

My Favorite Green Book Quotes

By Stan In Recovery

(staninrecovery.neocities.org)

"Being a sex addict felt like being trapped in endless contradictions. We sought love and romance, but when we found it, we feared and fled from intimacy. We neglected or even avoided sex with those who loved us, preferring new conquests, the unknown, and the solitary. Some of us had periods of time when sex and relationships were unbearable and we avoided contact with others. Then we would plunge into a period when no amount of sex was sufficient. The more sex we would have, the less satisfied we felt, and the more our desire seemed to increase. The harder we tried to stop or moderate our behavior, the worse it became. Some of us remained loyal to those who would hurt us, abandoning the ones whose care was proven and true. We focused on behavior that we never even liked, or violated our values. We sought comfort and security through dangerous, risky, and traumatic behaviors that left us more wounded, abused, and traumatized than when we started. Our sexuality, which should have been a source of happiness and pleasure, became joyless, and even destructive and dangerous to ourselves and others."

Credit: [Sex Addicts Anonymous, 3rd Edition](#) (a.k.a. "Green Book") - Page 7

"Sex addiction is not just a bad habit. Nor is it the result of poor self-control, a lack of morals, or a series of mistakes. If it were something we could stop on our own, the negative consequences would have been enough to make us stop. Many of us tried to cure ourselves with religious or spiritual practice, moral discipline, or self-improvement. Despite our sincerity and our best efforts, we continued to act out. Our behavior eluded all rational attempts at explanation or correction. We had to face the fact that we had a disease, and that we could not stop the addictive behavior by ourselves."

Credit: [Sex Addicts Anonymous, 3rd Edition](#) (a.k.a. "Green Book") - Page 9

"As long as we can be honest, even a little bit, we can move forward in our recovery. Honesty is the foundation on which all further progress is based. We start by admitting that we are completely powerless to stop our addictive behaviors on our own. We admit that our lives are out of our control. This is enough for our recovery to begin.

Admitting that our willpower is insufficient allows us to be open to new ways of thinking and living. As long as we retain a belief in self-control as a remedy for our addiction, we will continue to fail. With this step, we recognize that we have a disease, not a mere weakness or character flaw, and that we are powerless to change this fact. We honestly admit that we don't have all the answers and that we need help. When we admit our powerlessness, we start letting go of control and become more open to receiving the help we so desperately need."

"Sex addiction impaired our judgment. In our obsession, we acted as if we were invisible, immortal, and invincible. We may have believed, for instance, that we could spy on others or expose ourselves or drive to sex shops without being seen. We may have believed that we could engage in cybersex without anyone finding out or any damage to our intimate relationships. We may have thought we could lie to our partners, our bosses, or our friends without any consequences. When we were caught, or when we tried to explain what we were doing, we couldn't make up plausible reasons for our behavior. Our behavior didn't make sense, even to ourselves, until we understood that we were sex addicts."

"These compulsive desires were irresistible, persistent, and insatiable. They went off like alarms in our heads that made it difficult to focus on anything else. When we wanted to act out, the urge didn't go away. Nor did we feel satisfied when we got our "fix." Instead, the more we acted out sexually, the more we wanted to act out. We lost more and more of our lives to our addiction, which cost us our time, money, relationships, our health, our jobs, and even our freedom. The consequences of our addiction did not make us stop or limit our acting out. The more we tried to control our behavior, the worse it got. "

"For all of us now in recovery, there came a time when we realized that we simply could not keep on living as before. Our denial cracked and we felt the full force of our unbearable situation. We saw that we were at the end of our rope, and that all that was left was the knot. To continue to act out seemed impossible, and yet not to act out seemed equally impossible. We knew we had to change, even if we didn't know how. Out of this despair, we came to Sex Addicts Anonymous"

"In taking the First Step, we admit that our addiction is destroying us, and that we are unable to stop it. We surrender, raise the white flag, and accept that the battle is over. The principle behind this admission is honesty. For many of us, the first crack in our denial comes with hitting bottom, and the despair of facing an unbearable situation. The next breakthrough occurs when we are honest enough to take the First Step, acknowledging that we are powerless over the behavior that brought us to this point and that our lives are in shambles. We make this admission without excuses or rationalizations. With the First Step, we stop lying to ourselves.

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powerless to stop our addictive behaviors on our own. We admit that our lives are out of our control. This is enough for our recovery to begin."

Credit: [Sex Addicts Anonymous, 3rd Edition](#) (a.k.a. "Green Book") – Page 38
