

Step One

<h2 style="margin: 0;"><u>Powerlessness</u></h2> <p style="margin: 0;">What we did that we couldn't control.</p>	
<p><i>"...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</i></p>	
<p>Circle what you identify with doing: (pg4 p2)</p> <ul style="list-style-type: none"> <input type="checkbox"/> Chose sex over family, friends, or career <input type="checkbox"/> Sex, fantasies, or planning filled my mind <input type="checkbox"/> Sex is an escape from feelings or responsibilities <input type="checkbox"/> Repeated behaviors despite consequences <input type="checkbox"/> Spent too much time being sexual or managing crisis <input type="checkbox"/> Sex was the measure of what was important <input type="checkbox"/> Other _____ 	<ul style="list-style-type: none"> <input type="checkbox"/> Sexual choices created fear or despair <input type="checkbox"/> Life filled with deceit to hide sexual behavior <input type="checkbox"/> Felt isolated and alone because of sexual behavior <input type="checkbox"/> Felt Spiritually empty <input type="checkbox"/> Tried to establish boundaries, eventually violated them <input type="checkbox"/> Swore to loved ones to stop but couldn't <input type="checkbox"/> Lived a double life <input type="checkbox"/> Other _____
<p><u>"...including the progression of our acting-out behaviors"</u> P23p4 Ask: What did your addiction start with.....What did your addiction progress to next....What did your addiction progress to at the end.....</p> <p>Started with: _____</p> <p>Progressed to: _____</p> <p>Progressed to: _____</p> <p>Is/Was now: _____</p>	<p>Lies told, either to self or others, to enable acting out. Frequently the lies we told to ourselves are more powerful because we <u>Don't even know I am Lying.</u> Denial.</p> <p>Lie to others _____</p> <p>Lie to others _____</p> <p>Lie to self _____</p> <p>Lie to self _____</p> <p>Lie to self _____</p>
<p><u>"...actions that violated our own values"</u> P23p4, circle what behaviors below you engaged in that violated your values</p> <ul style="list-style-type: none"> <input type="checkbox"/> Having sex with strangers <input type="checkbox"/> Having sex on the first date <input type="checkbox"/> Sexual acts involving pain or humiliation <input type="checkbox"/> Sexual acts that bring about shame the next day <input type="checkbox"/> Inability to say no to having sex <input type="checkbox"/> Engaging in seduction or seductive behavior <input type="checkbox"/> Trading sex for favors, objects, or to be liked <input type="checkbox"/> Having your identity/worth attached to sexual behavior 	<p><u>"...our disease left us with little time, energy, or money for anything else"</u> P24p1, Ask: What things in your life were left behind or lost to your addiction? (ex: relationships, jobs, personal possessions, emotions, self-esteem)</p> <p>1. _____ 4. _____</p> <p>2. _____ 5. _____</p> <p>3. _____ 6. _____</p>
<p><u>"...efforts we made to stop..."</u> P23p4, Ask: What did you do to try and stop your behavior.....did it work?</p> <p>Effort #1: _____ Did it work? Yes / No</p> <p>Effort #2: _____ Did it work? Yes / No</p> <p>Effort #3: _____ Did it work? Yes / No</p>	<p>"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?</p> <p>Connection to others: _____</p> <p>Feeling secure in life: _____</p> <p>Feeling valued: _____</p> <p>Spirituality (when acting out): _____</p>
<p><u>"...occasions where we knew that these behaviors would lead to serious consequences yet did them anyway"</u> 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? <small style="text-align: right;"><u>Did you know the consequence would happen if you were caught?</u></small></p> <p>First behavior: _____ Consequence: _____ Yes / No</p> <p>Second behavior: _____ Consequence: _____ Yes / No</p> <p>Third behavior: _____ Consequence: _____ Yes / No</p>	

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)*

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 _____ 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)

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.

*"...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.)

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 engaging in: (This list should start with ANYTHING that was listed on the first step Powerless worksheet under progression of behaviors.)

NOTE: If you are in a relationship you are not alone in your recovery. When considering your circles, you must consider the thoughts and beliefs of your partner when thinking about your circles. For instance, you may feel that pornography is harmless because you are only looking, but if your partner feels uncomfortable with it you should strongly consider where it belongs in your circles because of the impact it has on your relationship.

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) I _____ more 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.
- (9) I feel angry, shameful, or depressed when I _____.
- (10) I have spent more money than 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 in #1 or #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 circle. 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, cross them off the list above.

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.

If the behaviors reviewed fit one or more of these questions they should be considered for the middle circle, and reviewed with your sponsor to see if they should be inner circle behaviors. In addition to the behaviors listed previously, consider other actions, feelings, 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.

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, family relationships, recovery behaviors, education, spiritual actions, self care actions (seeing doctors or dentists, buying new appropriate clothing, repairing household or transportation items...), exercise, and other recovery programs. (P19,p4) Place these items in the outer circle. **NOTE: Any sexual behaviors you are considering placing in your outer circle should be run past your sponsor first.**

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

Four Column Fourth Step Worksheet

Column 1	Column 2	Column 3	Column 4
<p>Person, principal, institution or idea. Who/what are you resentful toward. “We list the people and situations that have hurt us...” (P34p2)</p>	<p>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)</p>	<p>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):</p>	<p>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) Ask: “Before their action, when dealing with this person in your life, were you acting _____?”</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> <p>Ambition – Personal Relationships – Pride - Pocketbook – Security Self Esteem - Spirituality</p>	<p>Like a victim - Angry - Controlling – Delusional - Dishonest - Entitled</p> <p>As an actor (Falsely portrayed)- Grandiose -Jealous -Lacking humility Lacking morals - Pessimistic -Selfish -Willful -Self-centered - Anxious</p> <p>Blaming - Abusive -Greedy –Impatient –Judgmental -Manipulative</p> <p>Neglectful - Preachy – Revengeful – Secretive - Self-Absorbed - Undependable - Unfaithful – Indifferent – Intolerant</p> <p>When acting these ways, I Fear:</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>	<p>Like a victim - Angry - Controlling – Delusional - Dishonest - Entitled</p> <p>As an actor (Falsely portrayed)- Grandiose -Jealous -Lacking humility Lacking morals - Pessimistic -Selfish -Willful -Self-centered - Anxious</p> <p>Blaming - Abusive -Greedy –Impatient –Judgmental -Manipulative</p> <p>Neglectful - Preachy – Revengeful – Secretive - Self-Absorbed - Undependable - Unfaithful – Indifferent – Intolerant</p> <p>When acting these ways, I Fear:</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> <p>Ambition – Personal Relationships – Pride - Pocketbook – Security Self Esteem - Spirituality</p>	<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 - Undependable - Unfaithful – Indifferent – Intolerant</p> <p>When acting these ways, I Fear:</p>
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<p>Who have you harmed when acting out in the behaviors listed in column 4?</p>		

Sex Inventory

Column 1	Column 2	Column 3	Column 4	Sexual Ideal
<p>List the last acting out behaviors you engaged in. (Does not have to be actual sexual behavior, sexual innuendo, fantasy, & pornography may count):</p> <p>“...look at every instance in which our sexual behavior directly or indirectly harmed others or ourselves.” (P33p3)</p>	<p>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 every instance in which our sexual behavior directly or indirectly harmed others or ourselves. ...We look at whom we hurt” (P33p4)</p>	<p>...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))</p> <p>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.</p>	<p>“...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)</p>	<p>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, 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.</p>
	I was dishonest	Used others for my own needs	Selfishness	
	I violated trust	Lied/deceit	Desire for control	
	Manipulated	Used power/authority	Felt entitled	
	Used power/authority	Physically abusive	Feeling inferior	
	Physically abusive	Emotionally abusive	Feeling superior	
	Used fantasy with/about them	Was controlling	Fear of losing/not receiving	
	Inspired jealousy/was jealous	Was inconsiderate	Jealousy	
	Was selfish in the relationship	Other reasons	Anger/Hatred	

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> Fears list	<u>Column 2</u> 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.	<u>Column 3</u> Ask yourself "How would (column 2) reflect on me, how would others think of me?"	<u>Column 4</u> What ideas in this list match the statement about what would come to pass in columns 2 & 3?	<u>Column 5</u> 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 Like a Failure Defective Inadequate Unloved Humiliated Judged Helpless/Powerless Pain Inferior Alone Ignored Disconnected Death Unimportant Cheated Insignificant	Rejected Judged Helpless/Powerless Pain Inferior Alone Ignored Disconnected Like a Failure Helpless/Powerless Death Unimportant Cheated Insignificant
			Rejected Like a Failure Defective Inadequate Unloved Humiliated Judged Helpless/Powerless Pain Inferior Alone Ignored Disconnected Death Unimportant Cheated Insignificant	Rejected Judged Helpless/Powerless Pain Inferior Alone Ignored Disconnected Like a Failure Helpless/Powerless Death Unimportant Cheated Insignificant
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			Rejected Like a Failure Defective Inadequate Unloved Humiliated Judged Helpless/Powerless Pain Inferior Alone Ignored Disconnected Death Unimportant Cheated Insignificant	Rejected Judged Helpless/Powerless Pain Inferior Alone Ignored Disconnected Like a Failure Helpless/Powerless Death Unimportant Cheated Insignificant

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

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.

- | | | |
|--|---|--|
| <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 4th column of the resentment inventory and the actions that you did in the third column of the sexual inventory in column 1.

<p>List your Character Defects and fears identified in your Fourth Step Inventory</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>What do you gain from these character defects or fears?</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>Are you willing to surrender <u>WHAT YOU GAIN</u> to your Higher Power?</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>What idea/action is the opposite of your character defect? What should you do when you find yourself acting out in your character defect?</p> <p>(Character Assets)</p>	<p>If we are unwilling to let go it is helpful to identify why we are unwilling.</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.

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>“I have some amends to make to you, are you open to hearing them?”</p> <p>“I was wrong when I _____ _____ — _____”</p> <p>“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).</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>“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.</p>	<p>Name: _____</p> <p>“I have some amends to make to you, are you open to hearing them?”</p> <p>“I was wrong when I _____ _____ — _____”</p> <p>“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).</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>“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.</p>
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Step 10

“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. <i>“We note what emotions we have felt throughout that day...We take stock of our attitudes, the things we say to others...We 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)</i>	What idea/action is the opposite of your character defect? What should you do when you find yourself acting out in this attitude, character defect, or action?	Did you harm anyone while in this attitude, character defect, or action. If so, list who. <i>“We consider whether we have harmed anyone...” - (P53 p1)</i>	Do you owe that person an amend for your action or behavior? <i>“And need to make amends.” (P53 p1)</i>

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 in...how 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 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

	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 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)