_\_\_\_\_

## Step Two Worksheet

**Spirituality Questions** (Indicate which spiritual conditions apply to you): (P26p1)

- *I have a faith that was damaged in one way or another. (Powerless, angry, not helpful)*
- *I've never had spiritual beliefs. (Empty, absent, gone, never existed)*
- *I came from a strict, judgmental religious background that instilled fear of God and shame about myself. (Rigid, angry, penitent, shaming, guilty, demanding)*
- *I have attempted to find refuge from my addiction in religion, yet after great efforts and commitments I found little lasting relief from my disease. (Powerless, absent, false, empty, fake, uncaring)*
- *I tried many religions and found them all unsatisfactory. (Absent, false, powerless, empty, pretending)*
- *I don't believe in God. (Empty, absent, gone, never existed)*
- *I am uncertain which religious beliefs I am willing to accept, or if I am willing to accept any. (Unsure, doubting, empty, Rigid)*
- *I find myself having reservations about the spirituality needed to work step two. (Unsure, doubting, powerless)*
- *I have functioned on my own throughout my life, therefore I am unsure there is a Power greater than myself. (Gone, Powerless, Meaningless, Absent, There for others, Doesn't Exist)*
- *Almost everything has seemed more powerful than me, preventing my happiness or freedom. (Powerless, Angry, defended)*

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**Write a list/paragraph of the ideas about God/Higher Power that I grew up with, that I developed in my childhood, in my addiction, and up to now in my life. To me, God is:** (ex: Angry, Punishing, Demeaning, Absent, Vengeful, Loving, Cares about everyone except for me, Wise, All Knowing, Superficial, Gone, Non-Existent, Fantasy, Shaming, Waiting for me to mess up)

**Look at the questions above and the words after them for help in finding out what your old ideas may be.**

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**Write what ideas I would need to know about God/Higher Power in order to trust it with my Addiction and know that it can and will relieve me of my addiction is:** (ex: Loving, Caring, Trusting, Waiting for me, All Powerful, Forgiving, Able to save me from myself, Believes in me, Stronger than my addiction, Guiding, Wise, Always Present) **"To work this step, we only need to be open-minded enough to try something new."**P26p4

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**Name your Higher Power:**

**I prefer to call the force that will guide my life** \_\_\_\_\_.

(Should not be a person, place, or something that you can destroy, it must be more powerful than you.)

**Act "As If" Statement... Take the name of your Higher Power and the ideas that you would need to know about your Higher Power and write a statement about it. "For most of us, coming to believe is a gradual process." (P26p4) The willingness to act "as if" helps us to make a commitment to recover, despite any doubts we may have. (P28p2)**

I believe that \_\_\_\_\_ is \_\_\_\_\_  
(Name of your Higher Power)

(enter in the details of what you would need to trust your Higher Power with your disease on these lines)

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**And is able to take my addiction from me.**

## Step Three

### Third Step Questions:

What help do I need on a daily basis? \_\_\_\_\_

What help do I need to work my program? \_\_\_\_\_

How can I most be useful to others? \_\_\_\_\_

How can I carry out my Higher Power's will? \_\_\_\_\_

How can I make contact with my Higher Power daily? \_\_\_\_\_

How can I show willingness to let my Higher Power's care into my life? \_\_\_\_\_

Pg30p3 *At this point, we may also begin to practice opening ourselves up to the guidance of a Higher Power...We may ask for our Higher Power's help in staying abstinent today and working our program of recovery. We may ask for insight into how we can be of use to others and to carry out God's will.*

#### **Personal Third Step Prayer:**

**Should contain aspects of surrendering your will and life, what you think and do, to a Higher Power. It should ask for help to see past your selfishness and self-centeredness. It should ask for insight into how you can be useful to others and how to do what is right in your life. It should say that I'll do whatever you want and I'll accept what You want to bring into my life.**

Write a third step prayer that is personal to you and to your Higher Power. In it, be sure to use the aspects of **Surrender, Willingness, Openness, Acceptance, Service, Hope, and Guidance** in your prayer. It should be personal to you and what you want to say. Try to keep it to fewer than 5 sentences.

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*"...it is helpful to remember that all we are doing is making a decision to turn our will and lives over. At this point in our program, we are simply willing to move forward. We decide to make a commitment to recovery, and to our spiritual growth. For most of us, the actual turning over of our will and lives to the care of God will take place gradually, through working the remaining nine steps."  
(P29p2)*

**I commit to; Be more honest, Share the truth about myself, Attend meetings consistently, Make room in my life for fellowship, Ask for and accept help, Reach out to other recovering sex addicts on a regular basis, Stop living in secrecy, Value and enjoy a new sense of spirituality, feel grateful for my recovery, and to do the rest of the nine steps, to be completely honest with both myself and my sponsor, and to keep an open mind to what may happen while I'm doing it. I am making a decision to turn my will & life over to my Higher Power.**

X \_\_\_\_\_

(Sign as a commitment to finish the steps, this is a commitment between you and your Higher Power.)





## Four Column Fourth Step Worksheet

<u>Column 1</u>	<u>Column 2</u>	<u>Column 3</u>	<u>Column 4</u>
<p><b>Person, principal, institution or idea.</b> Who/what are you resentful toward. “We list the people and situations that have hurt us...” (P34p2)</p>	<p><b>Why are you resentful?</b> The cause, why am I or was I angry?</p> <p><b>20 words or less.</b></p> <p>“...citing specific instances. We list what resentments we hold against people, and why—trying to identify exactly what they did instead of writing in generalities.” (p34p2)</p>	<p><b>Affects my...</b> “We may list what we think was lost, taken, or threatened by another person’s actions.”(P345p2) When they did what was in column 2 what was lost, taken, or threatened (select all that apply):</p>	<p style="text-align: center;"><b>My Role</b></p> <p>“We then go back over the list of resentments, looking at each incident, and ask ourselves what role we played in the situation. ... <b>“What is it about their actions that may have been a response to something I said or did?”</b> (P34p3)</p> <p><b>Ask: “Before their action, when dealing with this person in your life, were you acting _____?”</b></p>
		<p>Ambition – Personal Relationships – Pride - Pocketbook – Security Self Esteem - Spirituality</p>	<p>Like a victim - Angry - Controlling – Delusional - Dishonest - Entitled As an actor (Falsely portrayed)- Grandiose -Jealous -Lacking humility Lacking morals - Pessimistic -Selfish -Willful -Self-centered - Anxious Blaming - Abusive -Greedy –Impatient –Judgmental -Manipulative Neglectful - Preachy – Revengeful – Secretive - Self-Absorbed - Undependable - Unfaithful – Indifferent – Intolerant</p> <p><b>When acting these ways, I Fear:</b></p>
		<p>Ambition – Personal Relationships – Pride - Pocketbook – Security Self Esteem - Spirituality</p>	
		<p>Ambition – Personal Relationships – Pride - Pocketbook – Security Self Esteem - Spirituality</p>	
		<p>Ambition – Personal Relationships – Pride - Pocketbook – Security Self Esteem - Spirituality</p>	
		<p>Ambition – Personal Relationships – Pride - Pocketbook – Security Self Esteem - Spirituality</p>	
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		<p>Ambition – Personal Relationships – Pride - Pocketbook – Security Self Esteem - Spirituality</p>	
		<p>Ambition – Personal Relationships – Pride - Pocketbook – Security Self Esteem - Spirituality</p>	

		Ambition – Personal Relationships – Pride - Pocketbook – Security Self Esteem - Spirituality	<p>Like a victim - Angry - Controlling – Delusional - Dishonest - Entitled</p> <p>As an actor (Falsely portrayed)- Grandiose -Jealous -Lacking humility</p> <p>Lacking morals - Pessimistic -Selfish -Willful -Self-centered - Anxious</p> <p>Blaming - Abusive -Greedy –Impatient –Judgmental -Manipulative</p> <p>Neglectful - Preachy – Revengeful – Secretive - Self-Absorbed -</p> <p>Undependable - Unfaithful – Indifferent – Intolerant</p> <p><b>When acting these ways, I Fear:</b></p>
		Ambition – Personal Relationships – Pride - Pocketbook – Security Self Esteem - Spirituality	
		Ambition – Personal Relationships – Pride - Pocketbook – Security Self Esteem - Spirituality	
		Ambition – Personal Relationships – Pride - Pocketbook – Security Self Esteem - Spirituality	
		Ambition – Personal Relationships – Pride - Pocketbook – Security Self Esteem - Spirituality	
		Ambition – Personal Relationships – Pride - Pocketbook – Security Self Esteem - Spirituality	<p>Like a victim - Angry - Controlling – Delusional - Dishonest - Entitled</p> <p>As an actor (Falsely portrayed)- Grandiose -Jealous -Lacking humility</p> <p>Lacking morals - Pessimistic -Selfish -Willful -Self-centered - Anxious</p> <p>Blaming - Abusive -Greedy –Impatient –Judgmental -Manipulative</p> <p>Neglectful - Preachy – Revengeful – Secretive - Self-Absorbed -</p> <p>Undependable - Unfaithful – Indifferent – Intolerant</p> <p><b>When acting these ways, I Fear:</b></p>
		Ambition – Personal Relationships – Pride - Pocketbook – Security Self Esteem - Spirituality	
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		Ambition – Personal Relationships – Pride - Pocketbook – Security Self Esteem - Spirituality	
		Ambition – Personal Relationships – Pride - Pocketbook – Security Self Esteem - Spirituality	
<b>Who have you harmed when acting out in the behaviors listed in column 4?</b>			







## Fear Inventory

List the fears you discovered in the Resentment and Sexual inventories in column # 1 along with any other fears.

<u>Column 1</u>	<u>Column 2</u>	<u>Column 3</u>	<u>Column 4</u>	<u>Column 5</u>
Fears list	Ask "If this fear were to come true, what would it mean to me?" (I would lose ____, They would think ____, I would not get ____, ____ would be taken from me.	Ask yourself "How would (column 2) reflect on me, how would others think of me?"	What ideas in this list match the statement about what would come to pass in columns 2 & 3?	Count how many times each of these fears appears in your inventory. The 3-5 fears that appear most often are likely to be your core fears, the items that you fear the most.
			Rejected      Judged      Disconnected Like a Failure    Helpless/Powerless Defective      Pain      Death Inadequate    Inferior      Unimportant Unloved      Alone      Cheated Humiliated    Ignored      Insignificant	Rejected _____  Judged _____  Disconnected _____
			Rejected      Judged      Disconnected Like a Failure    Helpless/Powerless Defective      Pain      Death Inadequate    Inferior      Unimportant Unloved      Alone      Cheated Humiliated    Ignored      Insignificant	Like a Failure _____  Helpless /Powerless _____
			Rejected      Judged      Disconnected Like a Failure    Helpless/Powerless Defective      Pain      Death Inadequate    Inferior      Unimportant Unloved      Alone      Cheated Humiliated    Ignored      Insignificant	Defective _____  Pain _____  Death _____
			Rejected      Judged      Disconnected Like a Failure    Helpless/Powerless Defective      Pain      Death Inadequate    Inferior      Unimportant Unloved      Alone      Cheated Humiliated    Ignored      Insignificant	Inadequate _____  Inferior _____  Unimportant _____
			Rejected      Judged      Disconnected Like a Failure    Helpless/Powerless Defective      Pain      Death Inadequate    Inferior      Unimportant Unloved      Alone      Cheated Humiliated    Ignored      Insignificant	Unloved _____  Alone _____  Cheated _____

			Rejected Like a Failure Defective Inadequate Unloved Humiliated	Judged Helpless/Powerless Pain Inferior Alone Ignored	Disconnected Death Unimportant Cheated Insignificant	Humiliated _____
			Rejected Like a Failure Defective Inadequate Unloved Humiliated	Judged Helpless/Powerless Pain Inferior Alone Ignored	Disconnected Death Unimportant Cheated Insignificant	Ignored _____
			Rejected Like a Failure Defective Inadequate Unloved Humiliated	Judged Helpless/Powerless Pain Inferior Alone Ignored	Disconnected Death Unimportant Cheated Insignificant	Insignificant _____
			Rejected Like a Failure Defective Inadequate Unloved Humiliated	Judged Helpless/Powerless Pain Inferior Alone Ignored	Disconnected Death Unimportant Cheated Insignificant	Other _____
			Rejected Like a Failure Defective Inadequate Unloved Humiliated	Judged Helpless/Powerless Pain Inferior Alone Ignored	Disconnected Death Unimportant Cheated Insignificant	Other _____
			Rejected Like a Failure Defective Inadequate Unloved Humiliated	Judged Helpless/Powerless Pain Inferior Alone Ignored	Disconnected Death Unimportant Cheated Insignificant	Other _____
			Rejected Like a Failure Defective Inadequate Unloved Humiliated	Judged Helpless/Powerless Pain Inferior Alone Ignored	Disconnected Death Unimportant Cheated Insignificant	Other _____
			Rejected Like a Failure Defective Inadequate Unloved Humiliated	Judged Helpless/Powerless Pain Inferior Alone Ignored	Disconnected Death Unimportant Cheated Insignificant	Other _____

## **Definitions:**

**Ambition:** Affects my ability to get what I believe I want or need.

**Personal Relations:** Affects my personal relationship with those around me

**Pride:** Affects the way others think of me, or the way I think others think of me.

**Pocketbook:** Affects me financially in some way.

**Security:** Affects my ability to feel safe.

**Self Esteem :** Affects the way I think about myself.

**Spirituality:** Affects my relationship with God or my Higher Power.

**A victim** - Having no control, can do nothing right, waiting for someone/something to rescue them

**Controlling** - To exercise restraint or direction over, to dominate or command

**Criticizing** – Act of making or thinking judgments about others. Can be out loud or to yourself.

**Dishonesty** – Falsely portray myself or to deceive others, can be by partial or total omission.

**Entitled** - to believe in the right to claim something over someone/something else

**Envy / Jealousy** – to desire what belongs to another, to believe that you deserve what another person has received

**Falsely Portrayed** – Deceptive or Hypocritical, not real or genuine in thinking or acts. Changing who you are to match what others want.

**Fear** – to be afraid, anxious, uneasy, doubtful

**Gossip** – to repeat idle talk or rumors

**Grandiose** - Showy, ostentatious, designed to attract others to what you show on the outside, not what's inside.

**Hate** – strong feelings of dislike or ill will

**Impatience** – to be impatient

**Lacked Humility** - Lacking modesty or humility, believing that your worth is more than others.

**Lacked Morals** – Crude thoughts, sexual acting out thoughts or behaviors, going against one's beliefs or values

**Laziness** – unwilling to work or exert oneself

**Lying** – to lie

**Pessimistic** - Negative thinking about yourself, others, or life. Believing in the negative all of the time.

**Procrastination** – to put off doing something

**Resentment** – sense of being injured or offended, anger replayed over and over in your head

**Self Centered** - Putting yourself and your needs before others. Thinking that what you need is what everyone needs.

**Self Condemnation** – Self criticism, always putting yourself down.

**Self Justification** – to give reason for actions that you choose to do. “It’s OK because \_\_\_”.

**Self Pity** – Repeatedly thinking how someone wronged you, asking “Why did this happen?” Feelings of unfairness.

**Selfishness** – more concern for self than others, not considering how your actions affect others

**Willful** - Strong willed, only willing to consider your point of view. Thinking you are always right.

**Common Character Defects to consider:**

Do you or have you exhibited any of these common character defects? Mark each one that you believe you do.

- |  |   |  |
|--|---|--|
| <input type="checkbox"/> Aloof           | <input type="checkbox"/> Exaggeration             | <input type="checkbox"/> Playing God         |
| <input type="checkbox"/> Anger           | <input type="checkbox"/> Fantasizing              | <input type="checkbox"/> Possessive          |
| <input type="checkbox"/> Antagonistic    | <input type="checkbox"/> Fearful                  | <input type="checkbox"/> Prejudice           |
| <input type="checkbox"/> Apathetic       | <input type="checkbox"/> Filthy-Minded            | <input type="checkbox"/> Proudful            |
| <input type="checkbox"/> Argumentative   | <input type="checkbox"/> Financially dependent    | <input type="checkbox"/> Reckless            |
| <input type="checkbox"/> Arrogant        | <input type="checkbox"/> Financially insecure     | <input type="checkbox"/> Rude                |
| <input type="checkbox"/> Boastful        | <input type="checkbox"/> Frustrated               | <input type="checkbox"/> Sarcastic           |
| <input type="checkbox"/> Cheating        | <input type="checkbox"/> Gossiping                | <input type="checkbox"/> Self Hatred         |
| <input type="checkbox"/> Closed-Minded   | <input type="checkbox"/> Guilt                    | <input type="checkbox"/> Self Important      |
| <input type="checkbox"/> Codependent     | <input type="checkbox"/> Hate                     | <input type="checkbox"/> Self Indulgent      |
| <input type="checkbox"/> Coldhearted     | <input type="checkbox"/> Hopeless                 | <input type="checkbox"/> Self Justification  |
| <input type="checkbox"/> Compassionless  | <input type="checkbox"/> Insecurity               | <input type="checkbox"/> Self Pity           |
| <input type="checkbox"/> Competitive     | <input type="checkbox"/> Intolerance              | <input type="checkbox"/> Self Reliance       |
| <input type="checkbox"/> Complaining     | <input type="checkbox"/> Irresponsibility         | <input type="checkbox"/> Suspicious          |
| <input type="checkbox"/> Conceited       | <input type="checkbox"/> Isolating                | <input type="checkbox"/> Terminal Uniqueness |
| <input type="checkbox"/> Condemning      | <input type="checkbox"/> Laziness                 | <input type="checkbox"/> Thoughtless         |
| <input type="checkbox"/> Confrontational | <input type="checkbox"/> Lustful                  | <input type="checkbox"/> Uncharitable        |
| <input type="checkbox"/> Cowardly        | <input type="checkbox"/> Lying                    | <input type="checkbox"/> Uncleanliness       |
| <input type="checkbox"/> Crude           | <input type="checkbox"/> Meddling                 | <input type="checkbox"/> Undisciplined       |
| <input type="checkbox"/> Deceptive       | <input type="checkbox"/> Messy                    | <input type="checkbox"/> Ungrateful          |
| <input type="checkbox"/> Dependent       | <input type="checkbox"/> Obsessed with appearance | <input type="checkbox"/> Unreliable          |
| <input type="checkbox"/> Destructive     | <input type="checkbox"/> Opinionated              | <input type="checkbox"/> Untrustworthy       |
| <input type="checkbox"/> Devious         | <input type="checkbox"/> Overly apologetic        | <input type="checkbox"/> Vengeful            |
| <input type="checkbox"/> Dishonest       | <input type="checkbox"/> Perfectionism            | <input type="checkbox"/> Wasteful            |
| <input type="checkbox"/> Disorganized    | <input type="checkbox"/> Pessimism                | <input type="checkbox"/> Worry               |
| <input type="checkbox"/> Egotistical     |   |  |
| <input type="checkbox"/> Envious         |   |  |

## Step 6: Character Defects

**Honesty with ourselves is the key to this step, Don't just say that you are willing to surrender the character defects because you believe that it's the right thing, truly consider if you are willing to let them go.**

*"Our problems did not begin with our sex addiction, not do they end when we get into recovery. Step Six builds on the recognition that our malady has roots that run deeper than just our acting-out behavior. It requires the willingness to change fundamentally, to be free of the failings that continue to create serious problems in our lives." (P40p3)*

List the character defects and actions that came up in the 4<sup>th</sup> column of the resentment inventory and the actions that you did in the third column of the sexual inventory in column 1.

<p><b>List your Character Defects and fears identified in your Fourth Step Inventory</b></p> <p><i>"Our list includes all of the self-defeating attitudes and behavior patterns that have been revealed to us." (P40p5)</i></p>	<p><b>What do you gain from these character defects or fears?</b></p> <p>(Helps me cope, keeps me alive, power, control, self-esteem, value, sense of safety, protection from others, protection from self/others, avoidance of intimacy)</p>	<p><b>Are you willing to surrender <u>WHAT YOU GAIN</u> to your Higher Power?</b></p> <p><i>"We may feel as powerless over our defects as we did over our addictive sexual behaviors. Yet if we are unwilling to let go of our defects, we risk being led back into our addiction." (P42p1)</i></p>	<p><b>What idea/action is the opposite of your character defect? What should you do when you find yourself acting out in your character defect?</b></p> <p><b>(Character Assets)</b></p>	<p><b>If we are unwilling to let go it is helpful to identify why we are unwilling.</b></p> <p><i>"Much of our resistance to change is based in fear. We may find it easier to continue in an unhappy, yet familiar way of life, than to face an unknown and uncertain future. For many of us, our problems and shortcomings seemed to define us as people; what would we be without them?" (P40p2)</i></p>
	Helps me cope / Keeps me safe/ Gives me; power, control, value, self-esteem/ protects me/ Other _____	Yes      No		Still working      Fear of losing it Not painful enough yet Other _____
	Helps me cope / Keeps me safe/ Gives me; power, control, value, self-esteem/ protects me/ Other _____	Yes      No		Still working      Fear of losing it Not painful enough yet Other _____
	Helps me cope / Keeps me safe/ Gives me; power, control, value, self-esteem/ protects me/ Other _____	Yes      No		Still working      Fear of losing it Not painful enough yet Other _____
	Helps me cope / Keeps me safe/ Gives me; power, control, value, self-esteem/ protects me/ Other _____	Yes      No		Still working      Fear of losing it Not painful enough yet Other _____
	Helps me cope / Keeps me safe/ Gives me; power, control, value, self-esteem/ protects me/ Other _____	Yes      No		Still working      Fear of losing it Not painful enough yet Other _____
	Helps me cope / Keeps me safe/ Gives me; power, control, value, self-esteem/ protects me/ Other _____	Yes      No		Still working      Fear of losing it Not painful enough yet Other _____
	Helps me cope / Keeps me safe/ Gives me; power, control, value, self-esteem/ protects me/ Other _____	Yes      No		Still working      Fear of losing it Not painful enough yet Other _____
	Helps me cope / Keeps me safe/ Gives me; power, control, value, self-esteem/ protects me/ Other _____	Yes      No		Still working      Fear of losing it Not painful enough yet Other _____
	Helps me cope / Keeps me safe/ Gives me; power, control, value, self-esteem/ protects me/ Other _____	Yes      No		Still working      Fear of losing it Not painful enough yet Other _____
	Helps me cope / Keeps me safe/ Gives me; power, control, Value, self-esteem/ protects me/ Other _____	Yes      No		Still working      Fear of losing it Not painful enough yet Other _____





## Step Seven

Character Defects		Character Assets	

### Qualities of a Seventh Step Prayer

**Surrender and Humility:** *"In fact, it takes humility to truly ask for help. It means admitting that we are not wholly strong and self-sufficient. It means that we are not too proud or ashamed to believe that we can be helped."*(P43p3)

**Willingness to change:** *"The power of this step is in the asking, not in the result. Asking is a very powerful act—it expresses a deepening surrender on our part. The Seventh Step does not guarantee, or even predict, an outcome. We have found that God's will for us is usually different, and ultimately greater, than our expectations. Simply putting ourselves in God's hands is all that's needed."*(P43-44p5/0)

**Understanding and Acceptance:** *"We also discover that our character defects can become useful in God's hands. Our struggles with our own shortcomings help us to understand and empathize with the struggles of others and to reach out to the still suffering addict by sharing our own experience, strength, and Hope."*(P45p1)

Write a seventh step prayer that is personal to you and to your Higher Power. In it, be sure to use the aspects of **Surrender, Humility, Openness & Acceptance, & Service** in your prayer. It should be personal to you and what you want to say. Try to keep it to fewer than 5 sentences.

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## Step Nine

*“When we have completed our list, most of us ask our sponsor to go over it with us and provide feedback. Our sponsor may make suggestions about people or incidents we’ve overlooked, or suggest that we take certain names off the list. Some of us feel guilty for things we are not responsible for. Our sponsor can help us sort these things out, encouraging us to be thorough without being too hard on ourselves.” (P47 p 3)*

**None of these amends should be done before consulting your sponsor.**

*“In Step Nine we make our best effort to contact the people we have harmed, admit the wrongs we have done them, express our remorse, and offer some kind of reparation. Most importantly, we change how we behave today. We do our utmost not to repeat the behavior that caused harm in the past, and **we communicate this resolve to those we have hurt**”. (P48 p4, emphasis added)*

When doing an amend, you must gain consent prior to making the amend. If contacting them by phone, after gaining consent, ask if they would like to receive the amends on the phone, in writing, or in person. Be willing to follow what they want to do.

**Be sure you check with your sponsor or someone else you trust before you make an amend. Remember, amends are different than disclosures.**

### Ninth Step Amends Script

<p>Name: _____</p> <p><b>“I have some amends to make to you, are you open to hearing them?”</b></p> <p><b>“I was wrong when I</b> _____ _____ — _____”</p> <p><b>“I was wrong in doing that or treating you that way, you did not deserve that. What can I do to right these wrongs?”</b> (at this point, just listen).</p> <p>Be willing to follow through on the requests. Exceptions would be to place yourself in danger or to go against your values (theft, sex, dishonesty, deceit)</p> <p><b>“Is there anything else I’ve done that has caused you harm?”</b> (at this point, just listen). If it is true, own the behavior and make an amend for that behavior.</p>	<p>Name: _____</p> <p><b>“I have some amends to make to you, are you open to hearing them?”</b></p> <p><b>“I was wrong when I</b> _____ _____ — _____”</p> <p><b>“I was wrong in doing that or treating you that way, you did not deserve that. What can I do to right these wrongs?”</b> (at this point, just listen).</p> <p>Be willing to follow through on the requests. Exceptions would be to place yourself in danger or to go against your values (theft, sex, dishonesty, deceit)</p> <p><b>“Is there anything else I’ve done that has caused you harm?”</b> (at this point, just listen). If it is true, own the behavior and make an amend for that behavior.</p>
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## 11<sup>th</sup> Step Dialog with Higher Power

**Me:** (Ask your Higher Power a question): \_\_\_\_\_  
 \_\_\_\_\_

**HP:** (Meditate and write what comes to you) \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Does this fit into  
 Honest, Willing,  
 Courageous, Humble,  
 Forgiving, responsible,  
 Grateful or Faithful  
 thoughts?  
  
 Yes      No

**Me:** (Ask your HP a question about what came to you) \_\_\_\_\_  
 \_\_\_\_\_

**HP:** (Meditate and write what comes to you) \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Does this fit into  
 Honest, Willing,  
 Courageous, Humble,  
 Forgiving, responsible,  
 Grateful or Faithful  
 thoughts?  
  
 Yes      No

**Me:** (Ask your HP a question about what came to you) \_\_\_\_\_  
 \_\_\_\_\_

**HP:** (Meditate and write what comes to you) \_\_\_\_\_  
 \_\_\_\_\_  
 \_\_\_\_\_

Does this fit into  
 Honest, Willing,  
 Courageous, Humble,  
 Forgiving, responsible,  
 Grateful or Faithful  
 thoughts?  
  
 Yes      No

Measure what you wrote as answers from your Higher Power by these *“expression(s) of spiritual principals that can be practiced in all aspects of life.”: ( P60p5)*

*Honesty      Willingness      Courage      Humility      Forgiveness      Responsibility      Gratitude      Faith*

**If the answer fits into one of these its from your Higher Power, if it doesn't it's likely from your head.**

**What did you learn about yourself?** \_\_\_\_\_  
 \_\_\_\_\_

**Where do you go from here?** \_\_\_\_\_  
 \_\_\_\_\_

## Step Twelve

**The Paradox** is that service (to others) helps us to stay sexually sober ourselves, regardless of the benefit that others may receive from us. We have learned that the best insurance against relapse is helping another sex addict. (P75)

“We depend on each other to stay sexually sober, and SAA depends on our service to keep functioning.”(P75p1)

“In step Twelve we put our awakening into practice by serving others. With spiritual awareness comes the responsibility, the desire, and the need to help other suffering sex addicts, just as help was freely given to us. This impulse springs from selfless love and gratitude, **but it is also essential to our own sexual sobriety and spiritual growth.** Carrying the message to our fellow addict is as important in maintaining our own recovery as it is in helping others find theirs.”(P59p2 emphasis added)

### Instructions on how to sponsor:

“We speak from experience. We have found that telling our stories is one of the most effective ways of carrying the message. We tell about our sex addiction: the pain, sorrow, suffering, and despair it brought; how we tried to stop or control it and how our efforts failed; the way our lives became unmanageable; the loss and suffering our addiction brought upon ourselves and other; and how we finally found recovery. By telling our stories, we demonstrate that we truly understand where others have been. And by sharing our recovery, we offer hope and show that there is a way out of our common addiction.”(P59-60p4/0)

### Examples of service

	<b>Individual Service Opportunities</b>	
	Sponsoring	
	Talk with another addict after a meeting	
	One-on-One Outreach (P75p1)	
	Calling others in the program	
	Calling newcomers	
<b>International Service Opportunities (800) 477-8191</b>	<b>Local Service Opportunities</b>	<b>Group Service Opportunities</b>
ISO Board/Region Representative	Intergroup Chair	Chairing a meeting (P76p0)
Convention Delegate	Literature Chair	Setting up chairs
Literature Committee	Meeting secretary	Cleaning up
Women’s Outreach Committee	Meeting Treasurer	Greeting newcomers
Men’s Outreach Committee	Outreach	Starting a meeting
Prison Outreach Committee	Organizing activities	Ordering literature (for a meeting)(P76p0)
GLBT Outreach Committee	Volunteering	Regularly attending meetings (Carrying the message of the steps as the solution)
Volunteer Services (see application)	Visiting struggling groups	
Meditation Writing	Finding places to meet (P75p3)	
Intergroup Communications Committee	Answering letters to the P.O. Box or calls to the phone line (P76p0)	
Write to addicts in jail or prison(P75p2)	Area Delegate	

“How ever we do service, we receive much more than we give. First and foremost, our experience has shown that working with others safeguards our own abstinence. We keep the priceless gift of our sexual sobriety by being of service to other sex addicts. We receive many other gifts as well. We break out of the isolation and self-centeredness of our addiction. We grow as we practice generosity, empathy, and humility. We forge new bonds with others that nourish and sustain us. And we experience the joy and satisfaction of giving something of ourselves to a larger cause.”(P60p5)