

Twelve Steps to Recovery Workbook for Sexual Addiction

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Based on *A Simple Guide To Working the Twelve Steps for Sex Addiction* by Charlie Risien (LCDC, AAC, CSAT, CCIP)

With info from

Sex Addicts Anonymous

Big Book of Alcoholics Anonymous

Joe McQ's *The Steps We Took*

Patrick Carnes' *A Gentle Path through the Twelve Steps*

Roy Y's *Forth Step Inventory* royy.com

10TH STEP

Continued to take personal inventory and when we were wrong promptly admitted it.

ADMISSION STATEMENT**PERSONAL AFFIRMATION****STEP TEN WORKSHEET EXERCISES**

1. Read pages 84-85 ("Into Action") in the *Big Book of Alcoholics Anonymous*. It is suggested that you read this page once and then reread it underlining or highlighting those areas important to you.
2. Read "Step Ten" (pages 52-55) in *Sex Addicts Anonymous* (Green Book). It is suggested that you read these pages once and then reread them underlining or highlighting those area important to you. ([Optional] Read pages 129-134 in *Sexaholics Anonymous* (White Book).)
3. Review the words under the section List of Definitions.
4. [Exercise 4] Read the first full paragraph ("When we retire at night...") on page 86 of the *Big Book of Alcoholics Anonymous*. Utilize the "Daily Inventory (Personal)" worksheet to aide in your constructive review of your day. Record your thoughts and feelings in a journal each day. Do this for 30 consecutive days.

Note: The "Daily Inventory (Original)" was the worksheet provided by my sponsor with the original version of the *Twelve Steps of Recovery Workbook for Sexual Addiction*. I added the "Daily Inventory (Personal)" worksheet to better reflect my approach on how I complete my daily inventory.

First, I review my Fourth Step for new and/or revisited resentments, fears and harms; I Fifth Step them - admitting to God, myself and another person the exact nature of my wrongs.

I review my character defects and revisit the personality traits I identified in Step Six to replace my character defects; I review my 10 most critical signs that personal craziness is taking hold of me. I Seventh Step them - humbly asking God to remove my defects of character.

I review harms done to others. I Ninth Step them - making direct amends wherever possible.

5. [Exercise 5] At the end of the 30 day period, complete the "Daily Inventory (Summary)" worksheet and discuss your "Daily Inventory" worksheets and journal entries with your sponsor.
6. Practicing Step Ten on a daily basis is a life-long process. Watching for powerlessness and unmanageability as documented in Step One, resentments, fears, and harms done to others as identified in Step Four, and defect of character as recognized in Step Six are paramount for continued sobriety and spiritual recovery.

Principles of Step Ten are Steadfastness of Purpose, Vigilance and Promptness.

LIST OF DEFINITIONS

Promptly Quickly; at once; immediately; without delay; right away

[EXERCISE 4] DAILY INVENTORY (ORIGINAL)

When we retire at night, we constructively review our day.

Personality Characteristics of Self-Will	Personality Characteristics of God's Will
<input type="checkbox"/> Selfish and Self-Seeking	<input type="checkbox"/> Interest In Others
<input type="checkbox"/> Dishonest	<input type="checkbox"/> Honest
<input type="checkbox"/> Frightened	<input type="checkbox"/> Courageous
<input type="checkbox"/> Inconsiderate	<input type="checkbox"/> Considerate
<input type="checkbox"/> Proudful	<input type="checkbox"/> Humility - Seeking God's Will
<input type="checkbox"/> Greedy	<input type="checkbox"/> Giving Or Sharing
<input type="checkbox"/> Lustful	<input type="checkbox"/> Purity
<input type="checkbox"/> Angry	<input type="checkbox"/> Calm - Serene
<input type="checkbox"/> Envious	<input type="checkbox"/> Grateful
<input type="checkbox"/> Slothful	<input type="checkbox"/> Take Action
<input type="checkbox"/> Gluttonous	<input type="checkbox"/> Moderation
<input type="checkbox"/> Impatient	<input type="checkbox"/> Patient
<input type="checkbox"/> Intolerant	<input type="checkbox"/> Tolerant
<input type="checkbox"/> Resentful	<input type="checkbox"/> Forgiving
<input type="checkbox"/> Hateful	<input type="checkbox"/> Loving - Concern For Others
<input type="checkbox"/> Harmful Acts	<input type="checkbox"/> Good Deeds
<input type="checkbox"/> Self-Pity	<input type="checkbox"/> Self-Forgetfulness
<input type="checkbox"/> Self-Justification	<input type="checkbox"/> Self-Acceptance
<input type="checkbox"/> Self-Importance	<input type="checkbox"/> Modest
<input type="checkbox"/> Self-Condernation	<input type="checkbox"/> Self-Forgiveness
<input type="checkbox"/> Suspicious	<input type="checkbox"/> Trusting
<input type="checkbox"/> Doubtful	<input type="checkbox"/> Faithful
<input type="checkbox"/> Covetousness	<input type="checkbox"/> Charitable - Generous
<input type="checkbox"/> Disrespectful	<input type="checkbox"/> Respectful
<input type="checkbox"/> Need To know	<input type="checkbox"/> Healthy Curiosity

[EXERCISE 4] DAILY INVENTORY (PERSONAL)

[Step Four] When I retire at night, I review new and/or revisited resentments, fears and harms.

I am resentful at:	What is the cause of this resentment:

I am fearful of:	Why do I have this fear?

Who did I harm:	What was my part?	What should I have done differently?

[Step Five] I admit to God, to myself and to another human being the exact nature of my wrongs.

[Step Six] I review my top 30 character defects and their *replace* personality traits.

Personality Characteristics of Self-Will	Personality Characteristics of God's Will
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Reflect on how my character defects impede(d) God's will for me as well as impede(d) me from being of service to others.

[Step Seven] I review my top 10 most critical signs that personal craziness is taking hold of me

Area	Top Danger Sign
[1] Physical Health	
[2] Transportation	

[3] Environment	
[4] Work	
[5] Interests	
[6] Social Life	
[7] Family/Significant Others	
[8] Spiritual Life	
[9] Personal Reflection	
[10] Other Addictions	

Reflect on triggers to potential acting out or character defects and list slippery thoughts and behavior.

[Step Seven] I humbly ask God to remove my character defects and to help me find and replace my shortcomings with personality traits of Gods' will.

[Step Nine] I made direct amends whenever possible.

Who did I harm:	Thoughts/Feelings & Intentions	Nature of Amends

Quiet moment of reflection

I give gratitude for:	
I ask for forgiveness from:	
I find serenity in:	

[EXERCISE 5] DAILY INVENTORY (SUMMARY)

At the end of the 30 day period, summarize what you have learned from completing daily inventories and journaling.

[Step Four] The most prevalent resentments, fears and harms observed during the last 30 days.

I am resentful at:	What is the cause of this resentment:

[Gratitude]

I am fearful of:	Why do I have this fear?

Who did I harm:	What was my part?	What should I have done differently?

[Step Five] I admit to God, to myself and to another human being the exact nature of my wrongs.

[Step Nine] I made direct amends whenever possible.

[Step Six] The 10 most notable character defects observed during the last 30 days.

Character Defects	Exhibited with Whom / What	Replace with Personality Characteristics of God's Will

[Step Seven] The top 5 most critical signs of personal craziness observed during the last 30 days.

Area	Top Danger Sign
[1]	
[2]	
[3]	
[4]	
[5]	

[Step Seven] I humbly ask God to remove my character defects and to help me find and replace my shortcomings with personality traits of Gods' will.

Quiet moment of reflection

I give gratitude for:	
I ask for forgiveness from:	
I find serenity in:	