Step One

Powerlessness

	we couldn't control.
	n of our acting-out behaviors, actions that violated our own values,
efforts we made to stop, and occasions where we knew that these	
anyway." Sex addicts anonymous, P23p4	
Circle what you identify with doing: (pg4 p2)	 Sexual choices created fear or despair
 Chose sex over family, friends, or career 	 Life filled with deceit to hide sexual behavior
 Sex, fantasies, or planning filled my mind 	 Felt isolated and alone because of sexual behavior
 Sex is an escape from feelings or responsibilities 	 Felt Spiritually empty
 Repeated behaviors despite consequences 	 Tried to establish boundaries, eventually violated them
 Spent too much time being sexual or managing crisis 	 Swore to loved ones to stop but couldn't
 Sex was the measure of what was important 	 Lived a double life
• Other	• Other
"including the progression of our acting-out behaviors" P23p4	Lies told, either to self or others, to enable acting out. Frequently
Ask: What did your addiction start withWhat did your addiction	the lies we told to ourselves are more powerful because we
progress to nextWhat did your addiction progress to at the end	<u>D</u> on't <u>e</u> ven k <u>n</u> ow <u>I</u> <u>a</u> m <u>Ly</u> ing. Denial.
Started with:	Lie to others
Progressed to:	Lie to others
	Lie to self
Progressed to:	Lie to self
Is/Was now:	
<u>"actions that violated our own values</u> " P23p4, circle what	Lie to self
behaviors below you engaged in that violated your values	anything else" P24p1,
benaviors below you engaged in that violated your values	Ask: What things in your life were left behind or lost to your addiction?
\circ Having sex with \circ Inability to say no to	(ex: relationships, jobs, personal possessions, emotions, self-esteem)
strangers having sex	
 Having sex on the first Engaging in seduction or date seductive behavior 	1 4
 Secucive behavior Secucive behavior Secucive behavior Trading sex for favors, 	
pain or humiliation objects, or to be liked	2 5
 Sexual acts that bring Having your 	
about shame the next identity/worth attached	3 6
day to sexual behavior	
"efforts we made to stop" P23p4,	"Addictive sexual behavior increased our loneliness and insecurity,
Ask: What did you do to try and stop your behaviordid it work?	damaged our self-worth, estranged us from our spiritual nature and often resulted in emotional trauma" P24p1
Effort #1: Did it work?	Ask: How did your addiction affect your internal life?
Yes / No	Connection to others:
Effort #2: Did it work?	Feeling secure in life:
Yes / No	
	Feeling valued:
Effort #3: Did it work? Yes / No	Spirituality (when acting out):
, -	s consequences yet did them anyway" P23p4, Ask: what consequences did
you experience that didn't stop your acting out and did you know the co	onsequences would happen if you were caught or proceeded to act out?
	Did you know the consequence would happen if you were caught?
First behavior: Consequent	ce:Yes / No
Second behavior: Consequenc	e:Yes / No
Third behavior: Consequenc	e:Yes / No

Unmanageability

What happened	because of	of what	we	did
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"...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	ch of these areas over th	e entire time that you	were active in your sex ad	diction:
Buying / making /finding Pornography	Visiting Prostitutes or Strip Clubs	Hotel/Motel rooms	Prostituting – Money earned selling sex	Legal Fees
\$	\$	\$	\$	\$
Medical treatment for	Money taken for	ې Online dating or porn	Clothing to attract sexual	Amount of the second se
sex related issues.	support/gifts	site memberships	partners or for acting out	acting out (sex toys, costumes,
				etc)
\$	\$	\$	\$	\$
Dates or get-to-know	Therapy/Treatment	Gas/Travel	Robbed/Lost/Unexplained	Under Earning (interference
you meetings		expenses	money losses	with career or lost jobs)
\$	\$	\$	\$	\$
Other \$	Other	Ś	Total	s
				t in fantasy or obsession" P23p5
Count how many hours yo	-	-		
Looking at Porn	In bars/clubs looking for sex	Fantasy/obsession abo others	ut Surfing internet sites partners	s for Internet chatting/ web cam's
Massage parlors/strip clubs	Missed family events/time with family	Searching on mobile ap	ops Obsessing about others/stalking	Looking for prostitutes or prostituting self
Engaging in Affairs	Cybersex/telephone sex	Planning Acting out	— Fearing or avoiding s	sex Masturbating
Voyeurism/Exhibitionism	Treatment/Therapy 	Staying in unhealthy/ab relationships for sex/acceptance	busive Promiscuous/Time b sexual when not inte	-
1. Chose the behavior	or you have done for the lo	ngest time, circle it, how	many years have you been ac	ting out in this behavior?
2. Multiply the tot	al years by the 52 (the n	umber of weeks in a ye	ear):	x52 =
3. Enter the amou	nt of hours in the behav	iors circled above:	Total hours from the be	havior circled above x
			#2 times #3) Average Tot	
Risks, what did you risk	when you were actin	g out? Ask. Did vo	ou risk while ac	ting out?
	ivorce Pregnancy Ph			hysical Violence Being Raped
Emotional Damage to s	self Emotional Damage	to others Damage t	o family Death Loss of	f children Your mental health
Your physical hea	th Loss of the respect	of others Loss of self	- respect Financial conse	equences Suicide/Homicide
Affected my, what/who w	as ACTUALLY affected by y	our acting out? Ask: Did	your acting out affect	?
Physical Health	Mental Health Wo	rk/Job Spouse/Pa	artner Children N	1other Father Strangers
Siblings Pocke	tbook Neighbors	Friends Pets	Spirituality Self Este	eem Self Worth Security
Is there anything else you	want to try to stop you	r acting out before do	ing the 12 steps?	

Step Two Worksheet

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

- o I have a faith that was damaged in one way or another. (Powerless, angry, not helpful)
- o 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. (<u>Riqid</u>, <u>angry</u>, <u>penitent</u>, <u>shaming</u>, <u>quilty</u>, <u>demanding</u>)
- 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*)
- o I tried many religions and found them all unsatisfactory. (Absent, false, powerless, empty, pretending)
- I don't believe in God. <u>(Empty, absent, gone, never existed)</u>
- I am uncertain which religious beliefs I am willing to accept, or if I am willing to accept any. <u>(Unsure, doubting, empty, Rigid)</u>
- o 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*)

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.

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

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	isis	
	(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)	
······		

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 PowerWe 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 i 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.

"...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.

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Three Circles	
Write a list of all of the sexual behaviors that you can think of that you have engaged in in the past or have thought about en in: (This list should start with ANYTHING that was listed on the first step Powerless worksheet under progression of behaviors.)	gaging
NOTE: If you are in a relationship you are not alone in your recovery. When considering your circles, you must consider the thoughts and be your partner when thinking about your circles. For instance, you may feel that pornography is harmless because you are only looking, but partner feels uncomfortable with it you should strongly consider where it belongs in your circles because of the impact it has on your relat	if your
Inner Circle: Take each behavior above and ask these questions: (P15p4,6)	
(1) is illegal; when I do it I risk being arrested.	
(2) is dangerous, there are physical risks involved.	
 (3) I am powerless to stop (4) When I it leaves me feeling demoralized or I frequently suffer negative consequences. 	
(5) Imore times than I planned or more frequently than I thought.	
(6) When I I want to do things that are harmful to myself or others.	
 (7)violates the rights of others or goes against their will or permission. (8) I when I'm stressed, feel fear or anger, or when I can't sleep. 	
 (8) 1 when I in stressed, jeel jear or anger, or when I can't sleep. (9) I feel angry, shameful, or depressed when I 	
(10) I have spent more money that I should have when I	
If the sexual act you are asking about fits into one of these 10 questions, it should be considered for the inner circle behaviors (NOTE: if it fits #2 it should go straight into the inner circle). If the sexual behavior fits two or more questions, it should be STRONGLY considered for the inner Also consider behaviors that have led you to think about acting out or that you may have done before or acting out (lying, stealing, cheating, dishonesty by withholding information). Consider these items for your the INNER CIRCLE list. As you list behaviors in your INNER CIRCLE, content of the list above.	er circle.
Middle Circle: Take the left over behaviors and ask these questions:	
(1) leads me to sexual behaviors.	
(2) I find reasons to justify	
(3) I find reasons to rationalize why is ok.	
 (4) I defend my right to whenever I'm asked about it. (5) may lead to negative feelings. 	
(5) muy read to negative jeenings.	
If the behaviors reviewed fit one or more of these questions they should be considered for the middle circle, and reviewed with	ı your
sponsor to see if they should be inner circle behaviors. In addition to the behaviors listed previously, consider other actions, fee	-
or behaviors that may not be sexual and if they have led you to act out in the past (isolating, overworking missing meetings, not making phone calls, drinking, gambling, flirting, overeating, cussing). If they have, they can be listed in the middle circle.	t
Outer Circle: Make a list of the things that you didn't have time to do while you were acting out. Think about hobbies, sports, for	amily
relationships, recovery behaviors, education, spiritual actions, self care actions (seeing doctors or dentists, buying new appropriate and the second s	-
clothing, repairing household or transportation items), exercise, and other recovery programs. (P19,p4) Place these items in t	he
outer circle. NOTE: Any sexual behaviors you are considering placing in your outer circle should be run past your sponsor firs	t.

Inner Circle	<u>Middle Circle</u>	Outer Circle

	Four Column Fourth Step Worksheet										
<u>Column 1</u>	<u>Column 2</u>	<u>Column 3</u>	<u>Column 4</u>								
Person, principal, institution or idea. Who/what are you resentful toward. "We list the people and situations that have hurt us" (P34p2)	Why are you resentful? The cause, why am I or was I angry? 20 words or less. "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)	Affects my "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):	My Role "We then go back over the list of resentments, looking at each incident, and ask ourselves what role we played in the situation "What is it about their actions that may have been a response to something I said or did?" (P34p3) <u>Ask: "Before their action, when dealing with this</u> person in your life, were you acting?"								
		Ambition – Personal Relationships– Pride - Pocketbook – SecuritySelf Esteem - SpiritualityAmbition – Personal Relationships– Pride - Pocketbook – SecuritySelf Esteem - SpiritualityAmbition – Personal Relationships– Pride - Pocketbook – SecuritySelf Esteem - SpiritualityAmbition – Personal Relationships– Pride - Pocketbook – SecuritySelf Esteem - SpiritualityAmbition – Personal Relationships– Pride - Pocketbook – SecuritySelf Esteem - SpiritualityAmbition – Personal Relationships– Pride - Pocketbook – SecuritySelf Esteem - SpiritualitySelf Esteem - Spirituality	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 When acting these ways, I Fear:								
		 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 Ambition – Personal Relationships Pride - Pocketbook – Security Self Esteem - Spirituality Ambition – Personal Relationships Pride - Pocketbook – Security Self Esteem - Spirituality 	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 When acting these ways, I Fear:								

	1	
		Ambition – Personal Relationships
		 Pride - Pocketbook – Security Self Esteem - Spirituality Like a victim - Angry - Controlling – Delusional - Dishonest - Entitled
		Ambition – Personal Relationships – Pride - Pocketbook – Security – As an actor (Falsely portrayed)- Grandiose -Jealous -Lacking humility
		Self Esteem - Spirituality Lacking morals - Pessimistic -Selfish -Willful -Self-centered - Anxious
		Ambition – Personal Relationships
		 Pride - Pocketbook – Security Blaming - Abusive -Greedy –Impatient –Judgmental -Manipulative
		Solf Esteen - Spirituality
		Ambition – Personal Relationships – Neglectful - Preachy – Revengeful – Secretive - Self-Absorbed -
		– Pride - Pocketbook – Security Undependable - Unfaithful – Indifferent – Intolerant
		Self Esteem - Spirituality
		Ambition – Personal Relationships When acting these ways, I Fear:
		– Pride - Pocketbook – Security
		Self Esteem - Spirituality
		Ambition – Personal Relationships
		 Pride - Pocketbook – Security Self Esteem - Spirituality Like a victim - Angry - Controlling – Delusional - Dishonest - Entitled
		Ambition – Personal Relationships – Pride - Pocketbook – Security As an actor (Falsely portrayed)- Grandiose -Jealous -Lacking humility
		Self Esteem - Spirituality Lacking morals - Pessimistic -Selfish -Willful -Self-centered - Anxiou: Ambition – Personal Relationships
		 Pride - Pocketbook – Security Blaming - Abusive -Greedy –Impatient –Judgmental -Manipulative
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		Ambition – Personal Relationships Neglectful - Preachy – Revengeful – Secretive - Self-Absorbed -
		 Pride - Pocketbook – Security Undependable - Unfaithful – Indifferent – Intolerant
		Self Esteem - Spirituality
		Ambition – Personal Relationships When acting these ways, I Fear:
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		Ambition – Personal Relationships Undependable - Unfaithful – Indifferent – Intolerant
		– Pride - Pocketbook – Security When acting these ways, I Fear:
		Self Esteem - Spirituality
		Ambition – Personal Relationships
		- Pride - Pocketbook - Security
		Self Esteem - Spirituality
•	armed when acting	
out in the bel	haviors listed in	
colu	umn 4?	

Column 1	Column 2					-			ver	ntor	Y							olur	nn A					Sexual Ideal
List the last acting out behaviors you engaged in. (Does not have to be actual sexual behavior, sexual innuendo, fantasy, & pornography may	In the past, who was involved, directly or indirectly, when you engaged in this behavior ? "We explore more deeply our sexual history and look at	sext pers par Thi afte cau	<u>Column 3</u> what we did specifically to hurt them." (P33p4) My part in the sexual behavior (What I did that may have hurt or dishonored the other person. Was it dishonest? Ignore their part even if they were a willing participant. (P34p0)) Think about what it was about what you did; before, during, or after the sexual act that may have led to the act or may have caused harm or injury (emotionally or physically). Ignore any actions on their part and only look at what you did.									<u>Column 4</u> "and why we did it" (P33p4) "We look honestly at the defects that drove our behavior, such as selfishness, desire for control, an attitude of entitlement, or feelings of inferiority or superiority." (P33-34p4)								Frequently, what we should have done is the opposite of what we actually did do. If we changed who we were to entice someone to be sexual with us, we should have been honest about who we were. If we manipulated situations,				
count): "look at every instance in which our sexual behavior directly or indirectly harmed others or ourselves." (P33p3)	every instance in which our sexual behavior directly or indirectly harmed others or ourselves. We look at whom we hurt" (P33p4)	l was dishonest	Used others for my own needs	l violated trust	Lied/deceit	Manipulated	Used power/authority	Physically abusive	Emotionally abusive	Used fantasy with/about them	Was controlling	Inspired jealousy/was jealous	Was inconsiderate	Was selfish in the relationship	Other reasons	Selfishness	Desire for control	Felt entitled	Feeling superior	Feeling inferior	Fear of losing/not receiving	Jealousy	Anger/Hatred	we should have let things happen naturally. Write a brief statement about what you should have done instead in each situation to start creating a list of ideal behaviors around your sexual life. Ideals that you can work toward in recovery.

		Fear Inventory	L		
	List the fears you discovered in the	e Resentment and Sexual invent	ories 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.	
			RejectedJudgedDisconnectedLike a FailureHelpless/PowerlessDefectivePainDeathInadequateInferiorUnimportantUnlovedAloneCheated	Rejected	
			Humiliated Ignored Insignificant	Disconnected	
			RejectedJudgedDisconnectedLike a FailureHelpless/PowerlessDefectivePainDeathInadequateInferiorUnimportantUnlovedAloneCheatedHumiliatedIgnoredInsignificant	Like a Failure Helpless /Powerless	
			RejectedJudgedDisconnectedLike a FailureHelpless/PowerlessDefectivePainDeathInadequateInferiorUnimportant	Defective	
			Inadequate Inferior Unimportant Unloved Alone Cheated Humiliated Ignored Insignificant	Pain Death	
			RejectedJudgedDisconnectedLike a FailureHelpless/PowerlessDefectivePainDeath	Inadequate	
			Inadequate Inferior Unimportant Unloved Alone Cheated Humiliated Ignored Insignificant	Inferior	
			Rejected Judged Disconnected Like a Failure Helpless/Powerless	Unimportant	
			Defective Pain Death Inadequate Inferior Unimportant	Unloved	
			Unloved Alone Cheated Humiliated Ignored Insignificant	Alone	
				Cheated	

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

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 whats 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 ones 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.

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

_____ Envious

		Step 6: Cha	racter Defects	
	defects because you believ " Our problems did not begin wit on the recognition that our make	ey to this step, Don't e that it's the right th th our sex addiction, r ady has roots that run ntally, to be free of th	t just say that you are hing, truly consider if not do they end when n deeper than just our	e willing to surrender the character you are willing to let them go. we get into recovery. Step Six builds acting-out behavior. It requires the ue to create serious problems in our
		actions that came u	up in the 4 th column	of the resentment inventory and
	· · · · · · · · · · · · · · · · · · ·		lumn of the sexual	inventory in column 1.
List your Character Defects and fears identified in your	What do you gain from these character defects or fears?	Are you willing to surrender <u>WHAT</u> <u>YOU GAIN</u> to	What idea/action is the opposite of your character	If we are unwilling to let go it is helpful to identify why we are unwilling.
Fourth Step Inventory "Our list includes all of the self-defeating attitudes and behavior patterns that have been	(Helps me cope, keeps me alive, power, control, self- esteem, value, sense of safety, protection from others, protection from	your Higher Power? "We may feel as powerless over our defects as we did over our addictive sexual behaviors. Yet if we are unwilling to let go	defect? What should you do when you find yourself acting out in your character defect?	"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
revealed to us." (P40p5)	self/others, avoidance of intimacy)	of our defects, we risk being led back into our addiction." (P42p1)	(Character Assets)	shortcomings seemed to define us as people; what would we be without them?" (P40p2)
	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

Character Defect	Gain from Character Defect	Willing Surrend	-	Opposite Action (Character Asset)	Why are you unwilling?
	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
	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 in 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.

Step Eight

Take the individuals/agencies listed in the fourth column of the fourth step, & the first column of the sex inventory and list them here.

Person Harmed "Whereas in Step Four we looked at our painful relationships to help us uncover our character defects, in Step Eight we focus on in individuals affected by these defects, in order to see how we have harmed each one." (P46 p1)	Harm done "The harm we have done to others can take many forms. We may have harmed people sexually or physically, or hurt them verbally or emotionally. Harm may have resulted from our actions or from what we failed to doWe list anyone we have harmed in any of these ways We have found it helpful to start by considering the people who were directly harmed by our acting-out behaviorWe also list those who have been harmed by our dishonesty, self-centered attitudes, or other behaviors that arose from our character defects." (P46 p3-4)	make th "After we had our list, we construct a becoming we amendswe God of our understanding support in fa	lifficulty in illing to make turn to the ngfor ncing the pain ns" (P47 p4-
		<u>Yes</u>	<u>Pray</u>
		Yes	<u>Pray</u>
		<u>Yes</u>	<u>Pray</u>
		<u>Yes</u>	<u>Pray</u>
		Yes	<u>Pray</u>
		Yes	<u>Pray</u>
		Yes	Pray
	+	Yes	Pray
	+	Yes	Pray
		Yes	Pray
		Yes	
			Pray Pray
		Yes Yes	Pray Pray
		<u>Yes</u>	<u>Pray</u>

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 <u>we communicate this resolve to those we have hurt</u>". (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

Name:	Name:
"I have some amends to make to you, are you open to hearing them?"	"I have some amends to make to you, are you open to hearing them?"
"I was wrong when I	"I was wrong when I
-	_
"	"
"I was wrong in doing that or treating you that way, you did not deserve that. What can I do to right these wrongs?" (at this point, just listen).	"I was wrong in doing that or treating you that way, you did not deserve that. What can I do to right these wrongs?" (at this point, just listen).
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)	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)
"Is there anything else I've done that has caused you	"Is there anything else I've done that has caused you
harm?" (at this point, just listen). If it is true, own the behavior and make an amend for that behavior.	harm?" (at this point, just listen). If it is true, own the behavior and make an amend for that behavior.

<u>Step 10</u>

"We set aside time to review our behavior, our dealings with others, our emotions, and our spiritual condition." (P52 p3)

List the attitudes, character defects, or actions that have come up today. "We note what emotions we have felt throughout that dayWe take stock of our attitudes, the things we say to othersWe look at any character defects or old habits."(P53 p1) "We may forget or be late for appointments, make thoughtless comments, break promises or twist the truth, not follow through on commitments, or test other people's boundaries." (P54 p2)	What idea/action is the opposite of your character defect? What should you do when you find yourself acting out in this attictue, character defect, or action?	Did you harm anyone while in this attitude, character defect, or action. If so, list who. "We consider whether we have harmed anyone" - (P53 p1)	Do you owe that person an amend for your action or behavior? "And need to make amends." (P53 p1)

List things that you are grateful for today. "We also find it helpful to remember the things for which we are grateful or things we have done well". (P53 p1)	
List the blessings of life and recovery you have received today. "While thanking God	
for the blessings of life and recovery. (P53 p1)"	
List the challenges that you have faced today.	
"We ask God's help with the challenges that face us" (P53 p1)	
List any pressures in your life today.	
"We examine pressures that may tempt us to act out. (P53 p2)"	
List any slippery thoughts or behaviors today. "Any slippery thoughts or behaviors we have been engaging inhow well we have been using tools of recovery" (P53 p3)	

11th 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 all aspects of life.": (P60p5)	
Understy Willingness Courage Humility Forgiveness Responsibility Gratitude If the answer fits into one of these its from your Higher Power, if it doesn't it's likely from your h What did you learn about yourself?	<i>Faith</i> ead.
Where do you go from here?	

Step Twelve

<u>The Paradox</u> 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 addition." (P59-60p4/0)

Examples of service

	Individual Service Opportunities	
	Sponsoring	
	Talk with another addict after a	
	meeting	
	One-on-One Outreach (P75p1)	
	Calling others in the program	
	Calling newcomers	
International Service Opportunities (800) 477-8191	Local Service Opportunities	Group Service Opportunities
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	Answering letters to the P.O. Box or	
Committee	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)