

Step One - *"we admitted we were powerless over addictive sexual behavior - that our lives had become unmanageable."*

This foundational step offers a paradox for all sex addicts: the only way we could stop our destructive behavior was to admit that we could not stop.

Taking the first step is both an event and an ongoing process; when we work it and share our story with others in the fellowship, it breaks down our denial and helps us come to a greater understanding of our powerless and unmanageability, as well as experience support and acceptance to face our behaviors. Our fear of rejection turns out to be unfounded.

We may take the first step in many different ways- identifying as an Sex addict at a meeting, sharing our story with a sponsor, or even a formal 1st step presentation. Tonight, ____ is presenting their story as a formal 1st step presentation. They are sharing with our group the details of their behavior and its consequences, illustrating the powerlessness and unmanageability of our lives as active addicts. This presentation will take roughly 30-40 minutes, and afterwards, we will have time for other members to share their impressions of the first step presentation.

____, you are about to share that first step presentation with us. We acknowledge and affirm your courage in taking this step to aid your program of recovery. The group has a responsibility to love, care for, and accept you. The members will avoid judging or giving advice. Some members may become triggered and may leave the room. Please do not take this personally nor as a reflection of the quality of your share.

Remember: we are here for you! May your higher power grant you serenity.

[presenter shares]

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____, thank you for sharing your story with us and for your honesty, openness, and willingness. We will now be allowing members to share their impressions of the first step presentation, offering affirmation and acceptance. If you would like to share, please raise your hand; shares will be up to 3 minutes. After each share, ____ will have a chance to respond briefly. May we get a timer for the responses?

[fellows respond]

____, would you be open to read promises to close out the presentation portion of the evening?

The Promises

If we are painstaking about this phase of our development, we will be amazed before we are half way through. We are going to know a new freedom and a new happiness. We will not regret the past nor wish to shut the door on it. We will comprehend the word serenity and we will know peace. No matter how far down the scale we have gone, we will see how our experience can benefit others. That feeling of uselessness and self pity will disappear. We will lose interest in selfish things and gain interest in our fellows. Self-seeking will slip away. Our whole attitude and outlook upon life will change. Fear of people and of economic insecurity will leave us. We will intuitively know how to handle situations which used to baffle us. We will suddenly realize that God is doing for us what we could not do for ourselves.

Are these extravagant promises? *[all together]* We think not. They are being fulfilled among us —sometimes quickly, sometimes slowly. They will always materialize if we work for them.

...thoughtful, caring, honest, principle-driven
it's an honor to work with you

That wraps up the end of our Step one presentation this evening. Now is the time for regular fellowship