

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

12TH STEP

Having had a spiritual awakening as the result of these steps, we tried to carry this message to other sex addicts and to practice these principles in our lives.

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

1. Read pages 89-103 ("Working with Others") 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 Twelve" (pages 58-61) 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 143-155 in *Sexaholics Anonymous* (White Book).)
3. Review the words under the section List of Definitions.
4. [Exercise 4] Step Twelve gives us a guarantee - a promise that if we take the first eleven Steps, we would enter a new relationship with the God of our understanding; that we would have the elements of a way of living - an inner resource, a spiritual tool kit which answered all of our problems. Belief is the power of God, plus enough willingness, honesty and humility to establish and maintain the new order of things, were the essential requirements. A price had to be paid, though - the destruction of our self-will and the willingness to turn all things over to the care of God and His will for us.

Each of us will have our own unique spiritual experience or gradual, spiritual awakening. However, all of us will have something in common: we will be able to think, believe, and feel things that we could not before; we will be able to do things we could not do on our own strength; we can receive God's directions in our lives. Now we *know*. We have *faith*. We have seen the program work for us.

Discuss your spiritual awakening or spiritual experience as the result of working the Steps with your sponsor.

5. [Exercise 5] Our spiritual awakening - our faith and our knowledge based on our own experience that the program works - is the message we can now share with the newcomer and others. We can help them to believe by sharing our own experience, strength and hope. Our faith and our knowledge can enable them to believe. We cannot, however, make the newcomer or others willing. They have to become willing on their own by praying for willingness.

By helping others, we are helping ourselves stay sober. Helping others is a significant part of the program, and there are many ways the program gets passed on. When you live the program and share it with others, you are carrying the message, especially when you sponsor new or other members.

Discuss with your sponsor ways in which you can carry the message to others. Talk about how carrying the message to others helps you in your sobriety and spiritual recovery.

6. [Exercise 6] The Twelve Steps are a design for living. They are a set of principles or directions that tell us how a human being should live. If we live by these principles, we will be peaceful and content. We will be free from the things that used to enslave us and make our lives miserable. We do have self-will - we can do what we want to do - or we can choose to live by these principles.

Review the principles of the Twelve Steps for sexual addiction listed at the bottom of each of the twelve step guides. Discuss with your sponsor how these principles can help you live your life happy, joyous and free one day at a time.

7. [Exercise 7] Keeping your recovery on course is vital. Complete the section "Sobriety Worksheet", which is an important tool in establishing and maintaining sobriety boundaries, identifying triggers/slippery areas, and implementing a plan of action, when your sobriety and serenity are threatened.
8. Either read *Twelve Step Sponsorship How It Works* by Hamilton B. (Hazelden) or *Carry This Message* by Joe McQ. Both of these books are an invaluable introduction to how sponsorship works.

Principles of Step Twelve are Service, Love, Charity, Action, Gratitude and Sharing.

LIST OF DEFINITIONS

Spiritual	Of the spirit or soul as distinguished from the body or material matters; of, from or pertaining to a Higher Power
Awakening	Become aware or conscious of
Carry	To move while supporting; transport; convey
Practice	To perform or work at repeatedly so as to become proficient
Principles	Basic truths, laws, standards, qualities, assumptions, or codes of conduct

[EXERCISE 4] SPIRITUAL AWAKENING OR EXPERIENCE

As a result of working the 12 Steps, I have...

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
11.	
12.	
13.	
14.	
15.	

[EXERCISE 5] CARRYING THE MESSAGE TO OTHERS

The following are ways, in which I can carry my message to others:

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

When I carry my message to others, it helps my sobriety and spirituality in the following ways:

1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	

[EXERCISE 6] REVIEW THE PRINCIPLES OF THE TWELVE STEPS

One	The Principles of Step One are Honesty, Powerlessness, Acceptance, Surrender and Humility.
Two	The Principles of Step Two are Hope, Open-mindedness, Faith and Oneness.
Three	The Principles of Step Three are Action, Faith, Trust, Surrender, Willingness and Humility.
Four	Principles of Step Four are Courage, Honesty, Responsibility, Thoroughness, Perseverance, and Fearlessness.
Five	Principles of Step Five are Integrity, Humility, Rigorous Honesty, Fearlessness and Courage.
Six	Principles of Step Six are Willingness and Surrender.
Seven	Principle of Step Seven is Humility.
Eight	Principles of Step Eight are Loving, Kindness, Responsibility, Courage, Willingness and Charity.
Nine	Principles of Step Nine are Self-Discipline, Charity, Responsibility, Courage and Justice.
Ten	Principles of Step Ten are Steadfastness of Purpose, Vigilance and Promptness.
Eleven	Principles of Step Eleven are Unity with All Life, Awareness, Patience, Openness, and Discipline.
Twelve	Principles of Step Twelve are Service, Love, Charity, Action, Gratitude and Sharing.

[EXERCISE 7] SOBRIETY WORKSHEET

The following is from Patrick Carnes *A Gentle Path through the Twelve Steps*.

“Now that you have come this far along the gentle path, it’s time to create a sobriety worksheet to keep your recovery on course. This worksheet will be an exceptionally valuable tool to use as a reference guide in the week and months to come. Review it regularly.”

Complete a “Sobriety Worksheet” to track each sobriety boundary.

=== Sobriety Worksheet ===	
Sobriety Boundary	List a concrete sobriety boundary.
Trigger	Specify behaviors that could jeopardize or endanger your ability to preserve this boundary.
Sobriety Date	Record the last date this sobriety boundary was broken.
Behaviors That Equal Slip	Record the actual behaviors, which would constitute a slip and require a revision of your sobriety date.
Behaviors That Endanger Sobriety	List the behaviors that are not actual slips, but could detract from or endanger your sobriety.
Fantasy	Record the fantasies that are unhealthy for you.
Action Plan	Record the positive actions you will take to affirm and strength your sobriety boundary.