

How To Do A Written Step 1 Presentation

A short guide on how to do your written Step 1 presentation for Sex & Pornography Addiction.

Question: *Why do a written Step 1?*

As you may know, usually Step 1 is not required to be done in written form, or to be presented to a group. But there are some benefits if you or your sponsor suggests it:

- Helps us get out of the isolation of addiction.
- Promotes stronger bonds with the fellowship, as people in meetings will know more and accept us.
- Helps us address feelings of shame and the false belief that no one would love us if “they knew who we really were”.
- Is a powerful act of service for the fellowship and especially the newcomer
- Helps us to address our dependence on secrecy and the “I’ll take this to the grave” thinking
- Helps us “jump off the high-diver” into a recovery lifestyle, releasing the past “safety net” of addiction.
- Helps us to get honest with ourselves and construct a more accurate timeline of our lives and behaviors.
- Helps us recognize deep within, that we are powerless, have always been powerless, and that we cannot control our sexual thinking and behaviors on isolated “willpower.”

Question: *What does a written Step 1 **not** do / what is it **not**?*

- A Step 1 presentation will not keep you sober.
- A Step 1 presentation is not for reliving past sexual escapades or the “glory days.”
- A Step 1 presentation is not a replacement for working the other 11 Steps.
- A Step 1 presentation is not a replacement for working the spiritual parts of the program of recovery.
- A Step 1 presentation is not a confession to dump our problems and resentments on our fellows.

Question: *So how do I start?*

- First, make sure to get a **Sponsor**
- Read [pages 23-25 of the SAA Green Book](#) with your Sponsor.
- The sole purpose of a Step 1 presentation is to share our **Powerlessness**, **Progression**, and **Unmanageability** with Sex & Pornography Addiction only.
- Only do this Step with the **help of a Sponsor**. If presented without sponsor guidance, this presentation can trigger and harm the fellowship.
- Make sure to keep this Step work (and all Step work) **private**. Do not leave it out where a partner, spouse, or family member can read it.

- Be sure to **remove explicit details**, especially names, locations, websites, specific sex act details, and other triggering content. Your sponsor will help you with this.
- Begin by writing a timeline, going as far back as you remember, up to the present, of your life with Sex & Pornography Addiction. Some people choose to write by age or year, but this is not required.
- Focus only on those events and behaviors that relate directly to Sex & Pornography Addiction. It is not a memoir of our lives, a confession, or a catalog of our resentments.
- Keep it as brief as possible. The presentation should be 20-30 minutes max. 14 pages single-spaced is about 30 minutes of share time.
- Write up to the present. This includes the changes we experience joining the 12 Step fellowship, what it has been like working with a Sponsor, and how recovery so far has been for us.
- Be prepared for your Sponsor to make edits and corrections with you.

On Presenting / Sharing:
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- Be sure to read this Step in private with a Sponsor first, or a trusted member of the fellowship.
- Pick a group you know and trust to do the presentation in (i.e. your “Home Group”).
- Make sure to have tissues and self-care items when writing and sharing this Step. It is emotionally challenging, but also very rewarding.
- Self-care is key afterwards! Have some phone numbers on hand and a check-in with your Sponsor the next day to recap.

It takes significant courage and honesty to do a Step 1 presentation. If you are reading this document and are interested in the idea, that shows great progress already :)